




CathCom
Reach

READ IT, LIVE IT, LOVE IT

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Facing Good Friday with hope



INSIDE



New 8-page Children's Newspaper
with more classroom activities online

Easter... Are YOU ready?
Packed full of FUN, PUZZLES and lots to think about

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Dear Reader

Welcome to the Easter edition of Reach. I always feel that this is a wonderful time of year with so much to look forward to. Spring is just around the corner with the promise of summer afterwards and Lent and Easter are two of the most beautiful of the Church's liturgical seasons. To celebrate this we have provided a double sized Children's section in the centre of the paper. There are eight packed pages for the children to enjoy in this edition!

Many churches also celebrate First Holy Communion with the young people in their parishes during the spring. It's no surprise that this is considered to be one of the most joyful occasions of the year for all concerned. Therefore we thought that we would celebrate too by giving you our top ten tips on how to help your child have a perfect First Communion Day! We hope that you find these useful and that you may even keep the page as future reference for any younger children.

Finally, please remember that we'd love to hear from you if you know a 'Modern Day Saint' - we'd like you to tell us all about anyone you feel has 'gone the extra mile' in helping or caring for others. Please send your stories of these wonderful modern day saints to: editor@cathcomreach.com - with a subject header of: 'Modern Day Saints'.

Wishing you a grace filled Lent and Eastertide,

Julia
Editor



A stranger joined us on our way

“As we walked home at close of day, a stranger joined us on our way. He heard us speak of one who'd gone, and when we stopped, he carried on.

“Why wander further without light? Please stay with us this troubled night. We've shared the truth of how we feel and now would like to share a meal.”

We sat to eat our simple spread, then watched the stranger take the bread; and, as he said the blessing prayer, we knew that someone else was there.

No stranger he; it was our eyes which failed to see, in stranger's guise, the Lord who risen from the dead, met us when ready to be fed.

A retelling of the Emmaus story from the Gospel reading. The text can be found in a book of Lent, Easter and Pentecost songs called Enemy of Apathy.

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Facing Good Friday with hope

PICK UP A NEWSPAPER. Turn on your television. Tune in to social media - and you'll see that there's no shortage of suffering and loss in our world. And in fact we all know this anyway. However, when pain and anguish affect us personally this can be a challenge to our lives and our faith. And most of us are all too familiar with the usual platitudes on how to deal with this.

Facing our own Good Friday is, of course, another way of referring to our own difficulties in life, whatever they may be. However, it's important to point out that these can vary enormously from person to person. Moreover, what can appear as trivial to one person can seem a tremendous hardship to another. In fact, these major differences in our perceptions can sometimes result in further discord between us. The simple fact of the matter is that our personality make-up is so diverse that such disparities are almost to be expected.

PERSONAL PLIGHTS

And of course how we face such adversity is equally variable. Professional counselling can provide coping strategies which can be useful tools but most of us find our own level in dealing with our personal plights. A few examples of these are: keeping busy, confiding in another person, taking exercise and writing down our feelings, but it goes without saying that there are many others. Yet when we are at the heart of our own Good Friday experience it can be challenging to try to bear in mind that Easter Sunday will eventually follow. Life experience does help provide an awareness of this - everything passes eventually - but again this thought can prove irrelevant when we are actually in the middle of our bad situation.

Christmas is traditionally a time of celebration. Easter however can sometimes make us feel downcast. There can be little doubt that Good Friday is considered one of the saddest days of the year. Yet what is particularly endearing and reassuring is that Jesus himself was fearful of what he knew he had to face: ("Father, if you are willing, take this cup from me; yet not my will, but yours be done." Luke 22:42) Therefore we can derive some comfort from the realisation that fear and despondency in our times of angst are quite normal and are to be expected. What we may find more challenging is the notion of following the example of Jesus:



surrendering our will to the Father and allowing him to take control of our lives and destinies. For those of us who are natural worriers, this may present an almost impossible challenge! Yet if we are totally able to let go, place ourselves in the loving hands of the Father and rely upon his providence to deal with our problems, how much less burdensome would our problems become!


HOPE FOR THE FUTURE

Yet we can find faith and hope in the future. Jesus gave his life as a ransom for many and suffered at the hands of his captors, yet we know that his triumphant resurrection was the direct outcome of this. Therefore, we too can hold onto the thought that all will eventually be well because we have God unremittently 'always on our side'


And so at some stage or stages in our lives we have to face and deal with our own Good Friday. We all of us hope - and pray - for a pain-free existence but life rarely works out this way. However, in some way, no matter how small, I believe there will be hope in the future. Light follows darkness and Easter Sunday always follows Good Friday.

Open Week

Monday 13th - Friday 17th March
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Exploring First Communion

The Holy Eucharist refers to Christ's body and blood present in the consecrated host on the altar, and Catholics believe that the consecrated bread and wine are actually the body and blood, soul and divinity of Christ. For Catholics, the presence of Christ in the Holy Eucharist isn't just symbolic, it's real.

FIRST HOLY COMMUNION is a wonderful moment in a child's life and represents a sign of growth in

the knowledge and love of God for each and every child.

Of all seven sacraments, the Holy Eucharist, or Holy Communion, is most central and important to Catholicism and is offered at every Mass.

When Holy Communion is received, that person is intimately united with Jesus Christ – he literally becomes part of them. Also, by taking Holy Communion, they are expressing their union with all Catholics who believe the same doctrines, obey the same laws, and follow the same leaders.

The Holy Eucharist is food for the soul, so it's given and consumed

during Holy Communion at the Mass.

Preparation Course

Most parishes use a First Communion programme and are assisted by members of the community who are experienced in this sacramental preparation. Parents are asked to support their child and some parishes run a parallel course to enable them in this. This time of preparation is aimed to be one of enjoyment for both children and parents alike.

Catholic preparation resources: We Celebrate the Eucharist by C Brusselman & BA Haggerty. God's Greatest Gift by Bernadette Wilson and a variety of others.

Children are required to make their First reconciliation (Confession) before receiving First Communion.

Dress Code

At the actual event, girls typically wear white dresses, sometimes with veils and boys wear their 'Sunday Best' or new suits and ties bought for the occasion.

Remember: When boys and girls make their First Holy Communion (at about age 8), it's a wonderful celebration for Catholic families. Like their Baptism, the day of First Communion is one filled with family, friends, and feasting after the sacred event has taken place in church.



How to make your child's First Communion day perfect!

Our top ten tips...

1. *Be organised.* Have your child's 'outfit' ready well in advance and also all your preparations. Last minute arrangements often don't bode well.
2. *Be well informed.* Try and make sure that your child has attended all the First Holy Communion preparation sessions and also any adult sessions that there might have been for you and your partner.
3. *Be communicative.* Try to explain to your child any details about the day which you think they should know, or you realise that they don't know.
4. *Be inquisitive!* Never be afraid to ask questions at either a parent's session or about anything that will happen on the day itself.
5. *Be happy!* This is a great occasion for your child, you and the rest of the family.
6. *Be patient.* Your child may be nervous, difficult or scared – the day can sometimes appear a little daunting for them.
7. *Be co-operative.* It's really helpful for your child and the parish organisers if you can attend and possibly even assist, at the First Communion day rehearsal.
8. *Be friendly!* Other parents are in the same situation as you and they are all proud of their offspring! First Holy Communion preparation is a great way to get to know other parishioners and parents and to form friendships.
9. *Be celebrators!* Don't be afraid to celebrate – after the usual First Communion breakfast the sky's the limit! Why not celebrate with a meal out, a barbecue, a family get-together or even a party?
10. *Be prayerful.* Finally, pray for your child as they receive the greatest gift of all – the Body and Blood of Christ in Holy Communion.

Faith and Finery

By Julia Beacroft

I'VE LOST COUNT of the number of fancy-dress costumes that I've made for my four adult children over the years, especially during the time that they were at school. The collection covers Victorian, Roman, characters from books, a cat and even a tree, and they fully entered into the spirit of each character with gusto.

Yet interestingly I've noticed that although children seem to derive great delight in donning a character costume, they are generally less than enthusiastic about wearing smart or formal attire for special occasions. I can vividly remember an incident of this nature, when my four youngsters were smartly dressed for a photographic studio session. My younger son, who had complained and sulked in turns, disappeared at the last moment, only to re-appear having divested himself of his formal trousers and crisp shirt in favour of well-worn jeans and sloppy sweatshirt. Needless to say, he didn't get away with it!

JOYFUL OCCASIONS

Most celebrations – whether they are wedding, birthday, anniversary, baptism and a whole range of others, customarily contain certain elements which we have come to associate with them, such as ceremony or rite, food and drink, music, guests, decorations, cake and speeches. And rightly so, as celebrations are joyful occasions. And all of us are familiar with the idea of wearing our best and smartest clothing in honour of one.

On First Communion Day the little girls traditionally wear white dresses, often with veils and the boys outfit consists of smart trousers, shirts, ties and sometimes jackets. And of course, they look fantastic. But remarkably, I don't think I have yet heard one of these children complain about the initiative of having to 'dress-up' for this particular occasion. And it seems to me that God's hand is at work in this.

But even on such a spirit-filled and moving

occasion, there have often been moments of humour. For example, at one particular First Communion preparation session, the subject of the children's special outfits was raised, with anxious Mums posing questions. But the brilliant comment that stood out for me was from one of the girls who would be receiving her first Holy Communion: "My dress is being made AS WE SPEAK!" she claimed.

INCIDENTAL EXTRAS

And on the great day itself, wardrobe malfunctions can – and do – occur. I've seen the frantic hunt for last minute safety pins for drooping hems, lost buttons and broken zips. To say nothing of needing to carry a veritable hairdressers supply of hair grips and clips to secure veils and tiaras which simply won't stay put.. And the incidental extras can be troublesome too. I've noticed the most glorious dresses accessorised with little bags, gloves and on one occasion, even a parasol! Unfortunately, I've also become aware of the children becoming confused as to where they should put said 'extras' during the Mass, especially when the great moment of receiving their first ever Holy Communion arrives. In fact, one lovely little girl nearly strangled herself with the long handle of her little bag in her confusion and haste to do and be, what was required of her!

JUST AS WE ARE

It is right and proper that we celebrate the wonderful gift of receiving the Lords Body and Blood for the first time. And on such a spiritual and meaningful celebration we should include all the traditional elements of this. We are rightly proud of our young people and we joyfully celebrate with them – the first time, and indeed every single time – both they and we, receive the Lord. Yet we are invited to the table of the Lord just as we are. And part of the wonder of this great gift from God is that it is freely given to each one of us. And we are free to receive it, whether we are dressed in our best finery or in our oldest garments. All we need is faith.



ALL THINGS BRIGHT AND BEAUTIFUL

By Owen Griffiths

Spring is a fantastic opportunity for trying out new gardening ideas because plants are beginning to grow again after winter, putting on fresh green leaves and beautiful new flowers. In this article, I'm going to demonstrate how you can plant up containers, for indoors or outside, with a stunning display that will brighten up your home.

No matter how much space you have, there's always room for some plant growing containers. I live in London where most people only have a balcony, or windowsill, but containers can become your garden, giving you just as much pleasure as any bed of flowers.

Where Shall I Put My Container?

Luckily, using containers gives you the opportunity to grow plants on any surface but most plants need to be in a place where they can receive at least three, or four hours of direct sunlight. They also need to be somewhere you can water them easily, especially if they're not going to receive regular rain fall.

What Shall I Use for a Container?

The good news is you can use pretty much anything; old paint tins, plastic bottles, tyres, wooden crates, and even wellington boots! Just make sure you choose something that's made from a durable material, such as wood or plastic, and that it's a suitable size for the place you'd like to put it.

The most crucial part of growing plants in containers is drainage, otherwise your plants will end up saturated in water, causing them to rot. Make sure your container has holes in the bottom, or you can make your own holes using a drill.



I'm using wooden crates for my containers because they're large enough to fit in lots of bedding plants. I cleaned them up and painted them, and then I covered the inside with plastic to help prevent the wood from rotting. Empty bags of compost are ideal for using as lining but remember to pierce the bottom several times so water can drain through.

Filling Your Container

Generally speaking, multipurpose compost is the best soil to use when you're growing plants in containers because it's got everything a plant needs to grow and it's readily available. Don't use garden soil because it's full of weed seeds and pests that could affect the health of your plants.

Fill up your container before you start planting but don't squash the soil down, ensuring its light and easy plant in.

Choosing your Plants

Anything that can be grown in soil can be planted into a container, just make sure your plants are a suitable size for the container you're going to use. A great way to judge this is by finding out the height your plants will grow to when they're fully mature. The depth and width of your container should be at least half this figure. If your plants get too large for their container they'll grow very slowly and may not flower.

When sourcing your plants you can keep costs down by purchasing from a nursery. Make sure you choose healthy looking plants by checking the leaves and roots for any signs of damage.

You can experiment by arranging different plants in your container while they're still in their pots. Choose a theme, perhaps based on

colour schemes, types of plants, or flowering times. Once you're happy with your arrangement you can buy the plants that you'll need, ready to take home and start planting.

Planting

Carefully remove your plants from their pots and tease out the roots. You can start by creating a focal plant in the centre of your container with height and structure. I've used a Euonymus, which is an evergreen shrub so there'll be interest all year round. When you plant into your compost ensure the top of the root ball is level with the surface of the soil. Firm in the compost around your plants by pressing them down and check that there is a small gap between the soil level and the top of the container so that water won't run off when you're watering.

You can surround your focal point with a mixture of bedding plants. The plants I've used are Elephant's Ears, Polyanthus, Heuchera, and a Fern. Use trailing plants, such as Calendula or Ivy around the edges of your container to achieve a cascading effect and you can create symmetry by repeating some of the plants on opposite side.

You can fill in any gaps with small plants, such as Pansies or Violas, and then place your container in its final position. Raise it up on bricks to help prevent water logging and water it thoroughly with a fine rose watering can.

Maintenance

Containerised plants need regular feeding, as there are fewer resources available for them than there are in most gardens. There are different types of fertilisers that you can use but the safest option is organic fertiliser because nutrients are released slowly.

Examples include well rotted manure and liquid comfrey or nettle feeds. These are less likely to damage your plants if you apply too much, or use it at the wrong time.

Containers dry out quicker than the soil in a garden so they need to be watered more often. You can check moisture levels by touching the surface of your soil. It should feel moist and soil particles may stick to your hand, if not then you need to water more regularly.

It is advisable re-plant your plants in new soil every two to four years. This helps prevent problems with drying out, lack of nutrients and pests.

Throughout the growing season you need to weed your containers and deadhead. Deadheading is when you remove finished flowers regularly to encourage more flowers to grow.

Final Thoughts

Container growing is a great way to get into gardening because you don't need much money or space, and if you follow the steps in this article you can be sure that your plants will put on a colourful display. Now is a great time to get started because plants are waking up again from winter. I hope you have fun getting creative and planting up a bright and beautiful container to be proud of. Good luck!

JOE WALSH TOURS

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How far will Reach reach?

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A Day in the life of a child in Malawi

Page 7



**mmmmmmmm
Rocky Road**

Easter... Are YOU ready?

Packed full of FUN, PUZZLES and lots to think about!

How far will Reach reach?



DID YOU KNOW?

The Vatican is the smallest country in the WORLD!

It's a country, that's INSIDE a city called Rome, which is INSIDE another country called ITALY!!!

POPE FRANCIS is in charge of the Vatican - just like a president or a Queen/King!

We want to see how far Reach can reach!!

Here you can see Jake and Lucia outside St Peter's Basilica which is in the Vatican!

BUT WE NEED YOUR HELP!!!

Why not send us some pictures of you or your friends holding or reading Reach? It doesn't have to be a long way away - it could be from all over Ireland, Scotland, England or Wales. It could be from another country. It could be from the top of a mountain or it could be your whole class holding copies at a school assembly!!

We just want to see Reach reaching!!!

Send photos to:
editor@cathcomreach.com



Reach also made it to Malawi see page 4



Activities

Spot the Difference



'Lent is a new beginning... a season which urgently calls us to return to God... to grow in friendship with the Lord'

Pope Francis



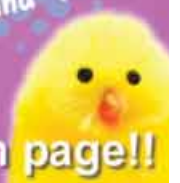
Spot 6 differences - 7 if you include the pictures being the opposite way round!!!

Easter Foot Art



... DON'T MAKE A MESS!!!

Give it a try - but ask an adult for help and Spot the chick on each page!!



Holy Communion



♥ Which one are YOU?

Follow the line to find out more...

- ♥ About to make
your First Holy
Communion
- ♥ Old Timer!
(Already receive
communion)
- ♥ Going to take
communion ...
one day!
- ♥ Not going to
make your First
Holy Communion



So....You've come the furthest - your line was the longest. But what does this mean?

For those of us whose First Holy Communion seems like a distant memory, do we ever reflect on what being a member of the family of Christ means?

Do we still treasure our invitation to receive the Eucharist each and every time we celebrate mass?

It is all too easy to crowd mass into our week and become distracted about items on our shopping list during mass.

However, we are all continually called to receive the Body and Blood of Christ. This is a privilege not a chore, an honour not an inconvenience.

Next time you are at mass, take time to really enjoy the presence of God in your life and the peace He will bring to your busy week.

How are you feeling? Are you ready?

You've probably had lots of classes for your First Holy Communion so you may feel you know all about it - or you may still be a bit unsure.

To be honest it is tricky and some people find it difficult to understand.

You've done lots of reading and lots of listening. Hopefully you've done lots of thinking too.

Now is the time to Stop - take some time to ask questions about things that you are unsure of.

PRAY - Spend time with God. Ask him to help support you in making your First Holy Communion.

Enjoy! This is your special day! You are showing others that you are excited to be a member of God's family.

Not going to make your First Holy Communion

Making your first Holy Communion is what members of the Catholic church do when they are old enough to understand the most important parts in the mass.

Not everyone chooses to make their First Holy Communion when they are a child. Sometimes people choose to make it when they are an adult and others choose not to make it at all.

If you are not making your First Holy Communion, but someone you know is, you could get involved by helping them to prepare for the big day.

You could ask them important questions about the mass.

You can sing and pray with them on the day and of course you can certainly help them celebrate!!

You may be watching your brother, sister or friend making their First Holy Communion and looking at their smart clothes and their big smiles on the day.

Have you thought about whether you might like to make your First Holy Communion and what it might be like?

Think about your special role in God's family and what gifts God has given you that makes you the special person that you are?

When you go to church think about your First Holy Communion, what questions do you have and how can you start to prepare?



Remember...
EVERYONE is welcome
in God's family.





If you lived

Have you ever wondered what a day in the life of a Malawian child might look like?

Here is Petuna, a 10 year old girl who lives in Chikwawa, Malawi. Follow the line and Petuna will tell you about her day...



I get up in the morning at 5am when the sun wakes me. I don't have to worry about making my bed, because I sleep on the floor with a blanket. We are too poor to have furniture.



Our house is made from mud bricks that my father made by hand and the roof is made from strong grass. We are happy!

We love school and when we get there we have 1 hour of lessons before we are given breakfast. This is the first meal we have eaten since yesterday lunch time and we are hungry.



We eat a maize meal. This is like porridge in the UK. After breakfast, we feel happy and full of energy.

We have lessons under a shelter made of straw and we learn English. We are very poor and are told that if we learn English we have better chances in life.



I try my hardest. I am!

After I have fetched the water, I get my sister ready for school. She is 3 years old. My mother and father go to work in the fields because they are farmers.



I hold my sister's hand, and we walk to school together. It is 5 kilometres away from my home and the sun is hot. We walk in bare feet because our parents cannot afford shoes for us. We are happy!

My mother asks me to fetch the water from a hole before school. We don't have running water in my house, so I must take a big bucket to the hole and fill it to the top.

The borehole can be 3km away and the bucket can weigh as much as 20kilograms. I carry this on my head to make carrying it easier.

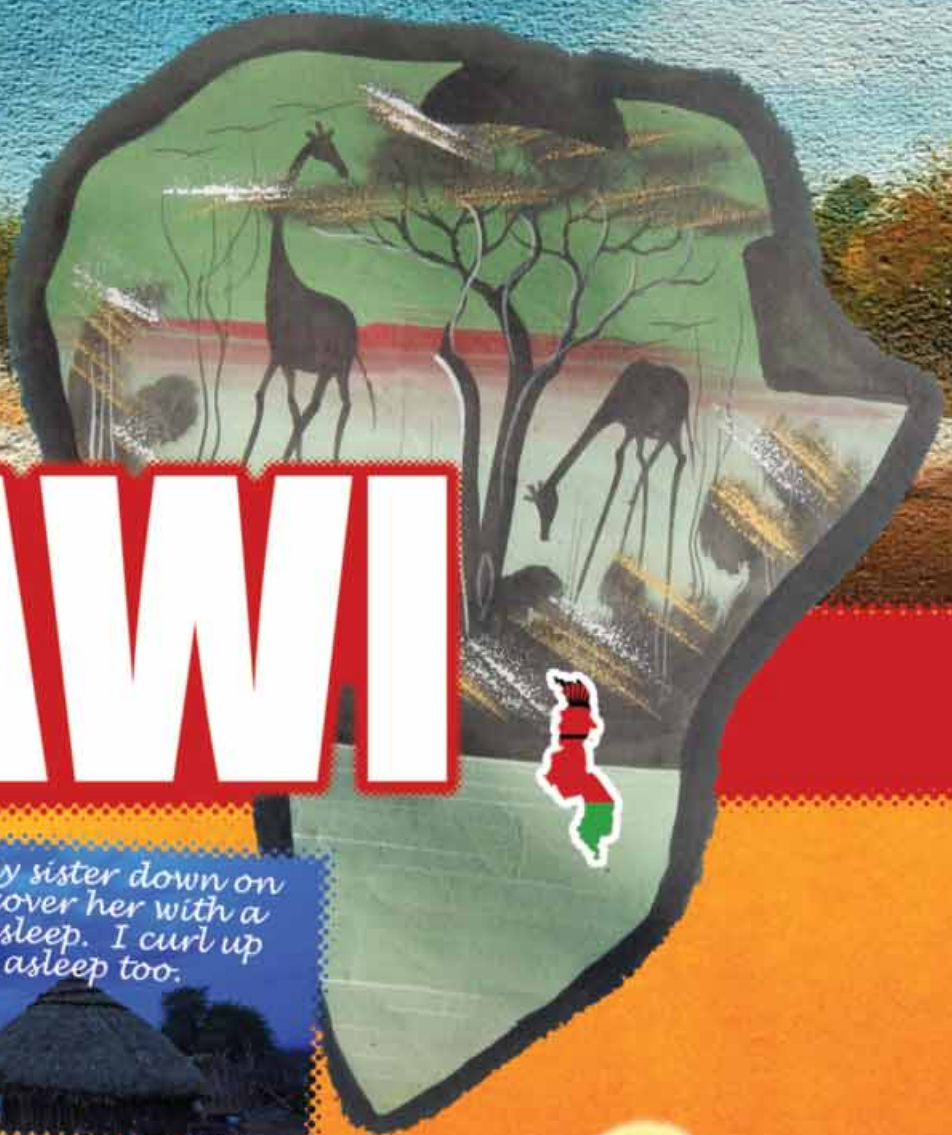


We sing a garden 65 children roundabout. We collect tops and play.

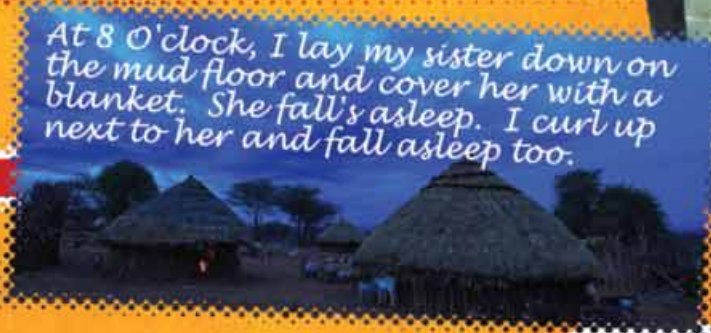


We are happy!

in MALAWI



At 6 O'clock, my parents return from the fields. My father lights a fire so that we can talk in the evening. We have no electricity. My parents look hungry. They look forward to eating tomorrow when they are given Maize for their hard work in the fields.



At 8 O'clock, I lay my sister down on the mud floor and cover her with a blanket. She falls asleep. I curl up next to her and fall asleep too.



School finishes at 3 O'clock and I take my sister by the hand and start the long walk home with her. I will take care of her until my mum and dad come home from the fields.



We have more lessons after break and lunch at 12 O'clock. Our lunch is always rice with some beans and maybe a portion of meat such as goat. We sit together and eat with our hands. We do not have spoons, knives and forks. Every bowl is empty when lunch is over. We know that we will not eat again until breakfast the next day. We are happy, but our tummies often hurt from hunger.



The older children, like me, often have a special wrap tied around our bodies. In this wrap we hold our younger siblings. They can be very young, and we must take care of them during the school day so that our parents can work.

We are happy!

Things to think about....

- How do you wake up in the morning?
- Do you have breakfast before you leave for school in the morning and can you imagine how hungry you might feel if you hadn't had breakfast?
- How do you travel to school and is it different to the way Petuna travels to school?
- Why do you think Petuna enjoys school so much? Can you think of 3 things that you enjoy about school?
- At lunchtime, is there any food left on your plate or in your lunch box? Has Petuna's story made you think differently about wasting or leaving food at mealtimes?
- Next time you think about school, try to consider how lucky you are to attend the school and reflect on the opportunities that you have around you.



Children in Malawi reading Reach

Jesus' Arrest and Trial

They put Jesus in chains, led him away, and handed him over to Pilate.

Are you the king of the Jews?

Pilate questioned him

So you say.

Jesus answered

The chief priests were accusing Jesus of many things.

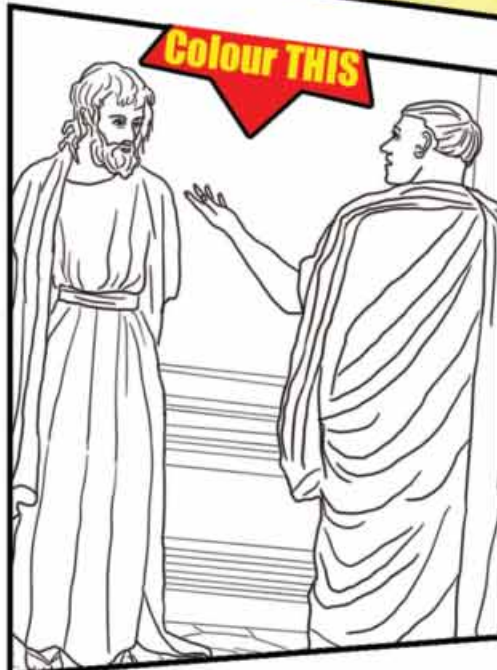
So Pilate questioned him again

Aren't you going to answer? Listen to all their accusations!

Again Jesus refused to say a word, and Pilate was amazed.

At every Passover Festival Pilate was in the habit of setting free any one prisoner the people asked for.

At that time a man named Barabbas was in prison with the rebels who had committed murder in the riot.



When the crowd gathered and began to ask Pilate for the usual favour, he asked them

Do you want me to set free for you the king of the Jews?

He knew very well that the chief priests had handed Jesus over to him because they were jealous.

But the chief priests stirred up the crowd to ask, instead, that Pilate set Barabbas free for them. Pilate spoke again to the crowd,

What, then, do you want me to do with the one you call the king of the Jews?

They shouted back

Crucify him!

But what crime has he committed?

Pilate asked.

Crucify him!

They shouted all the louder

Pilate wanted to please the crowd, so he set Barabbas free for them. Then he had Jesus whipped and handed him over to be crucified.

Word Search

Find the words that have a box around them in the story above

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

Father in heaven,

We thank you for the amazing, beautiful world you created. Help us to care for it.

We thank you for the wonderful, unique people you have made us to be. Help us to care for one another

We thank you for the incredible, tasty foods you have invented. Help us remember and care for those who are hungry.

We thank you for the inspiring stories and teaching in the bible. Help us to share this good news with people everywhere.

Amen.

Rocky Road

100g/3½oz mini marshmallows

200g/7¼oz rich tea biscuits

300g/10½oz chocolate broken up

3 table spoons of golden syrup

125g/4½oz unsalted butter

Heat the butter, chocolate and golden syrup in a heavy-based saucepan over a gentle heat.

Remove from the heat, scoop out about half of the melted mixture with a spoon and set aside in a bowl.

Place the biscuits into a plastic freezer bag and crush them with a rolling pin until some have turned to crumbs but there are still pieces of biscuit remaining.

Fold the biscuit pieces and crumbs into the melted chocolate mixture in the pan, and add the marshmallows.

Tip the mixture into a 24cm/9in square baking tin and smooth the top with a wet spatula.

Pour over the reserved 125ml/4½fl oz of the melted chocolate mixture and smooth the top with a wet spatula.

Refrigerate for about two hours or overnight.

Cut up and enjoy - AND DONT FORGET TO SHARE!!

How does the Easter Bunny keep his fur straight?
With HARE spray!

Paper Plate Fun



Or make a sunset on a paper plate and then cut out 3 crosses and put it in front of the paper plate.

Why shouldn't you tell an Easter Egg a joke??
Because it might CRACK UP!

How does an Easter Bunny stay fit?
With regular EGG-ercise!!!

Cut a paper plate in half - cut out a doorway on one of the halves, colour the back of the plate so it looks like a tomb and then stick them together. You could draw Jesus on in the inside of the tomb, or you could get a stone and put it by the doorway! GIVE IT A TRY!!!

Triduum

How do you say it?
 Trid - you - um
 or
 Trid - oo - um

How many words do you know with a double "u" in them - not a "w" - but a double "u"???

What is it????
 It is the 3 services over Easter - Maundy Thursday, Good Friday and the Easter Vigil. One flows into the other - so even though they are on 3 different days its like 3 services in 1!

The service starts like a normal Mass



The priest washes the feet of 12 people - copying what Jesus did as an example that we should be humble and serve others.

DID YOU KNOW?

The Jewish custom at the time, saw the feet as the lowest part of the body. So the lowest job you could do was wash someone's feet.

Maundy Thursday is the day of Jesus' Last Supper with his disciples. It is the Last Supper that we copy every time we go to Mass - when Jesus becomes present in the bread and wine - we call this the Eucharist.

The word Eucharist is Greek and it means "THANKSGIVING"

Maundy Thursday

There isn't a proper end to the Maundy Thursday service - Jesus is led away and for the only night of the year the box where Jesus is always present in the form of bread is left empty

Continuing from the night before, the Church is still empty and there is no proper start to this service - the Church is empty and everything starts in silence.

This service is not a Mass - we listen to the readings and we think about Jesus on the cross.

Veneration of the Cross

An image of the cross is revealed and everyone is invited to kiss the foot of the cross as a sign of respect for what Jesus did for us.

Good Friday

Although this is not a Mass - Jesus, in the form of bread, is brought into the Church and Holy Communion is given.



At the end of the service everyone leaves in silence again without a proper ending. Reminding us how the disciples & Mary must have felt when Jesus had died and they left thinking it was all over.

Once again there is no proper start to the Easter Vigil service - it begins in darkness and in silence with a bonfire.

The fire is blessed, and gradually candles are lit throughout the church as a sign of the light of Christ spreading throughout the World.

Readings trace the history of the Jewish people from Creation to Jesus and the Easter story.



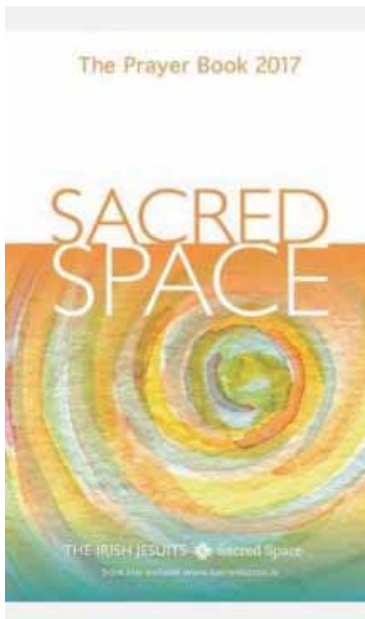
Easter Vigil

At the Gloria - bells ring out and it is announced that

JESUS IS RISEN

Book Reviews

For Young and Old



Sacred Space: The Prayer Book 2017

The Irish Jesuits

Prayer is the raising of our hearts and minds to God. We are able to speak to and listen to God because He teaches us to pray. Prayer is also one way we can recognise and respond to God's presence. Sacred Space: The Prayer Book leads us into a life of prayer and, in doing so; it inspires new expressions and depths of prayer.

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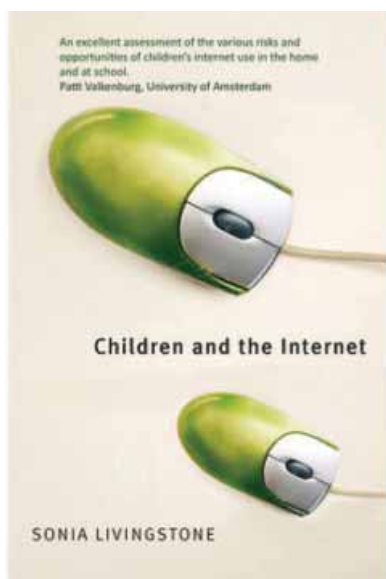
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Children and the Internet

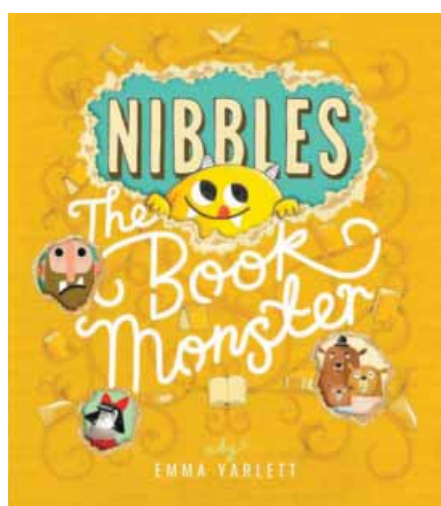
Sonia Livingstone

Is the internet really transforming children and young people's lives? Is the so-called 'digital generation' genuinely benefiting from exciting new opportunities? And, worryingly, facing new risks?

This major new book by a leading researcher addresses these pressing questions. It deliberately avoids a techno-celebratory approach and, instead, interprets children's everyday practices of internet use in relation to the complex and changing historical and cultural conditions of childhood in late modernity. Uniquely, *Children and the Internet* reveals the complex dynamic between online opportunities and online risks, exploring this in relation to much debated issues such as:

- Digital in/exclusion
- Learning and literacy
- Peer networking and privacy
- Civic participation
- Risk and harm

Drawing on current theories of identity, development, education and participation, this book includes a refreshingly critical account of the challenging realities undermining the great expectations held out for the internet - from governments, teachers, parents and children themselves. It concludes with a forward-looking framework for policy and regulation designed to advance children's rights to expression, connection and play online as well as offline.



Nibbles The Book Monster

By Emma Yarlett

Nibbles the monster is as impetuous and cheeky as children in their wildest dreams. On page one, readers release him from a crate, then watch as he rampages through not just his book but others too leaving anarchy in his wake. He nibbles his way into the story of Goldilocks and the Three Bears, giving Goldilocks a nasty shock; Little Red Riding Hood is furious when he interferes in her story; and the giant in Jack and the Beanstalk calls him a hooligan! No sooner is Nibbles back in his crate than he's nibbled through the back cover and escaped again. This funny, clever book will be a big hit with children.

Let's eat Grandpa!
Let's eat, Grandpa!
Good Punctuation saves lives!!

Chickenpox – Spotting the signs, dealing with the symptoms...

ALTHOUGH CHICKENPOX CAN occur at any time during the year, it is particularly prevalent in the spring. So here are a few facts about the illness to help you to identify it and enable you to make your child as comfortable as possible.

Chickenpox is a common illness caused by the Varicella Zoster virus. It most commonly affects children under 10 years of age.

Symptoms of Chickenpox include:

- **Malaise (general feeling of discomfort or illness)**
- **Fever**
- **Aching muscles**
- **Lack of appetite**
- **Raised spots:**

These develop on the face and chest before spreading to other parts of the body. The spots progress rapidly to papules or blisters and become very itchy and uncomfortable. Be aware that Chickenpox is highly contagious and that children with Chickenpox are infectious from 48 hours before the spots appear, and until 5 days after the spots have scabbed over.

The virus is spread by coming into direct physical contact with an infected child or breathing in tiny droplets from infected people that get into the air after they breathe, talk, cough or sneeze. So the virus is spread in a similar way to Flu. Five minutes face-to-face exposure with an infected child or fifteen minutes in the same room is regarded as significant exposure. It takes between ten to twenty-one days after exposure for a child to develop Chickenpox

How can I help a child who has Chickenpox?

Chickenpox will generally resolve within one to two weeks. There is no medication to treat the virus, but there are ways in which you can reduce the symptoms of itchiness and discomfort:

- Warm baths can be soothing for some children. Try putting porridge oats inside tights and holding them under the running bath water. The oats in the water will help to soothe the skin and offer relief from the itchiness that comes from the spots/blisters.
- Calamine Lotion can also be very effective in reducing the itchiness caused by blisters.



- Ensure that the child is wearing loose fitting clothes and keep them well hydrated.

Babies under the age of 4 weeks, pregnant women, or individuals who are immunosuppressed (where immunity is less efficient) are at higher risk of complications if exposed to Chickenpox. These individuals should seek further advice from their GP or another health professional.

For the majority of people, once exposed to Chickenpox they will be provided with immunity for life. However some people may experience Chickenpox more than once, although it is uncommon.

Useful links:

- <http://www.cdc.gov/chickenpox>
- <http://www.nhs.uk/conditions/chickenpox>
- www.hse.ie/eng/health/az/C/Chickenpox/Treating-chickenpox.html



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Please return your donation in an envelope to: **The Catholic Children's Society (Westminster), St Charles Square, London, W10 6EJ.** Alternatively, please call us on 020 8969 5305 to make your donation or log on to www.cathchild.org.uk



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Choosing to fast for Lent?

It's that time of year when the opportunity to abstain from overindulgence can be a very welcome one! So far this year, we've heard of people giving up wine, salt & vinegar crisps and social media but having recently returned from Malawi, we're struck by the differences between our world where fasting is a choice and theirs, where it isn't.

Malawi is a land locked country slightly smaller than the UK. Known as the warm heart of Africa it isn't particularly well blessed with natural resources but it's a peaceful country which, unlike many of its neighbours, has never been blighted by civil war.

The cost of living in Malawi is surprisingly high. Teachers earn approximately £10 per month but a bar of soap costs 50p and rice for one person once a day would have a monthly cost of around £5. The result of that is that many people regularly don't eat every day and it is not uncommon for them to have no idea of where their next meal is coming from.

The Reach Foundation has, amongst other things, been funding a feeding project at a Pre-School in the southern district of Chikwawa so that the over sixty-five children attending the school are fed twice a day. As a result of the HIV epidemic many of the children are orphans living with their (only slightly) older siblings and food is a rarity. We want to increase the funds available so that they can be fed three times a day and also at weekends. Over time we hope to be able to feed more children as the numbers increase and also to fund a health clinic where medicines can be distributed and patients can also receive food. Watch this space for more information!



Lent 2017

Message from Pope Francis:

“ ‘Lent is a new beginning... a season which urgently calls us to conversion... to return to God... to refuse to settle for mediocrity and to grow in friendship with the Lord... a favourable season for deepening our spiritual life through the means of sanctification offered us by the Church: fasting, prayer and almsgiving. At the basis of everything is the word of God, which during this season we are invited to hear and ponder more deeply.’

”



In a technological age, does Stranger Danger still mean the same thing?

By Claire Richardson

When we talk about stranger danger, how many of us think about shifty men in long coats enticing children with sweets and promises of puppies?

In 2017 however, dangerous strangers don't need either sweets or puppies to entice children into difficulties – they just need a computer, a login, time and patience. It's an uncomfortable truth that your child could be sitting next to you on the sofa using their tablet or phone and yet be in as much peril as if they were on their own, in a park, at night.

It isn't the sites themselves that are dangerous – in truth most of them are fun, engaging and innocent in concept. It is the fact that they provide a platform for meeting new people and a basis for relationships to develop – many of which are completely innocent, but sadly some of which aren't. Here's how it often works:

- The child goes on to a site and shares a video of themselves singing or dancing (live.ly and musical.ly are the prime, but not the only sites for this).
- Someone, purporting to be of the same gender and similar age sees it, comments on how good they are and builds up trust.



- They start chatting and become friends.
- During a conversation, the child might be sent a fun quiz to do. They are asked to sign in with their Skype address and carry out a series of dares, each more daring than the last, (this can often be quite effective if they are in a group).

- The evening ends, the children go to sleep and think nothing more of it.
- A couple of days later the child will be contacted via Skype and they'll receive a video of themselves doing the most embarrassing of the dares. Obviously the embarrassment factor provides a platform for a demand for worse images, with a warning that the footage may be sent to everyone they know if they don't comply.

So why don't the children at this point come to adults for advice?

Children know that our likely reaction is to respond by confiscating devices and deleting apps and games permanently and so this clouds their judgement.

But who would this punish? It is the child who has been the victim of a crime. By removing the devices and deleting games, it's that same child who is punished for doing the very thing we always tell them to do:

'If you ever get into trouble, come and talk to us'

The result?

The next time the child goes online – at home, at a friend's house, by piggybacking onto next door's Wifi (children are very resourceful), that person(s) will still be waiting and should anything like this ever happen again, you will be the last person they will turn to for help..

The professional advice is to remain calm and talk through what exactly has happened with the child. Then make a judgement whether to go to CEOP (the National Crime Agency) or directly to the Police themselves.

Above all, the message for the child is: 'You are not on your own and we will work it out together'.

Children have all of the knowledge to allow them to take full advantage of the amazing things that the internet offers, but they have none of the life experience that helps them to understand how to deal with such situations when they arise. They need adult back-up for that.

For more information go to www.thinkuknow.co.uk

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Modern Day Saints

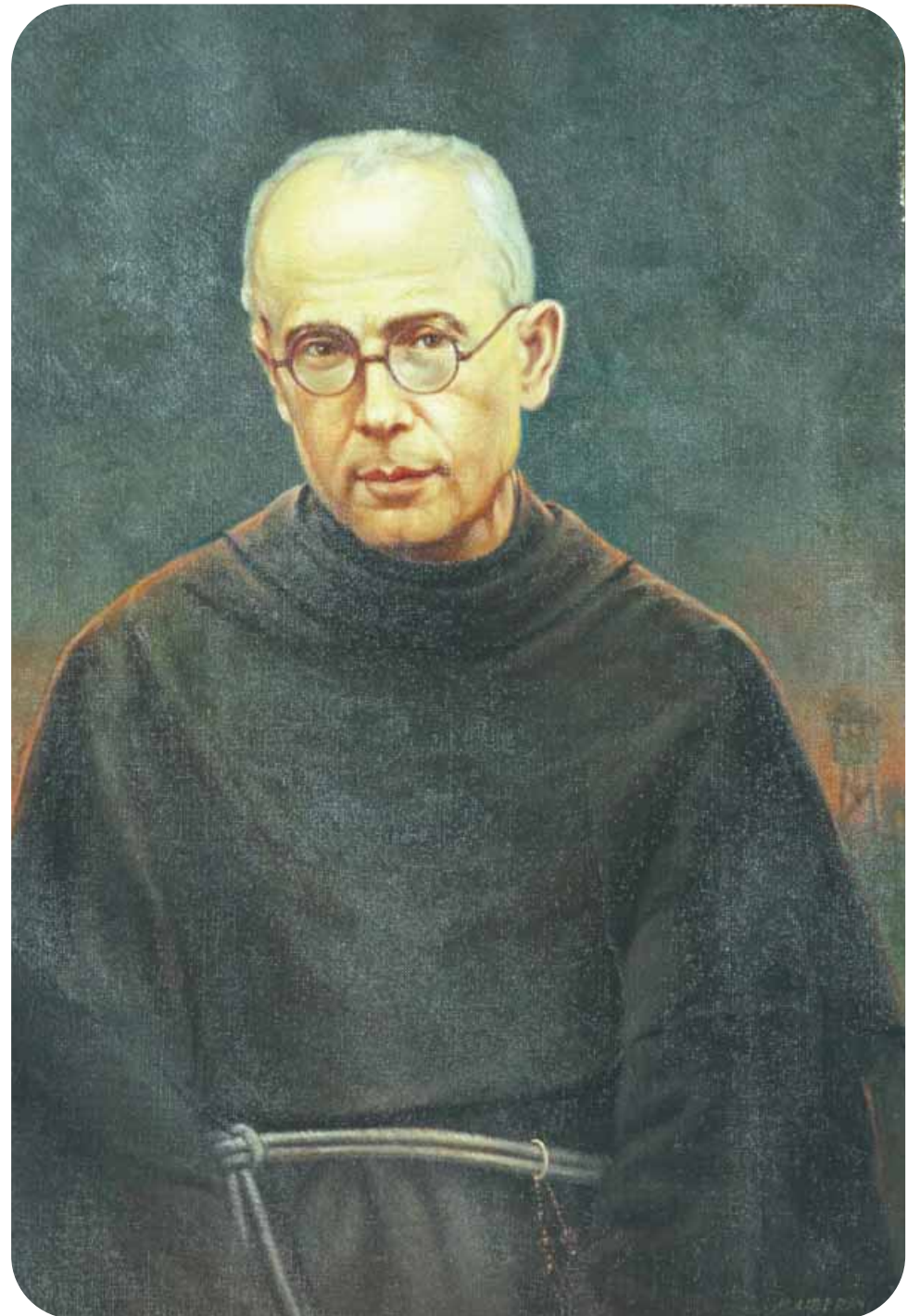
Maximilian Kolbe

During World War II, Fr. Maximilian Kolbe was in a monastery where he organised a temporary hospital. After his town was captured by the Germans, he was briefly arrested by them on 19 September 1939 but released on 8 December.

He refused to sign the Deutsche Volksliste, which would have given him rights similar to those of German citizens in exchange for recognizing his German ancestry. Upon his release he continued work at his monastery, where he and other monks provided shelter to refugees from Greater Poland, including 2,000 Jews whom he hid from German persecution in their friary. On 17 February 1941, the monastery was shut down by the German authorities for publishing anti-Nazi material. That day, Kolbe and four others were arrested by the German Gestapo and imprisoned in the Pawiak prison. On 28 May, he was transferred to Auschwitz as prisoner #16670.

Continuing to act as a priest, Kolbe was subjected to violent harassment, including beating and lashings, and once had to be smuggled to a prison hospital by friendly inmates. At the end of July 1941, three prisoners disappeared from the camp, prompting the deputy camp commander to pick 10 men to be starved to death in an underground bunker to deter further escape attempts. When one of the selected men, Franciszek Gajowniczek, cried out, "My wife! My children!", Kolbe volunteered to take his place.

According to an eye witness, an assistant janitor at that time, in his prison cell, Kolbe led the prisoners in prayer to Our Lady. Each time the guards checked on him, he was standing or kneeling in the middle of the cell and looking calmly at those who entered. After two weeks of dehydration and starvation, only Kolbe remained alive. "The guards wanted the bunker emptied, so they gave Kolbe a lethal injection of carbolic acid. Kolbe is said to have raised his left arm and calmly waited for the deadly injection.



We would really love to hear your stories of kindness, loving, caring, generosity or bravery in adults or children. We'd like you to tell us all about anyone you feel has 'gone the extra mile' in this way.

Please send your stories of these wonderful modern day saints to: editor@cathcomreach.com - with a subject of: 'Modern day saints'

What love is all about

It was a busy morning, approximately 8:30am, when an elderly gentleman, in his 80s arrived to have stitches removed from his thumb. He said that he was in a hurry as he had an appointment at 9:00am.

While I was examining his thumb I asked him if he had a doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife. He said that she had been there for a while and had Alzheimer's Disease.

As we talked and I finished dressing his wound, I asked if she would be worried if he was a bit late. He replied that she no longer knew who he was, and hadn't recognised him in five years.

I was surprised, and asked him, "But you still go every morning, even though she doesn't know who you are?" He smiled and patted my hand and said, "She doesn't know me, but I still know who she is."



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You Never Got In...

A very religious man was once caught in rising floodwaters. He climbed onto the roof of his house and trusted God to rescue him. A neighbour came by in a canoe and said, "The waters will soon be above your house. Hop in and we'll paddle to safety."

"No thanks" replied the religious man. "I've prayed to God and I'm sure he will save me"

A short time later the police came by in a boat. "The waters will soon be above your

house. Hop in and we'll take you to safety."

"No thanks" replied the religious man. "I've prayed to God and I'm sure he will save me"

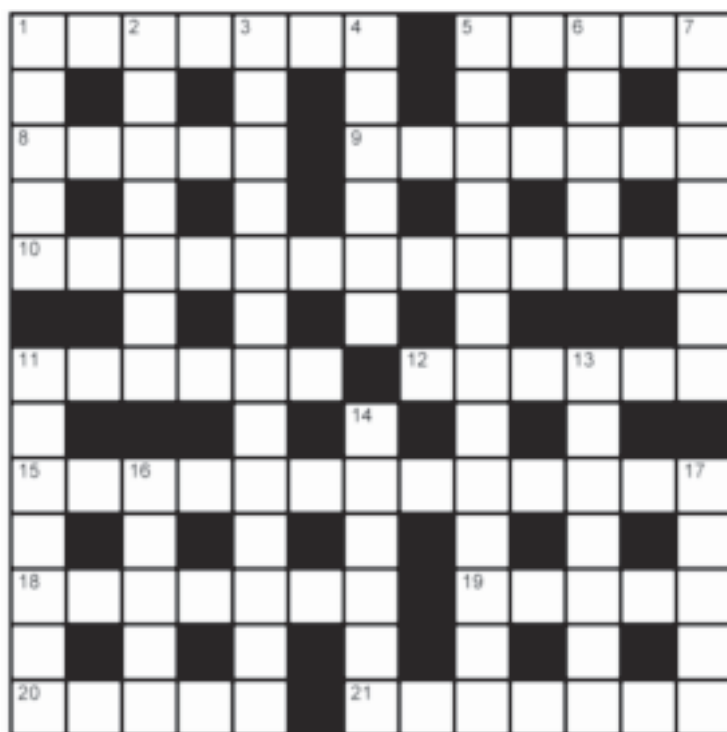
A little time later a rescue services helicopter hovered overhead, let down a rope ladder and said. "The waters will soon be above your house. Climb the ladder and we'll fly you to safety."

"No thanks" replied the religious man. "I've prayed to God and I'm sure he will

save me"

All this time the floodwaters continued to rise, until soon they reached above the roof and the religious man drowned. When he arrived at heaven he demanded an audience with God and he said, "Lord, why am I here in heaven? I prayed for you to save me, I trusted you to save me from that flood."

"Yes you did my child" replied the Lord. "And I sent you a canoe, a boat and a helicopter. But you never got in."



Reach Crossword

CLUES

Across

- 1 Place at Horeb (named with with Massah) where Moses extracted water from a rock (7)
- 5 Trunk of the arterial system (5)
- 8 Rock bottom (5)
- 9 Greek island queen, sometime captor and lover of Odysseus (7)
- 10 When the Archangel's feast is celebrated (10,3)
- 11 Expand, swell (6)
- 12 Carefree (6)
- 15 Aldous Huxley's vision of a future dystopian society (1932) (5,3,5)
- 18 Reorganizes for the purpose of updating and improving (7)
- 19 Borders on (5)

- 20 Brother of Abraham and father of Lot (5)
- 21 Delight (7)

Down

- 1 Two crotchets (5)
- 2 Deep-seated; extreme (7)
- 3 Make a hue and cry about some issue but to no effect (4,2,3,4)
- 4 Cat-call (6)
- 5 Feast celebrated on 1 November (13)
- 6 Very fast (5)
- 7 Faithful follower (7)
- 11 Judge and prophetess who fought the Canaanites (7)
- 13 Caribbean island dominated for much of the 17th century by pirates (7)
- 14 Tenant (6)
- 16 Site of sacrifice (5)
- 17 Somewhat dark: swarthy (5)

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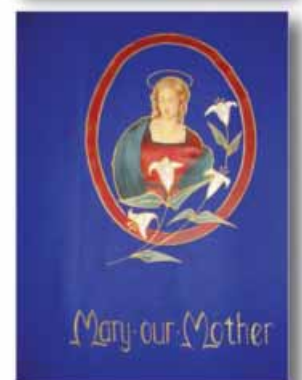
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