



# Reach


## What do you hope for?

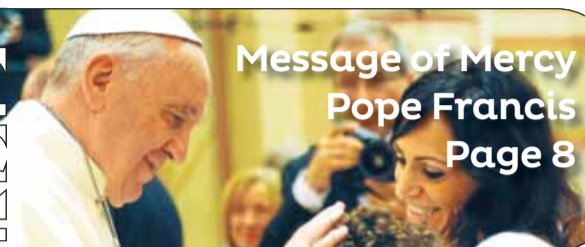
# What do you

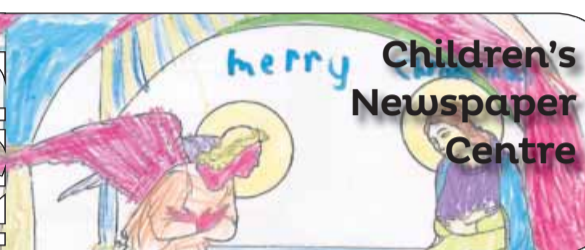
# hope

# for?



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**If you like this paper...**



**...let your school know - or you may lose it!**

## We Need New Contributors

We feel the paper needs some fresh input and enthusiasm  
If you think you might be able to help - contact us at  
[editor@cathcomreach.com](mailto:editor@cathcomreach.com) - see *Dear Reader* page 2 for more info

# WANTED

# Dear Reader

With Easter in mind, this issue is about hope and looking forwards. It's an opportunity to think about what we hope for, what other people in the world hope for and how we can provide hope to others around us and our local community.

We are also looking for a new editor of Reach – we feel the paper needs some new input and some new enthusiasm. You don't need to be a professional editor, you just need to know why we produce the paper and what will engage all readers – both Catholics and non-Catholics alike.

If you are interested please contact us at [info@cathcom.org](mailto:info@cathcom.org) and we will send you more information.

We hope you have a meaningful Lent and Joyful Celebration of Easter!

**Nick**

Member of the Editorial Team

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



Fast from anger; Feast on Peace  
Fast from doubt; Feast on Faith  
Fast from judgment; Feast on Understanding  
Fast from division; Feast on Unity  
Fast from bitterness; Feast on Forgiveness  
Fast from self-doubt; Feast on Confidence  
Fast from not caring; Feast on Mercy  
Fast from worry; Feast on Hope

**Adapted from a prayer by William Arthur Ward**

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# What mercy means to us

**In September of this year I will have lived for twenty years in a religious community. It has its joys and challenges in equal measure. In many ways it is a bit like living in a family with all the contradictions and problems that families face. Often I stop and think about community and its textures and seasons. What shapes a community or family? What are its core values? How does it cope with trials or even tragedy? What is its essence?**

This year we are celebrating a jubilee Year of Mercy. Pope Francis is asking us to explore what mercy means to us and then to make it a concrete reality in our lives. I have been thinking about this for some weeks now, and it seems to me that a family or community without mercy at its core is not really what it claims to be. As I was preparing some resources for the jubilee year I remembered this true story.

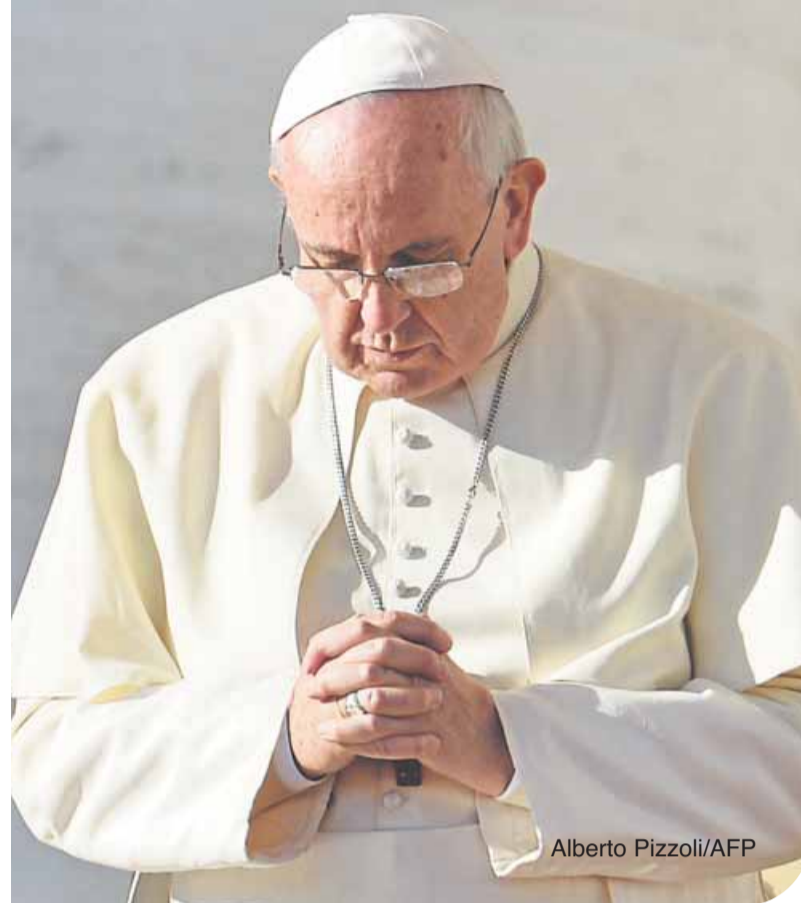
On the 2nd of October 2006 a man called Charles Robert entered a school in Lancaster County in Pennsylvania, USA. He was a deeply troubled and angry man. The school was in a rural area and served the Amish community. The Amish are a Christian group that live very simply and are deeply committed to nonviolence. In the school house that day were 26 children and four adults. Roberts ordered the adults and all the boys to leave the school. 10 girls remained and Roberts proceeded to shoot them. 5 girls died that morning. It was a story that shocked America, but what happened in the hours and days after that horrible morning became the real news story.

A reporter saw an elderly man

walking in the fields around the schoolhouse and asked if he had been affected by the shootings. He was the grandfather of two of the girls who had been killed. "How do you feel about the man who did this?" the reporter asked. "I have forgiveness in my heart." Replied the girl's grandfather. This was broadcast across the nation. The story became more rooted as this was not an isolated act of forgiveness. Roberts was a married man with a young family. After killing the girls he shot himself dead. The whole Amish community reached out to support his wife and family as they came to terms with what had happened that day. Within hours of the shooting a fund had been set up to support the Amish community, the Amish insisted that Robert's family get a share of all the monies raised. In fact, the Amish community themselves set up a college fund for Robert's children.

I remember being amazed when I heard this story. The Amish in no way condoned that actions of Roberts. They just refused to let anger change what they believed to be true. Love is always stronger. The depth of compassion is beyond words. I am sure there was a conflict in the hearts of many as they came to terms with this tragedy, but what an example of real community. Challenging – very. Inspiring – certainly. This is the kind of true story that summons something great from each of us.

What is the essence of your family, your school community, your local area? Is there a greatness of heart that makes people feel both welcome and at home? How can we shape family and community in



Alberto Pizzoli/AFP

such a way that there is always room for love, for another place at the table, for someone else to feel accepted.

Twenty years of living on community hasn't been easy. But it has been worth the effort. I still

have much to learn about love, mercy and tenderness but it is my prayer in this year of mercy, that I will always seek those things and my life and the lives of those around me will be better for it.

Fr Damian

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# What do you hope for?

Nursing is a wonderful profession for providing a person with a guaranteed abundance of perspective on a daily basis. When asked what I thought about hope, my mind took me back to my general nursing days...

I imagined a solitary person lying in a hospital bed with the doctor beside them. What would the patient be hoping for? To retain the ability to walk? Perhaps more time with their family, or maybe just the strength and courage to accept whatever the doctor was about to tell them. What would the doctor be hoping for then? Would he hope that the surgery had worked? Is he hoping that the patient is able to cope with the news he is about to impart? Is the doctor just hoping he can get through another long tiring shift in order to drive home safely to his own family?

According to the Hebrew and Greek interpretation of the words hope, and indeed the biblical usage of the word, hope is an indication of certainty.

Hope in scripture means a strong and confident expectation. It is synonymous with salvation and it's many blessings past, present and future as promised in scripture. Hope is the confident expectation that what God has promised in the Word (in Scripture) is true. It has,

or will, occur in accordance with God's word.

In the bible hope is never static - it is dynamic, active, directive and life-sustaining. It is not an escape from reality. It motivates us and it can give us power to live courageously.

We return to the hospital bed. The hope that you are the one in 1000 who will walk again following surgery will instil confidence that it can be done and this therefore motivates you to be that one person. The hope of the doctor that the patient copes with the news as he brings to the surface all that he has learnt about compassion empathy communication. This will motivate the doctor to be skilful and gentle in his manner with the patient.

Life experience will show us that's there are times when we all feel utterly hopeless. However Hope is a positive word. A strong and confident expectation. A stepping stone for all of us who want to become more courageous, more motivated and more active in shaping our own futures and the futures of those around us.

**What do you hope for?**



# Being Hope for others

**A nurse took the tired, anxious teenage boy to the bedside. "Your grandson is here," she said to the old man. Heavily sedated because of the pain, the old man was dimly aware of young visitor by his bed. He reached out his hand. The boy wrapped his toughened fingers around the old man's limp ones, squeezing a message of love and encouragement.**

The nurse brought a chair so that the boy could sit beside the bed. All through the night, he sat there. The nurse suggested that he go home and rest. He refused.

Now and then the nurse heard the boy say a few gentle words. The dying man said nothing, only held tightly to his grandson all through the night. Towards the end of the night, the old man died. The boy

released the now lifeless hand he had been holding and went to tell the nurse. She started to offer words of sympathy, but the boy interrupted her.

"Who was that man?" he asked. The nurse was startled, "He was your grandfather," she answered.

"No, he wasn't," the boy replied. "I never saw him before in my life."

"Then why didn't you say something when I took you to him?"

"I knew right away there had been a mistake, but I also knew he needed someone, and no one was there. When I realised that he was too sick to tell whether or not I was his grandson, knowing how much he needed me, I stayed."

**The next time someone needs you ... just be there. Stay!**

## How to be hope for others

See the back page for ideas to encourage your children be hope for other people in the community.




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# Sowing Vegetable Seeds

**Spring is a fantastic opportunity for trying out new planting ideas and growing your own fruit and vegetables can be really easy and extremely rewarding.**

The easiest vegetables to grow in spring are sown directly into the garden, or in large pots, where you'd like them to grow. Some examples include Runner beans, beetroot, corn, peas, lettuce radishes, spinach, squash, tomatoes, and kale

Before you get started, you'll need to think about where you're going to grow your vegetables. In general, your plants will like a lot of sunlight, shelter from the wind, and water-but have a go anyway even if you can't find the ideal spot.

If you're planting straight in your garden, prepare the area by removing any weeds, forking over the soil, and levelling it. You can dig in organic matter, such as compost, to improve your soil, and then you need to firm it down by walking on it.

If you're using containers make sure you choose something that's large enough. As a rough guide your container should be half the height your plant will be when it's fully matured. Fill your container with multi-purpose compost, water it, and

then firm it down with the palm of your hand.

## How to Sow your Seeds

Seeds come in different sizes, small, medium and large. Follow the sowing instructions on the packet so that you know the time of year you can sow, the best depth, the distance between plants, and most importantly when you can be expecting to harvest your crops.

**\* Tip** - the general rule for planting is to go down three times as deep as the size of the seed

Most direct-sown vegetables will take two weeks to germinate, so be patient and don't worry if you don't see anything for a little while. As the plants start to grow keep them watered and provide support if necessary so the plant doesn't topple over.

Show everyone what you're up to, especially children because they're often amazed to see where their food comes from. It's also a great way to get them eating healthily as they'll be keen to taste vegetables they've grown themselves.

Harvesting your vegetables and trying out new recipes can be the most rewarding part. Remember to

check the instructions on the seed packet for when you can harvest your crops and then have a look online for some exciting new recipes.

Sit back, relax and enjoy - your food will probably taste a lot nicer coming from home!

Owen Griffiths

## Kids Activity Plastic Bottle Friends!

### Equipment

- 1 large plastic bottle
- Googly eyes
- Scissors
- Glue
- Compost from the garden centre
- 1 plastic label
- 1 packet of seed (herbs such as basil and parsley would work well)



Unscrew the lid of your plastic bottle and save it for later  
Cut through the bottle, approximately one third from the base, using sharp scissors, or a craft knife  
Make a few holes in the bottom of the bottle for drainage



Glue on the googly eyes and use the lid of the bottle for a nose  
Fill it up to the brim with compost from your local garden centre  
Water the soil so it becomes moist



Read the instructions on the back of your seed packet and then sprinkle your seeds onto the soil  
Sprinkle some soil on top of the seeds



Write the name of the plant on a label using a permanent marker

You'll have to wait about 2 weeks for the seeds to germinate and then soon you could have fresh herbs ready to pick and add to your cooking



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**BIBLE SOCIETY**

# Little Peace



Spring 2016



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POPE FRANCIS

## MESSAGE FOR THE JUBILEE OF MERCY

FOR YOUNG BOYS AND GIRLS

### “Merciful Like the Father”

Dear Young Friends,

The Church is celebrating the Holy Year of Mercy, a time of grace, peace, conversion and joy. It is meant for everyone: people of every age, from far and near. There are no walls or distances which can prevent the Father's mercy from reaching and embracing us. The Holy Door is now open in Rome and in all the dioceses of the world.

The Jubilee is a year-long celebration, in which every moment becomes a chance for us to grow in holiness. It is a time when we can discover that life together as brothers and sisters is like a great party, perhaps the most beautiful party we can imagine, the endless party that Jesus has taught us to celebrate by his Spirit

Yours is a time of life which is full of amazing changes. Everything seems possible and impossible all at once. Remain steadfast in the journey of faith, with firm hope in the Lord. He gives us the courage to swim against the tide, to go against the current; this is good for the heart, but we need courage to swim against the tide. Commit yourselves to great ideals, to the most important things. We Christians were not chosen by the Lord for little things; push onwards toward the highest principles. Stake your lives on noble ideals.

Here I cannot forget those of you who are living in situations of war, extreme poverty, daily troubles and loneliness. Don't ever lose hope! Your friends, young people your age living in less trying conditions than your own, have not forgotten you; they are working for peace and justice for everyone everywhere. Don't be taken in by the messages of hatred or terror all around us. Instead, make new friends. Give of your time and always show concern for those who ask your help. Be brave and go against the tide; be friends of Jesus, who is the Prince of Peace

I pray that the Holy Spirit will guide your steps and enlighten you. For you and your families, and for all who help you to grow in goodness and in grace, may the Blessed Virgin Mary, Mother of us all, be true Door of Mercy.

From the Vatican, 6 January 2016,  
Solemnity of the Epiphany of the Lord

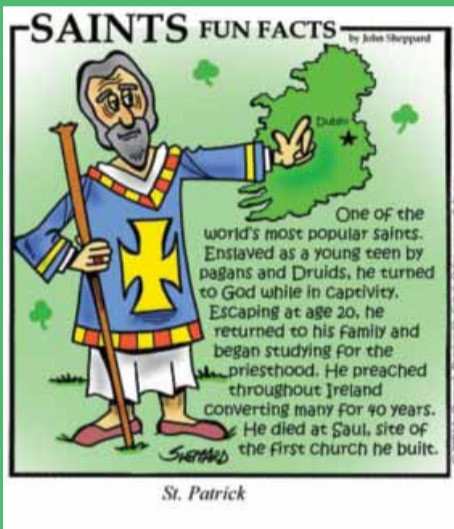
FRANCIS

“Merciful like the Father”. To be merciful means to grow in a love which is courageous, generous and real. It means to grow physically and spiritually. You are preparing to be Christians capable of making courageous choices and decisions, in order to build daily, even through little things, a world of peace.



# ST. PATRICK'S

Patrick was born in Britain, probably in Wales. At age 16 he was carried off as a slave by a raiding party and brought to Ireland. He spent six years herding sheep on Slemish Mountain in Co. Antrim. One night in a dream a voice told him "Your ship is ready." He left his master and walked southward for over 200 miles where he found a ship ready to sail. After some difficulty he was allowed on board and he returned to his people. He studied for the priesthood in Gaul and in 432 he was made bishop and sent to Ireland. He landed in the north and established his first church at Saul in a barn (sabhall) given to him by Dichu. He travelled throughout Ireland, preaching, baptising and founding churches for nearly thirty years. He used the shamrock to explain the Blessed Trinity, and the plant is worn on St. Patrick's Day on 17th March to commemorate this event. He died in the year 461 and is buried in Downpatrick. He is known as "The Apostle of Ireland."



– by Dublin  
Archdiocese  
Education  
Secretariat,  
Archbishop's House,  
Dublin



**St. Patrick**  
St. Patrick is the patron saint of Ireland. We celebrate his feast on March 17. He brought the Catholic faith to the Irish people. Tradition claims that St. Patrick drove all the snakes out of Ireland. Color by number to find a special symbol that St. Patrick used to teach people about God, Jesus, and the Holy Spirit. What is hiding behind the symbol?



## ST. PATRICK'S BREASTPLATE

I arise today  
Through a mighty strength, the invocation of  
the Trinity,  
Through belief in the Threeness,  
Through confession of the Oneness  
of the Creator of creation.  
I arise today  
Through the strength of Christ's birth with His  
baptism,  
Through the strength of His crucifixion with  
His burial,  
Through the strength of His resurrection with  
His ascension, Through the strength of His  
descent for the judgment of doom.  
I arise today  
Through the strength of the love of cherubim,  
In the obedience of angels,  
In the service of archangels,  
In the hope of resurrection to meet with  
reward,  
In the prayers of patriarchs,  
In the predictions of prophets,  
In the preaching of apostles,  
In the faith of confessors,  
In the innocence of holy virgins,  
In the deeds of righteous men.  
I arise today, through  
The strength of heaven,  
The light of the sun,  
The radiance of the moon,

The splendor of fire,  
The speed of lightning,  
The swiftness of wind,  
The depth of the sea,  
The stability of the earth,  
The firmness of rock.  
I arise today, through  
God's strength to pilot me,  
God's might to uphold me,  
God's wisdom to guide me,  
God's eye to look before me,  
God's ear to hear me,  
God's word to speak for me,  
God's hand to guard me,  
God's shield to protect me,  
God's host to save me  
From snares of devils,  
From temptation of vices,  
From everyone who shall wish me ill,  
afar and near.  
I summon today  
All these powers between me and those evils,  
Against every cruel and merciless power  
that may oppose my body and soul,  
Against incantations of false prophets,  
Against black laws of pagandom,  
Against false laws of heretics,  
Against craft of idolatry,  
Against spells of witches and smiths and  
wizards,  
Against every knowledge that corrupts man's  
body and soul;

Christ to shield me today  
Against poison, against burning,  
Against drowning, against wounding,  
So that there may come to me an abundance  
of reward.  
Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,  
Christ beneath me,  
Christ above me,  
Christ on my right,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ in the heart of every man who thinks of  
me,  
Christ in the mouth of everyone who speaks of  
me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.

## Resources

For more information about,  
classroom resources, answers  
and activity sheets go to  
<http://education.dublindiocese.ie/2012/02/21/saint-patrick/>  
[www.CathComReach.com/teachers](http://www.CathComReach.com/teachers)





Score how well you did each day between 0 and 4

**Tuesday 1st March**  
Pope Francis wrote a letter asking us all to protect the Earth. When brushing your teeth, turn the tap off when you are not using the water so you don't waste it. Thank God that you have clean water!

**Wednesday 2nd March**  
Write your own prayer about caring for the Earth - our common home.

**Thursday 3rd March**  
Think about raising money for a charity of your choice and how you could do it (sponsored event/doing jobs/cake bake).

**Friday 4th March**  
Think of a way you can be kind to people around you. What are you going to do? \_\_\_\_\_

**Saturday 5th March**  
Help out with some jobs at home, without being asked.

**Sunday 6th March - Gospel reading: Luke 15:1-3, 11-32**  
It's Mother's Day – do something nice for your mum or other special women today.

**Monday 7th March**  
Look around at school to see if someone is left out or sad. Speak to them – especially if you don't talk to the normally.

**Tuesday 8th March**  
God calls us to work together to build a better world by respecting yourself and others, and becoming the best person you can be. Spend some time thinking about how you will do this in your life.

**Wednesday 9th March**  
Fairtrade fortnight ends on Sunday. Do you know what Fairtrade is? Find out how it can change people's lives.

**Thursday 10th March**  
Work on your charity fundraising project you started planning last Thursday

**Friday 11th March**  
Think of someone in your life that needs help. Do something that would contribute to the Year of Mercy by helping them?

**Saturday 12th March**  
Pray for those in the world that need help – but have no one to help them.

**Sunday 13th March - Gospel reading: John 8:1-11**  
What does today's Gospel teach us?

**Monday 14th March**  
Work on your plan to raise money for the charity you chose.

**Tuesday 15th March**  
Water is something everyone should have – write down 4 other things you think everyone should have:

**Wednesday 16th March - John 10:10**  
"I have come so that they may have life, and have it to the full" - spend time thinking about these words Jesus said

**Thursday 17th March**  
Try and raise the money for the charity you chose.

**Friday 18th March**  
Do something kind for someone at home today.

**Saturday 19th March**  
Look around your house today and think of 10 people/things that are important to you – and thank God for them.

**Sunday 20th March – Palm Sunday - Gospel reading: Luke 19:28-40**  
What does the Gospel reading teach us today?

**Monday 21st March**  
Say a prayer today for children who have to carry water for miles for their families.

**Tuesday 22nd March**  
Help clear up after dinner without being asked to.

**Wednesday 23rd March**  
Say a prayer for someone you know that needs help - and say thank you to God someone who is special to you.

**Thursday 24th March – Maundy Thursday**  
Today, Jesus washed his disciples' feet at the Last Supper. Think about how you can serve others.

**Friday 25th March – Good Friday**  
Spend some time thinking about how Jesus must have felt after he had been arrested.

**Saturday 26th March**  
Take 5 minutes out of your day, sit somewhere quiet and be silent - try and feel as peaceful as possible.

**Sunday 27th March – EASTER DAY**  
Think about all the wonderful things you've done this Lent. Go and enjoy Easter Day. Celebrate Jesus and all the good things he brings and all the good things you've done!! Well Done!!!

TOTAL

# Congratulations



Simone - Aged 6

## Colouring Competition results

Congratulations to our 5 winners from the competition in the last edition of Reach. Prizes are winging their way to you now!



Zachary - Aged 5



Sophie - Aged 6



Emily - Aged 8



Emmanuelle - Aged 10

## What do you hope for?

### What each of us hope for depends on:

- what is important to us
- what we have
- what our friends around us have

### What are the most important things to us?

Sometimes when we hope for something, we forget what we've already got, and we only think about what we don't have. When we think about what we want, we should never forget what is important to us - even if we have it already. What's important to you?

- Family, Friends, Games, Toys, Food, Drink?

### What we have.

- What we have makes a big difference to what we hope for. Some children in our world wake up and there is no breakfast for them to eat. Some children in our world wake up and there is no one to make breakfast for them. Some children wake up and they are too ill to get out of bed to have breakfast.
- What do you think those children wish for? Imagine if you had no food, or if you couldn't get out of bed - what would you wish for? How much would you wish for it?

### Sometimes we want something because all our friends have it.

- It can feel really unfair if all our friends have something and we don't.
- Even if we know that there are children in the world who don't have the really important things, it can be really difficult if we feel that we are the only one that doesn't have the latest game, toy or clothes.
- What can we do to help us deal with those feelings?
  - o STOP AND DON'T GET ANGRY
  - o LOOK AT THE BIGGER PICTURE
  - o THINK ABOUT THE THINGS WE DO HAVE!
  - o THINK ABOUT WHAT IT IS LIKE FOR THOSE CHILDREN THAT DON'T HAVE WHAT WE HAVE

### Are the things we hope for, for us or for people we care about?

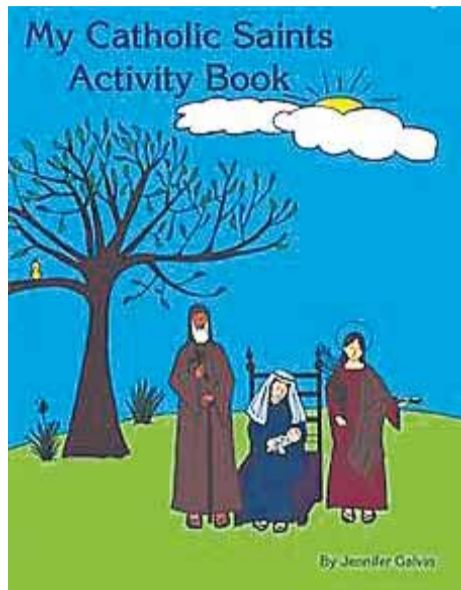
- We all want to have things that we enjoy - but do we think too much about what we want and not enough about what other people want?

What could you wish for that would help those who are closest to you??

# Book Review

## My Catholic Saints Activity Book

by Jennifer Galvin



This activity book for children aged 5-9 is a perfect way to learn about the Saints in a very engaging way. Jennifer Galvin covers 28 Saints in total from the very well-known such as the Holy Mother Mary herself through to the less well known such as St Erasmus (Elmo) the patron saint of sailors.

Each page covers a different Saint and has a fact listed about them at the top along with an activity of some kind. There are colouring-in activities, spot the difference puzzles, code cracking puzzles for the slightly older children and shape matching for the slightly younger.

This would be a great resource for school and home and the author freely allows it to be copied for not-for-profit use.

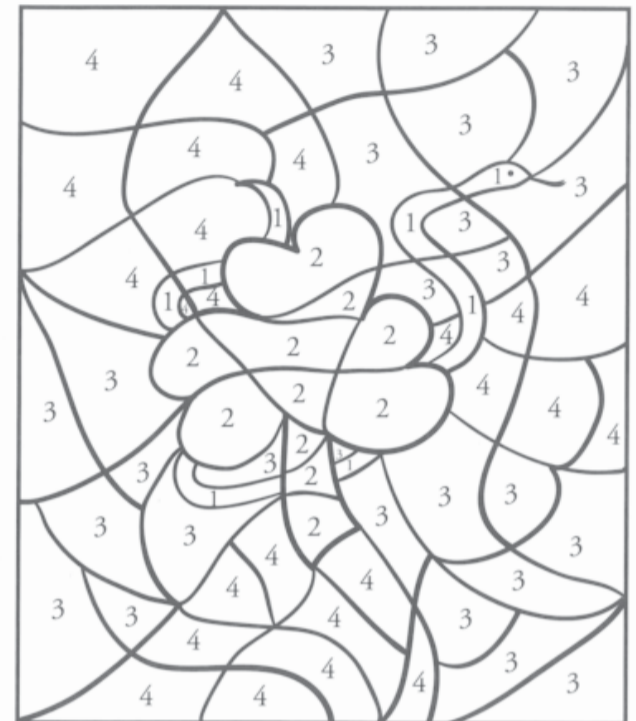
Have a look at page 1 in the children's section for an extract of the book which is all about St Patrick.

Available from [www.albanbooks.com](http://www.albanbooks.com) Price £6.99

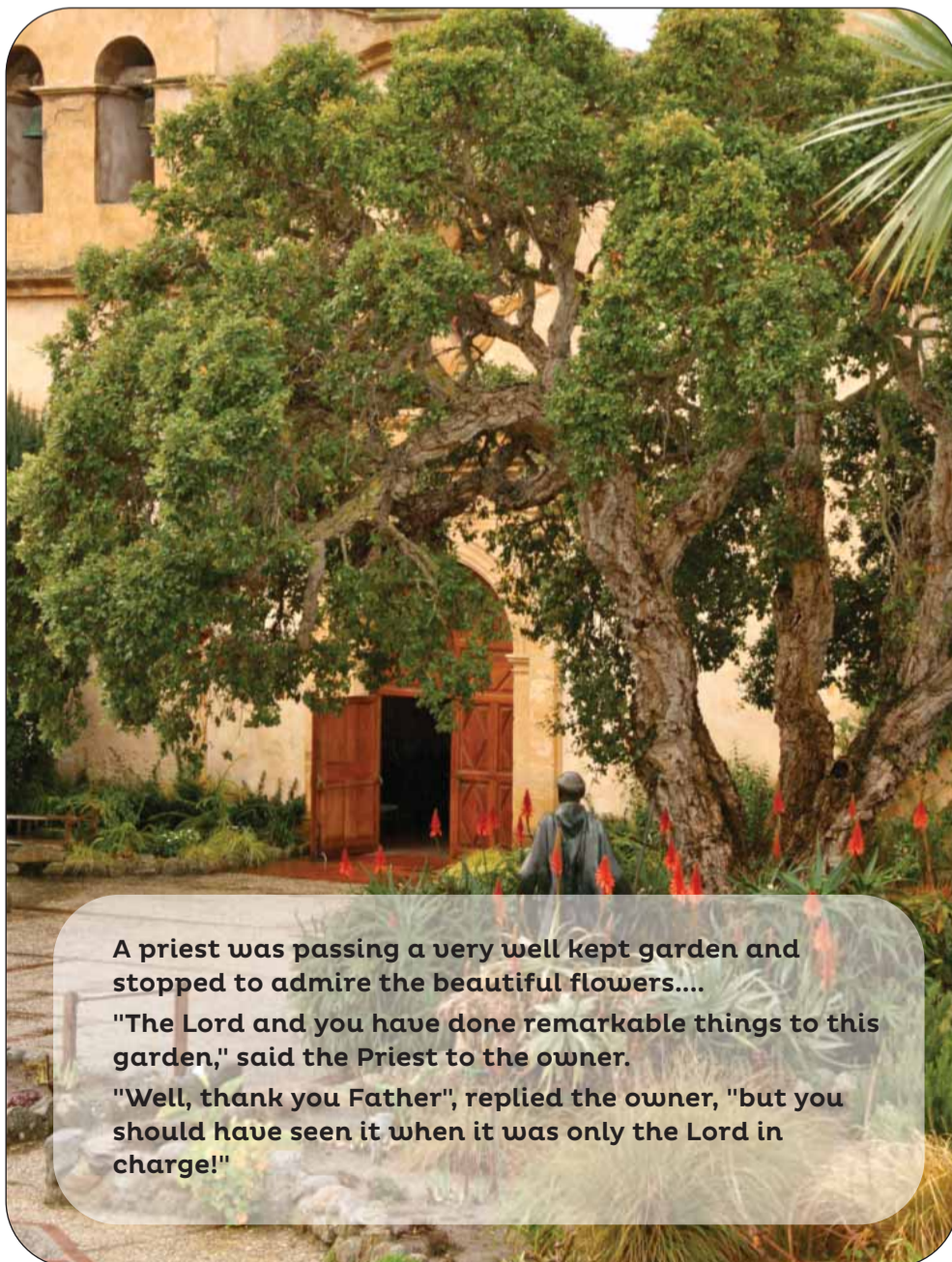
For ROI please contact publishers direct

### St. Patrick

St. Patrick is the patron saint of Ireland. We celebrate his feast on March 17. He brought the Catholic faith to the Irish people. Tradition claims that St. Patrick drove all the snakes out of Ireland. Color by number to find a special symbol that St. Patrick used to teach people about God, Jesus, and the Holy Spirit. What is hiding behind the symbol?



1= Brown 2= Green 3= Blue 4= Purple



A priest was passing a very well kept garden and stopped to admire the beautiful flowers....  
 "The Lord and you have done remarkable things to this garden," said the Priest to the owner.  
 "Well, thank you Father", replied the owner, "but you should have seen it when it was only the Lord in charge!"




Let us know your angle on this.

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## POPE FRANCIS

# MESSAGE FOR THE JUBILEE OF MERCY

## FOR YOUNG BOYS AND GIRLS

This letter from Pope Francis for young boys and girls everywhere was published by the Vatican in January. It is so good we thought you'd like to read it in full. Extracts of it are also printed in the children's section.

*Dear Young Friends,*

The Church is celebrating the Holy Year of Mercy, a time of grace, peace, conversion and joy. It is meant for everyone: people of every age, from far and near. There are no walls or distances which can prevent the Father's mercy from reaching and embracing us. The Holy Door is now open in Rome and in all the dioceses of the world.

This grace-filled moment also concerns you, dear young people. I encourage you to take an active part in this celebration and to realise that each of you is a child of God (*cf. 1 Jn 3:1*). I would like to invite you, one by one, calling you by name, as Jesus does each day. For you know that your names are written in heaven (*Lk 10:20*), in the heart of the Father, that Merciful Heart which is the source of all reconciliation and kindness.

The Jubilee is a year-long celebration, in which every moment becomes a chance for us to grow in holiness. It is a time when we can discover that life together as brothers and sisters is like a great party, perhaps the most beautiful party we can imagine, the endless party that Jesus has taught us to celebrate by his Spirit. The

Jubilee is the party to which Jesus invites us all, without excluding anyone. That is why I also wanted to have some days of prayer and celebration with you. I am looking forward to seeing many of you in April.

"Merciful like the Father". This is the theme of the Jubilee, but it is also the prayer we make for all of you as we welcome you in the name of Jesus. To be merciful means to grow in a love which is courageous, generous and real. It means to grow physically and spiritually. You are preparing to be Christians capable of making courageous choices and decisions, in order to build daily, even through little things, a world of peace.

Yours is a time of life which is full of amazing changes. Everything seems possible and impossible all at once. I repeat what I said to some of your friends: "Remain steadfast in the journey of faith, with firm hope in the Lord. This is the secret of our journey! He gives us the courage to swim against the tide. Pay attention, my young friends: to go against the current; this is good for the heart, but we need courage to swim against the tide. Jesus gives us this courage! ...



With him we can do great things; he will give us the joy of being his disciples, his witnesses. Commit yourselves to great ideals, to the most important things. We Christians were not chosen by the Lord for little things; push onwards toward the highest principles. Stake your lives on noble ideals" (*Homily at the Conferral of the Sacrament of Confirmation, 2013*).

Here I cannot forget those of you who are living in situations of war, extreme poverty, daily troubles and loneliness. Don't ever lose hope! The Lord has a great dream which, with your help, he wants to come true! Your friends, young people your age living in less trying conditions than your own, have not forgotten you; they are working for peace and justice for everyone everywhere. Don't be taken in by the messages of hatred or terror all around us. Instead, make new friends. Give of your time and always show concern for those who ask your help. Be brave and go against the tide; be friends of Jesus, who is the Prince of Peace (*cf. Is 9:6*). "Everything in him speaks of mercy. Nothing in him is devoid of compassion" (*Misericordiae Vultus, 8*).

I realise that not all of you can come to Rome, but the Jubilee is truly for everyone and it is also being celebrated in your local Churches. You are all invited to this moment of joy. Don't just prepare your rucksacks and your banners, but your hearts and your minds as well. Think carefully about the hope and desires you will hand over to Jesus in the Sacrament of Reconciliation and in the Eucharist which we will celebrate together. As you walk through the Holy Door, remember that you are committing yourselves to grow in holiness and to draw nourishment from the Gospel and the Eucharist, the Word and the Bread of life, in order to help build a more just and fraternal world.

May the Lord bless your journey towards the Holy Door. I pray that the Holy Spirit will guide your steps and enlighten you. For you and your families, and for all who help you to grow in goodness and in grace, may the Blessed Virgin Mary, Mother of us all, be true Door of Mercy.

*From the Vatican, 6 January 2016, Solemnity of the Epiphany of the Lord*

**FRANCIS**

# Food, Glorious Food!

Whether we are a healthy weight or overweight, whether we eat meat or are vegetarian and regardless of ethnic origin, eating healthily is an important part of everyday life. Did you know that healthy eating is essential for children in their early years? There is clear evidence from recent research that the first 1000 days of life (9 months of pregnancy and first 2 years of life) are particularly critical for ensuring healthy growth and development. It is also a way of ensuring that all children meet their full potential in life.

### What are the benefits of this healthy start to my children?

- A healthy diet fosters healthy growth and improves cognitive development.
- It helps to protect us against heart disease, diabetes, stroke, cancers and other non-communicable diseases in later life.
- It reduces the risk of obesity.
- It gives us high energy levels.

### TOP TIPS...

- Offer rice cakes, plain popcorn, fruit and vegetables as a snack
- Make meal times fun and keep the children's plates colourful!
- Breastfeed your baby exclusively for the first 6 months, is the best start and the cheapest!
- Do not add salt or sugars into children's meals.

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Department of Health in association with the Welsh Assembly Government, the Scottish Government and the Food Standards Agency in Northern Ireland

The Eatwell plate applies to most of us. However children under the age of 2 years have different nutritional needs.

- Eat at least 5 portions of fruit and vegetables a day.
- Water is the best drink to give at bedtime. Teeth are most at risk at night because there is less saliva in the mouth to protect them.
- Try to give no more than 150mls fruit juice a day and only at mealtimes.
- Choose whole grain varieties wherever you can or you can eat potatoes with their skin on (Yummy).
- Encourage yoghurts, cheese and other dairy products rich in calcium, but be careful to choose the low fat option.
- Enjoy meat, fish, eggs and beans! These contain important sources of protein, vitamins and minerals. Introduce them in small amounts at a time to help your child get used to them.
- Eat fewer sweets, biscuits, cakes and sugary drinks. Save them for special occasions!

For more information go to [www.CathComReach.com/parents](http://www.CathComReach.com/parents)

## Understanding the Food Pyramid



# Communication and Mercy: A fruitful encounter



Every year, the Church celebrates Communications Sunday with a Message from the Pope. This year, the Pope's theme: "Communication and Mercy: A fruitful encounter" highlights "the capacity of good communication to open up a space for dialogue, mutual understanding and reconciliation, thereby allowing fruitful human encounters to flourish"

The Pope hopes to remind people, that "good communication is never merely the product of the latest or most developed technology, but is realised within the context of a deep interpersonal relationship and people's desire to be more welcoming and forgiving."

For parents and teachers, helping the next generation to safely navigate the world of modern social media is an important task. These new means of communication can be used for good and for ill. At a time when our attention is often drawn to the polarised and judgmental nature of

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much commentary on social networks, the Pope's theme invokes the power of words and gestures to overcome misunderstandings, to heal memories and to build peace and harmony.

In a previous Communications Sunday message, Pope, Benedict XVI wrote: "Believers are increasingly aware that, unless the Good News is made known also in the digital world, it may be absent in the experience of many people ... The digital environment is not a parallel or purely virtual world, but is part of the daily experience of many people, especially the young." There is no reason why the world of digital media cannot be used to signpost or direct young people to the real world of deeper encounter with their faith and with others.

In many Dioceses social media are already being used to reach out, to inform and to engage with people, who are often far from the Church door. These tools are only the first step to evangelisation, but they can open hearts and minds previously closed.

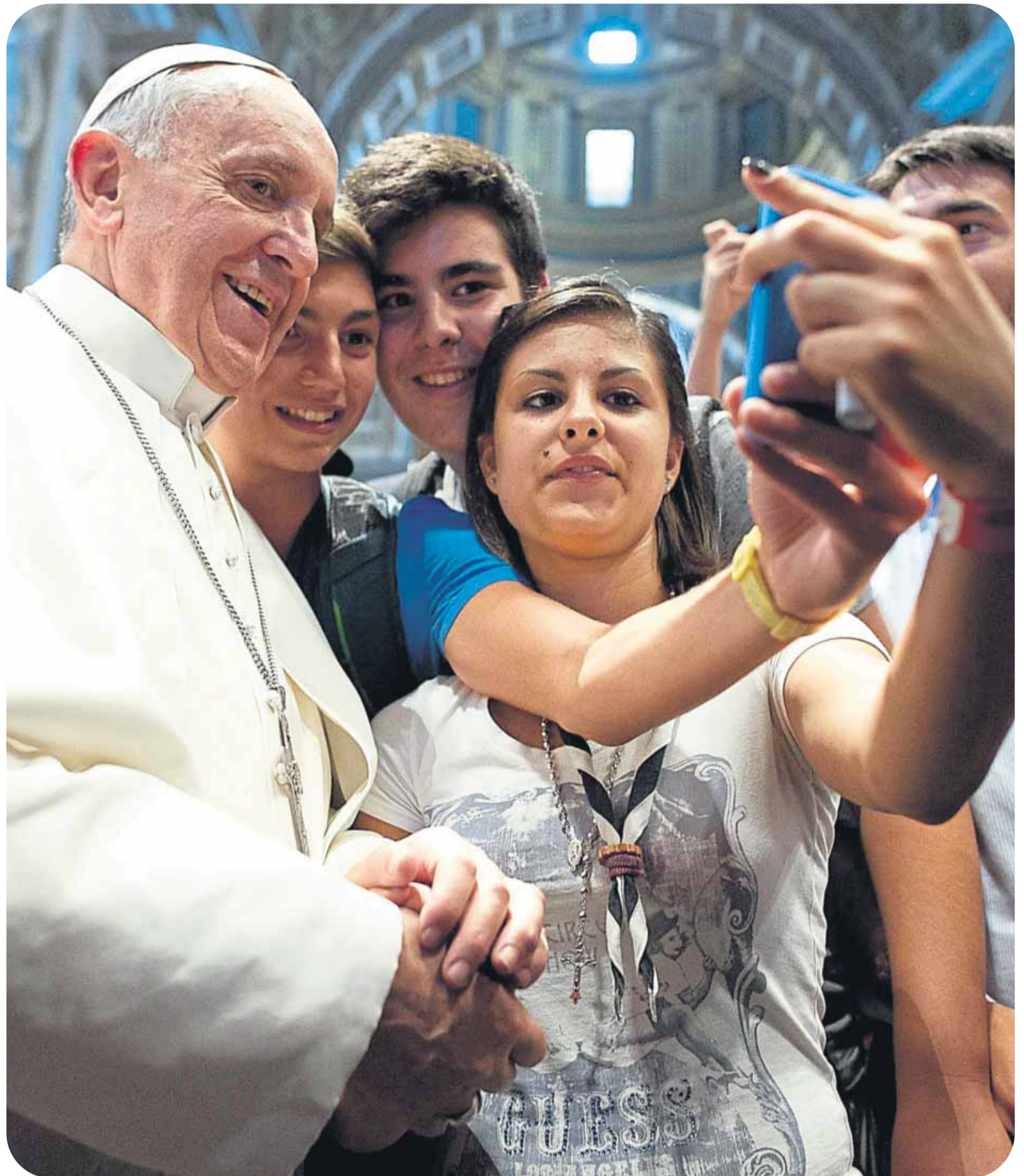
It has never been easier to engage with these new aids to living the Catholic life of prayer, charity and solidarity offered by websites, social media streams and Catholic TV, not forgetting the special role and importance of the traditional Catholic paper.

Innovative Apps like "Tweeting with God" can be a bridge back into the Church for many, fallen out of practice and a great source of information and answers for inquisitive minds.

Our lives, for good or ill, are shaped by the media, both traditional and digital. We must be informed users, not simply passive consumers

Communications Sunday will be celebrated on 8 May 2016.

**Peter Kearney**  
**Director**  
**Scottish Catholic Media Office**



**Dear Lord,**  
**If today I lose my hope,**  
**Please remind me**  
**That your plans are better than my**  
**dreams.**

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**The National Shrine of ST. JUDE**  
 Faversham, Kent  
[www.stjudeshrine.org.uk](http://www.stjudeshrine.org.uk)

"May mercy, peace, and love be yours in abundance" (Letter of St. Jude, verse 2)

The National Shrine of Saint Jude, Apostle and Martyr, is served by the Carmelite friars at Faversham, Kent. It is open all year.

Since its foundation in 1955, the Shrine has distributed a quarterly newsletter called **Carmelite News**. Carmelite News is a letter from the Prior Provincial updating readers on the work of the Shrine and the Carmelites in Britain. It also includes a number of reflections and novena prayers.

If you would like to receive a copy of our free newsletter, please send your contact details to: **Carmelite Friars, P.O. Box 140, Kent, ME20 7SJ, [newsletter@stjudeshrine.org.uk](mailto:newsletter@stjudeshrine.org.uk), or call 01795 539 214**

Registered Charity No. 1080342



# How to be hope for others

Here are five ways to encourage your children to embrace community service:

• **Find something appropriate and fun for all the family**

This is especially important for young children. You don't want to do anything that will feel, to them, like "work." Try doing something with another family or for older children something they can do with their friends.

• **Let your child share their talents.**

Does your child have a talent that they could use to help other children? They could teach younger children a new skill or talent? It could dance, music, the arts – the possibilities are endless.

• **Be a positive role model.**

Children learn by example. When they see you taking an active role in your community and volunteering your time, they will realise the importance of

giving back. Once it becomes a part of your life, it will seem like second nature to them.

• **Let your child be the leader.**

Ask your child what type of things they would like to do. Provide a list of options and let them pick. They might surprise you by selecting something you don't expect.

• **Talk about the experience.**

Give praise once your child has finished volunteering and ask them what they thought of their experience. Discuss what they learned, how they helped out and what could be done in the future to make the experience even better.

If showing compassion and giving to others is a part of their upbringing, it's easier for children to make it a consistent habit in adulthood. It will soon become the norm, and not the exception, for your family.

## Reach Crossword

**CLUES**

**Across**

- 5 Book of places, place names (9)
- 8 Small rounded protuberance on the skin (4)
- 9 Dislike (8)
- 10/11 Item of cutlery bearing a religious figure on the handle's tip (7,5)
- 13/15 Quotation by Alexander Pope about man's frailties from An Essay on Criticism (1711) (2,3,2,5)
- 18 Military chum (8)
- 19 Muddy up; irritate (4)
- 20 Magnifier: make smaller or shorter (9)

**Down**

- 1 Succulent plant of American desert regions (6)
- 2 Based on sound reasoning or evidence (7)
- 3 Make hard and unfeeling (5)
- 4 Excites; increase the speed of engine turns (4,2)
- 6 Once strategically-placed public means of communication (3-6)
- 7 Obsessive disease (9)
- 12 Gist (7)
- 14 More headstrong (6)
- 16 Not ready to eat (6)
- 17 Tower built by Noah's descendants who intended it to reach up to Heaven (5)

