

 **CathCom**  
**Reach**  
READ IT, LOVE IT, LIVE IT

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Children's Pull Out  
Newspaper



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# What is the point of praying?



# Dear Reader

We hope you're all enjoying some wonderful sunny weather as the school summer holidays rapidly approach. With this in mind, we've provided some 'Safe in the Sun' help and advice for you and your families. We've also included a special summer recipe for you try – quick, easy and a welcome change from the usual summer favourites. The main theme of this edition is prayer. This can sometimes be a challenge for many of us, often leading us to wonder why we actually pray at all! This edition unpacks what prayer is all about and how it can really help us. We've also included an article on how a child can view prayer – this could well make you smile! We're also very happy to welcome Father Mark Skelton to our team of contributors. He will be providing some fascinating insights into the many aspects of nature and we hope that you enjoy the first one from him in this edition, with much more to follow. Finally, we've included a short trip down memory lane with some primary school memories. We feel sure that some of these will be familiar to many of you. Wishing you a wonderful, relaxing and peaceful summer.

**Julia**  
Editor

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

# Life is...

- Life is an opportunity, benefit from it.
- Life is beauty, admire it.
- Life is bliss, taste it.
- Life is a dream, realize it.
- Life is a challenge, meet it.
- Life is a duty, complete it.
- Life is a game, play it.
- Life is a promise, fulfill it.
- Life is sorrow, overcome it.
- Life is a song, sing it.
- Life is a struggle, accept it.
- Life is a tragedy, confront it.
- Life is an adventure, dare it.
- Life is luck, make it.
- Life is too precious, do not destroy it.
- Life is life, fight for it.

**Mother Teresa of Calcutta**

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# What is the point of praying?

**Continued from page 1**

**I BELIEVE THAT at some time or the other even the most ardent and practising Christians have asked themselves this question. Yet prayer can be described as the way in which we can fulfil the First Commandment:**

'You must love the Lord your God with all your heart, with all your soul, and with all your mind.' (Matthew 22:37) So you've got to have faith in the first place. However, faith without hope and charity can be of little use. This is where prayer comes in. Because when we pray we don't just call on our faith but we are driven by hope and overwhelmed by love. This love is not only our love of God but also his unlimited love for us as individuals for mankind and all of his creation. This is quite a thought!

## GOD'S GOT MAIL!

In the film comedy Bruce Almighty we see Jim Carrey playing lead role Bruce Nolan, a hapless TV reporter who is given the opportunity, for a time, to undertake God's role and all this entails. In one particularly comical but thought-provoking scene we encounter Carrey as God, having to deal with the problem of not only receiving, but having to answer millions of prayers, and his subsequent droll desperation as to how to do this. The reason the scene worked so well is probably because this entire episode must surely be something that many of us have wondered about at some time or another. Indeed, how does the Lord deal with the demands of such heavy prayer 'mail'? Obviously we don't know, and we can't attempt to understand. But even so, what we do know is that prayer is essential to foster and maintain our relationship with Jesus Christ. In fact, to learn about him, to become acquainted with him, and to try to understand him is absolutely critical for our own faith journey. Not only that, but, if our lives lack the sustenance of prayer, where else will we find the power which supports and guides us in our chosen ministry, job or way of life? Yet having the desire to pray, and actually doing so, can very often be two very different things. And we can become so easily distracted too. Yet far from these becoming a worrying burden, they can, at times, be surprisingly constructive. You may find it hard to believe, but sometimes God is even present in the distractions!



## DETRIMENTAL

And at the most basic level, there is the very salient question of whether the Lord will agree to grant our petitions or not. It is obvious to most of us that there are frequent occasions when the answer to our requests does seem negative. In other words, God has not perhaps agreed to our requests. We can only guess at the reasons, but in my own experience with the advantage of hindsight, I have often seen that my original petition would have probably been detrimental to me. In fact, we are assured and believe that God always works for our good, and shapes our lives and plans, especially when we consider the words of the prophet Jeremiah: 'I know the plans I have in mind for you - it is the Lord who speaks - plans for peace, not disaster, reserving a future full of hope for you. Then when you call on me, and come to plead with me, I will listen to you.' (Jeremiah 29: 11-13).

## FAITH, HOPE AND LOVE

Finally, we should remember that God is unchanging and for ever will remain so, but prayer changes us as we build our relationship with the Lord. So we must remember to pray with faith, hope and love in equal measure and remember that despite all complexities, failures and trials, prayer is the sure and certain way to a deep and lasting relationship with Christ.



Share your views on prayer





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# Haloed be thy name!

By Julia Beacroft

Prayer's a bit of a funny business, I always think...

I can remember learning the Lord's Prayer by rote as a child, but I have to confess that for the most part I had very little understanding of what I was actually praying. Let me share some of this with you...

**THE LORD'S PRAYER  
ACCORDING TO JULIA  
BEACROFT, AGED  
APPROXIMATELY 8 YEARS**

'Our Father' Who art in Heaven.'

Yes, I got that bit, except perhaps for wondering where art (and craft) came into it?

'Hallowed be thy name'.

Unfortunately, I always thought that it was haloed not hallowed. A haloed name? Very strange!

'Thy Kingdom come, Thy will be done, On earth as it is in Heaven'.

Thankfully, all fine...

'Give us this day our daily bread'.

Ah, now this really puzzled me. Why were we only to be allowed to eat bread?

'And forgive us our trespasses as we forgive those who trespass against us'.

What on earth was a trespass? What does it mean and why do others do it too?

'And lead us not into temptation but deliver us from evil.'

Happily, message received and understood!

**A DIFFERENT KETTLE OF FISH**

Of course there are now modern translations which use such words as 'are' to replace 'art' and 'sins' to replace 'trespasses'. Undoubtedly this makes the comprehension of the prayer somewhat easier, but even so... Only last Advent, a friend of mine laughingly reminisced over his boyhood misunderstanding and mispronunciation of that lovely Advent carol 'The Angel Gabriel', singing 'Most highly

flavoured lady, instead of 'favoured!'

We teach our wonderful children so many things and miraculously they manage to understand and utilise most of them. But our spiritual and prayer life is a rather different kettle of fish. I have noticed not only with my own children – now adult – but also with the children who are preparing to make their first Holy Communion, that they are far more accepting of things than we, as adults, are. In fact, we could learn from them in this respect, because Jesus himself said:

"Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven."

So their assent to the whole notion of God is usually without question, but perhaps their understanding of prayer and all it entails is not always one hundred percent. Yet this is hardly surprising when we consider

that as adults we also struggle with this at times.

And so it may be possible that learning to pray with your child could almost become a little like the reading sessions which parents have with their offspring. Except that in the case of prayer, the parents' role may vary slightly. This is because the child may be able to read the words, but not necessarily understand them. Therefore the actual reading of the words ceases to be the primary objective, but the understanding of them becomes the priority.

Praying with your children is truly wonderful as you help give them a flavour of God's love. Be simple, clear and sincere in your prayers – and who knows? Maybe one day your name too could be haloed!

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# Vaccinations



**Did you know that according to the World Health Organisation (WHO), only water (a human right) ranks as highly as vaccination in terms of the greatest impact on health globally!!**

Having your child vaccinated is your decision. It is therefore important that you have access to current, up to date, evidence based and accurate information to help you make the decision on whether you should take your child to be vaccinated or not. Your local Practice Nurse, school nurse, GP or Health Visitor are all specialists in public health and are able to offer you further advice if needed.

Having your child vaccinated or immunised can offer protection against nasty and potentially fatal diseases and we as a population have a greater chance of reducing, and ultimately eradicating, potentially fatal diseases.

Vaccination programs start from the age of 8 weeks. However, vaccinations are not for babies alone, but are offered at various

stages throughout our lives. These include booster vaccinations for children and teenagers as well as vaccinations to protect against 4 different causes of Meningitis and Septicaemia. Vaccines are also offered in later life for Pneumococcal (PPV), Shingles and Flu.

### Have you heard of Herd immunity?

Herd immunity is where the uptake of vaccinations in a particular area is high. This means where lots of people have chosen to have their children or themselves vaccinated against diseases. When this happens, even those people who have not been vaccinated build up a resistance to nasty and highly contagious diseases so they become less likely to contract the disease!

The more people who vaccinate themselves and their children, the more chance there is of reducing or even eradicating potentially fatal diseases.

**DON'T FORGET THE SUN CREAM!**

**Even if they have a hat!!!!**

**To find out more, see your nurse, GP, Health Visitor or School Nurse.**  
**Or go to:**

[www.immunisationscotland.org.uk](http://www.immunisationscotland.org.uk)  
[www.nhs.uk/Conditions/vaccinations](http://www.nhs.uk/Conditions/vaccinations)  
[www.immunisation.ie](http://www.immunisation.ie)  
[www.nhsdirect.wales.nhs.uk/LiveWell/Vaccinations/](http://www.nhsdirect.wales.nhs.uk/LiveWell/Vaccinations/)

# Son, See and Sand



- Flexible working to suit parents
- Selling advertising space
- No experience required
- Support this Catholic paper
- Ideally: Calm, gentle and tenacious
- Organised and self-motivated
- Good on the phone or face to face

**DON'T IGNORE OPPORTUNITIES**

For more information contact  
[nick@cathcom.org](mailto:nick@cathcom.org)

**Most of us enjoy taking our children to the beach in the summer time, whether it's in this country or somewhere further afield. As we have four children, my husband and I used to head for the sand and sea armed with vast quantities of high SPF (Sun Protection Factor) cream, ready to dollop on them. And with four children, this was no mean task. Actually getting them to come and 'be creamed' was the first hurdle we had to get over and trying to keep the sand out of said cream was probably the next. Then you could bet on it that as soon as you gave a sigh of relief that all four were now sun protected, at least one of them – and often all four – would want to go swimming, instantly undoing all our hard work and putting us back at square one.**

My younger son in particular loathed having to go through this regime and on most occasions would lead us a merry dance, usually running off or disappearing into the sea in preference to the indignity of having his sun cream applied.

Recently I heard a celebrity explain that she looked younger than her actual years due to the fact that she had always applied sun cream to her face, regardless of what the weather was actually doing. It protected her facial skin, like a mask, she explained.

In fact, to a certain extent we can understand that wearing a sun screen on the face or even make-up is actually somewhat akin to wearing a mask. Our features are then covered with a layer of another substance, albeit an extremely thin one in this case. Yet in our normal everyday

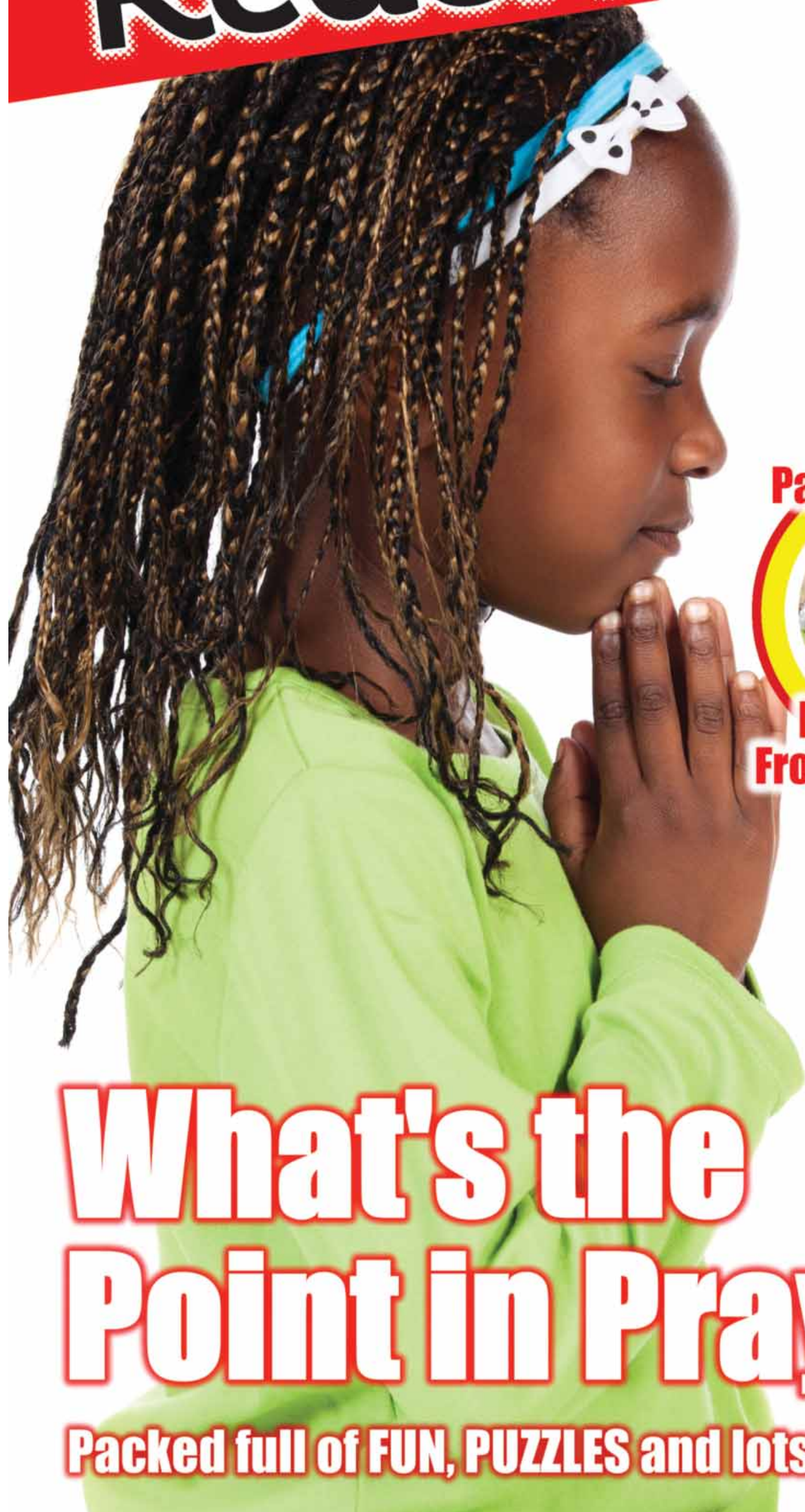
lives, we routinely don our own invisible 'masks' to protect ourselves from hurt and harm from others. It is a natural defence mechanism which most of us have developed over time.

Jesus Christ sees straight to the heart and soul of each and every one of us, regardless of our armour or 'mask'. He knows our deepest and innermost thoughts and he knows us exactly as we are – warts and all and loves us nonetheless. In fact, it makes little difference whether we try to put on our armour with the Lord or not, because there is not merely a chink in that armour where he is concerned, but the whole of it dissolves completely under his tender, loving gaze.

And in fact, there is more. At our baptism, we are actually given protection by the Lord – our very own armour plating – to guard us against all evil which we may encounter throughout our lives. There is prayer and anointing to protect us and defend us:

'We anoint you with the oil of salvation in the name of Christ our Saviour: may he strengthen you with his power, who lives and reigns for ever and ever. Amen.'

As humans, it is natural that we try to protect ourselves – and those we love – against harm. And in so doing, we rightly feel that we are taking adequate precautions. To protect ourselves from the sun we apply a mask of sun screen. When it comes to the Son – we need do nothing – except love him.



**Page 2**



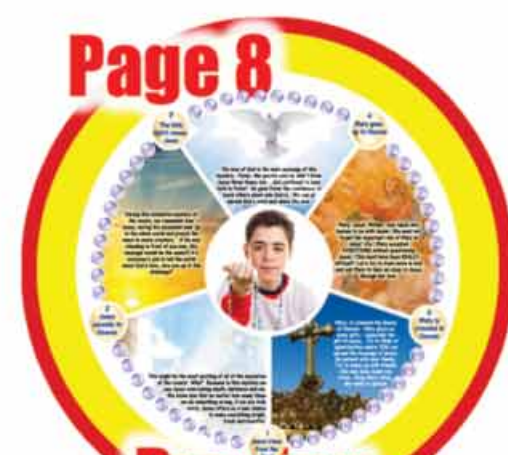
**Stories of Rev.  
Septimus Mole**

**Page 6**



**Mmmmm!  
Frozen Yoghurt**

**Page 8**



**Praying  
the Rosary**

# **What's the Point in Prayer?**

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

# The Stories of Septimus Mole

## The Tale of the Smelly Feet



Reverend Septimus Mole is a stuffed animal. He is, of course, very short sighted, so wears a pair of strong glasses. He also wears priest's vestments that match the colour of the liturgical season. Septimus' main talent is telling stories. This is a mole trait, as you will realise that, underground, there is very little other entertainment, so mole stories are much sought after, and famous mole story-tellers will gather quite a large audience. Anyway, Septimus continues this long-held tradition of story telling, specialising in stories from biblical times which have been handed down to him from his ancestors.

Thaddeus Mole was a loner. He disliked being near farms and vineyards, and found olive groves really awkward with their matted roots. So he preferred the wilderness regions, the hills well above the Sea of Galilee where only shepherds wandered with their flocks of goats or sheep. He liked to find his own special spots, places where, when he pushed up a fresh mole-hill, he would be able to gaze up at the vast sky, wondering at all the twinkling lights and the peaceful silence.



He would, very occasionally, see these shepherds, a rough sort of wandering folk. He'd even seen a very strange man recently, wearing skins and foraging for natural food among the sparse vegetation. But he too had gone. Now, as he took a last look around the sky and breathed in the sweet air, he looked forward to the new day and some new earthworms for breakfast.

Moles do not have watches, their natural senses seem to know when the sun rises, and, anyway, worms are often at their most active in the pre-dawn moisture. So, shaking the dust from his fur, Thaddeus rolled out of his sleeping ball, and wandered a few yards down one of his tunnels trying to decide where to open up a new mole-hill. He was vaguely aware of a thudding noise, but put that down to goats, perhaps, jumping on some nearby rocks. Soon he found a suitable spot, and began digging upwards. In a very short time he could detect the open air, but was aware of some other odour, one he didn't recognise.

Bursting through the crust of the soil, Thaddeus was immediately confused by what his poor sight could make out around him. He was located on a hillside, a barren hillside, yet surely what he could vaguely see all around him were tree trunks. And there was that smell! He eased his soft furry body out of the mole-hill and scurried forward a few feet. Ah! Feet! That's what he could smell - and see too. Lots and lots of smelly, sandaled feet wherever he looked. Totally confused now, Thaddeus ran further away from the safety of his mole-hill until, at last, he found himself in a clear area where there were less of these nasty, smelly feet.

He could hear a strong, clear voice coming from near by, apparently asking questions. This crowd was hungry, the speaker was saying, and he was asking where food could be found.



Other voices clamoured in reply saying that they were miles from any source of food, and they didn't know what to do. Thaddeus suddenly realised that he, too, was very hungry. A small set of feet came shuffling past the curious mole, and the voices were saying that this young lad had a picnic of five loaves and two fishes - whatever they were, thought Thaddeus.

The commanding voice accepted this news and told the others to distribute the bread and fish - and they did, as Thaddeus watched, apparently finding that there was always enough for the hungry crowd. He peered up towards the commanding voice, and, it seemed to him, that this person looked straight back at him, small and cowering at the edge of the forest of feet. And that voice seemed to say to Thaddeus that he should eat too, and immediately a long juicy earth-worm wriggled into Thaddeus' sight. Delighted he caught it and scabbled down into the soft earth to enjoy his breakfast and wonder about what all those feet had been there for. And he did hope that the smell would be gone soon.

### DID YOU KNOW?

Moles have "kitchens" in their tunnels. They store earthworms in a chamber for when they get hungry!

Moles are found on every continent except Antarctica and South America.

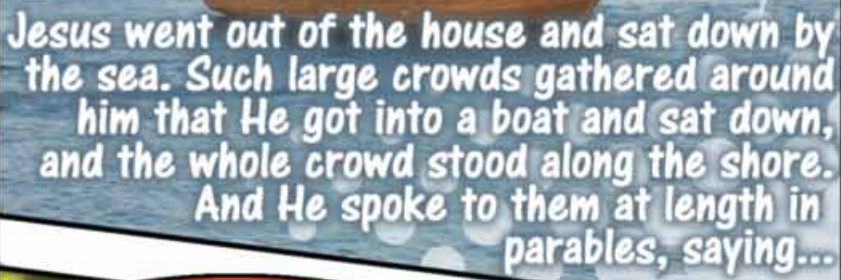
Spot the mole on each page!!

HAHA! I even put one on the back page of the parents section - and they'll never know why!!






# Parable of the Sower



Jesus went out of the house and sat down by the sea. Such large crowds gathered around him that He got into a boat and sat down, and the whole crowd stood along the shore. And He spoke to them at length in parables, saying...




...A sower went out to sow. And as he sowed, some seed fell on the path, and birds came and ate it up...



...Some fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep...


Colour THIS



...And when the sun rose it was scorched, and it withered for lack of roots...



...Some seed fell among thorns, and the thorns grew up and choked it...



...But some seed fell on rich soil and produced fruit, a hundred or sixty or thirtyfold...

...Whoever has ears ought to hear

Dear Father,

Help me to be the good soil,  
So that when I hear your words  
They take root in me and grow  
To make my life produce great things.

Help me also to be the sower,  
Help me to tell people about You  
So I can pass on your words to others  
And sow your seeds in the people I meet.

Amen.

## Challenge

Why not write a prayer and send it to us?

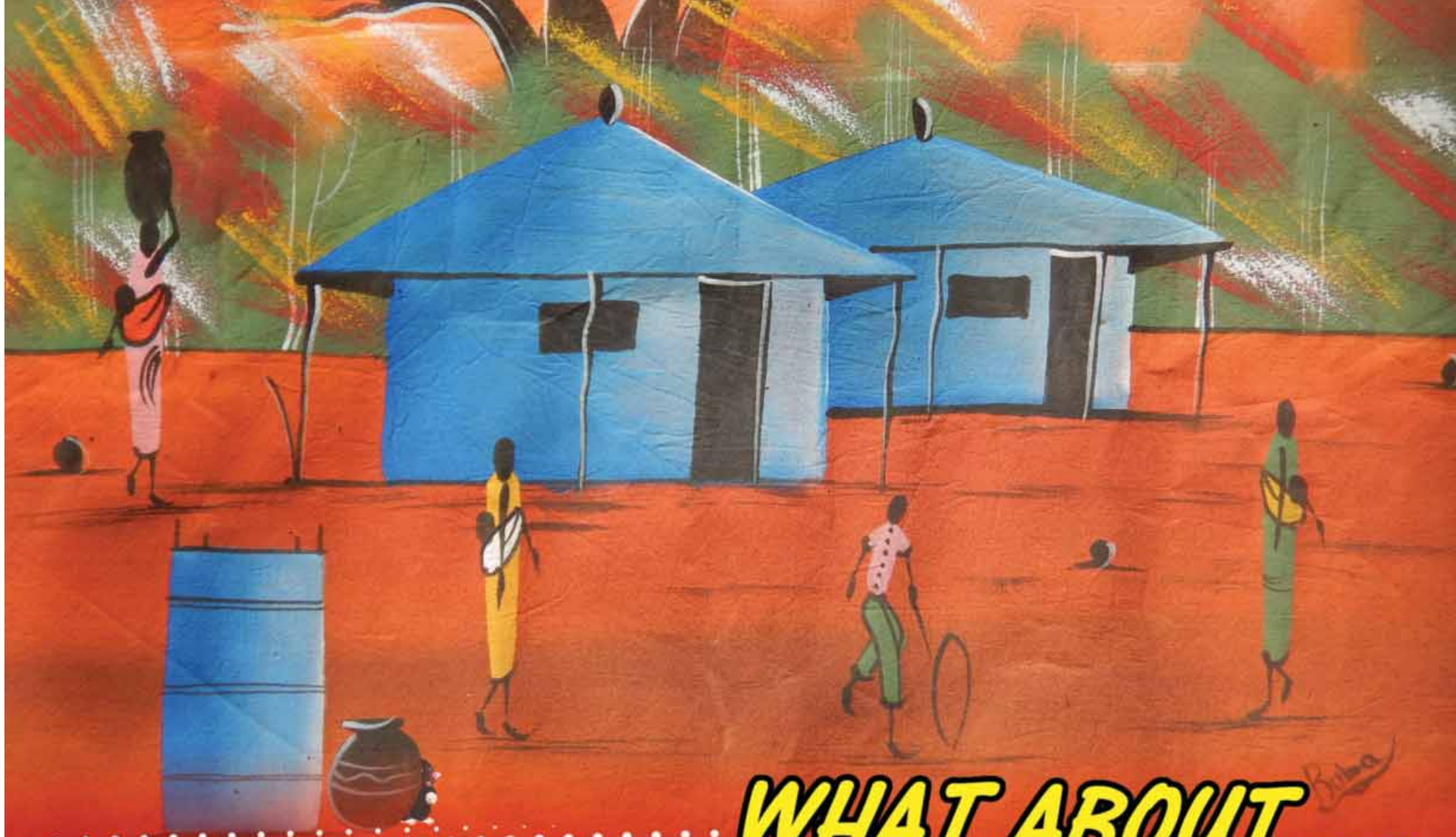
We would love to publish some of your prayers.

Just send them to: [yourreach@cathcomreach.com](mailto:yourreach@cathcomreach.com)

or by post to:

YourReach - CathCom,  
N2 Blois Meadow Business Centre,  
Steeple Bumpstead  
Haverhill  
Suffolk  
CB9 7BN

# THANK GOD FOR WHAT YOU HAVE!



As we mentioned in the last issue, some of our team were lucky enough to go out to Malawi to meet children and families in a community out there. It was a life changing experience for them and they came back with a very different view of the world.

It's always good to stop and think about that!

People in Malawi have so little, but they are thankful for everything they have. They also share ALL. If they have one bowl of Maize and their neighbour has nothing, they share it with their neighbour. It is truly incredible. An amazing thing to experience which made me see my life differently. It helped me to look again at what I have in front of me and not take it for granted.

Spend a few minutes thinking about the things we have...

#### My clothes

Sometimes we don't get the clothes we want - which can be difficult if all our friends do - but at least we have clothes to keep us warm.

#### My home

Imagine how much the children in Malawi would give for my bed, bedding and pillows. Imagine how excited they would be to have a bed like that.

#### My food

Sometimes we go hungry because we don't like the food we are offered - but for many children, they would be grateful for ANYTHING to eat.

#### My School

School isn't always the first place we want to be - but for those children in Malawi who get to go to school they know how lucky they are. They know it is their only chance to have a better future.

## WHAT ABOUT YOU!



### WHAT CAN YOU DO???

Don't waste your food, enjoy every mouthful and share what you have with those who are less fortunate. Most supermarkets have a place where you can leave something you have bought for a food bank which means the food will go to someone nearby who doesn't have food.

Bag up old shoes and send them to charities that can use them for adults/children who don't have shoes of their own.

Try to NEVER waste water. Some people don't have access to fresh, clean water.

LOVE your family - Many have lost family members and have no one to care for them.

Remember you can pray for others every day.

Thank You God for all of our abundant gifts  
Never let us take our small treasures for granted.  
May you always be within us  
Helping us to remember to share  
With those who have less than us.

Amen

# What's the Point of Prayer?

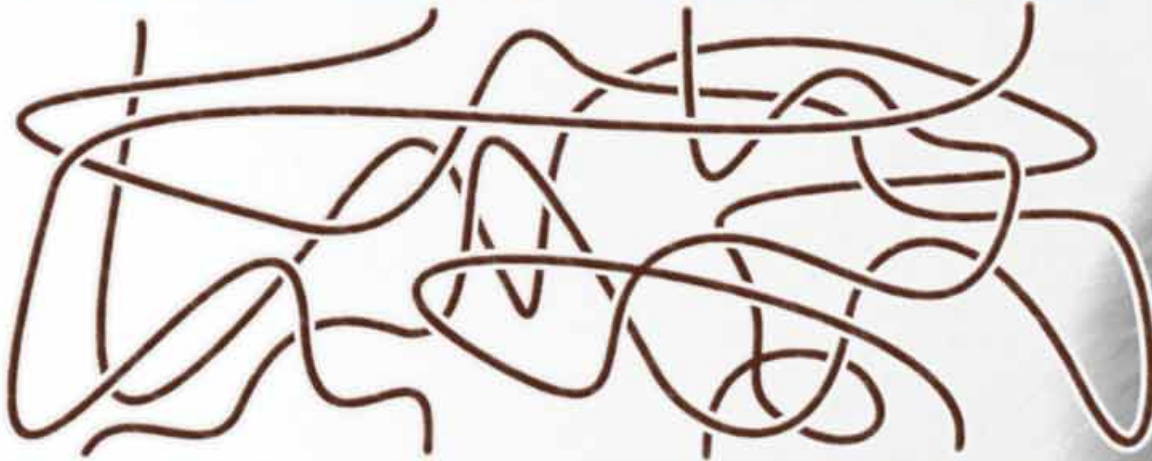
Follow the lines to find out more...

Support & Help

Thanksgiving

Guidance

Knowing God



## "SAY THANK YOU!!"

How often have you heard that since you were tiny???

Part of knowing someone and being friends with someone is saying "Thanks" when they help us.

The same is true when it comes to being friends with God. We should say thanks because we wouldn't have much of a friendship with Him if we didn't.

We don't always realise everything He gives us and does for us - so we should try to...

STOP!

THINK!

THANK!

It doesn't just make God happy but it makes us realise what we have which makes us better people.

Imagine if you had never spoken to anyone in your class before. If every day you had gone to school and you hadn't bothered to chat with anyone.

Would you have any friends in your class?

Would you know the people in your class?

You would probably know their names - but you wouldn't know much about them.

Prayer is talking to God - and if we don't talk to Him we may know His name, but we don't know much about Him. And even though He knows all about us - we probably wouldn't feel like He knows us at all.

The "Our Father", is translated from another language - and the word for "Father" that Jesus uses is much more personal than "Father". God wants a personal friendship with each of us - that can only happen if we talk.

Praying to God gives us support and help - especially when things are difficult in our lives.

When we have problems in life we can feel that the problem is too big for us to sort out. Being able to ask God for support helps us have the strength to carry on - even when life is tough.

Praying also helps us in the work that we do. My Mum always used to tell me...

"Pray as if it all depends on God;

Work as if it all depends on you!"

In our lives we should work hard to look after people around us and we should pray for God to help and support us in what we do.

When we work hard we achieve a lot - when we work hard with God's support we can achieve AMAZING things!!!

Life can be tricky at times.

Sometimes it is not easy to do the right thing. Sometimes it's not easy to know what the right thing is.

We might think we know what is the best thing to do - but we are not always be right.

Praying to God for some guidance is a great thing to do!

God won't necessarily tell you what to do - but He will give you a nudge in the right direction. He might send a sign which could be something someone says to us. It could be that the tricky thing we're not sure about gets fixed all on its own. Or He may help us see what we should do without God saying a word to us.

If you are not sure what to do - or before you make a big decision - ask God for guidance.



# Competitions

Eve, Grace & Charlie in Cornwall reading Your Reach



We want to see how far Reach can reach!

**BUT WE NEED YOUR HELP!!!**

Send us a picture of you or your friends holding Reach.

Ask your teacher if you can get a picture of the whole class holding Reach - OR EVEN THE WHOLE SCHOOL AT AN ASSEMBLY!

Send photos to:  
[yourreach@cathcomreach.com](mailto:yourreach@cathcomreach.com)

Send your firstname, school and the town and we'll try and include your picture in the next edition!

Make sure you have permission from the parents or school of everyone in the photo.

## Spot 10 Differences



## Wordsearch

E	L	R	R	E	H	T	A	F	R	U	O	C	A
S	G	E	R	O	I	E	G	S	L	A	C	E	R
D	L	Y	U	O	A	E	M	T	N	R	R	E	T
M	O	A	E	I	S	B	R	G	A	M	E	M	L
A	R	R	A	F	R	A	E	A	M	H	E	N	L
G	Y	P	E	O	D	L	R	L	R	M	D	D	N
N	B	C	A	I	U	R	I	Y	F	O	G	Y	R
I	E	B	R	S	R	T	A	O	R	C	M	C	P
F	N	A	G	H	A	I	L	M	A	R	Y	E	A
I	G	O	A	N	A	C	G	U	O	G	M	N	M
C	O	D	Y	R	B	E	R	I	Y	Y	O	Y	R
A	Y	E	A	R	A	H	Y	R	N	F	L	S	L
T	R	Y	O	A	L	R	T	B	R	E	L	C	R
O	R	Y	E	R	S	R	T	T	C	E	E	U	G

- OUR FATHER
- HAIL MARY
- ROSARY
- GLORY BE
- CREED
- ANGELUS
- MEMORARE
- LITANY
- PRAYER
- MAGNIFICAT

Can you reach Reach?



# Frozen Yoghurt Bark

Here's a recipe - but it is SOOOO easy to make up your own version from whatever you have in the house. Look at some of the other possibilities (including the background)

## Yoghurt Mix

500g of yoghurt  
4 desertspoons of honey  
2 desertspoons of cranberries  
2 desertspoons of raisins

## Topping

5 strawberries  
2 desertspoons of chocolate chips  
2 desertspoons of desiccated coconut

Mix up the YOGHURT, HONEY, RAISINS and CRANBERRIES

Cover a tray with foil and pour the mixture on the foil. Spread it so it is flat - it can be as thick as you like.

Put STRAWBERRIES, CHOCOLATE CHIPS and DESICCATED COCONUT top.

Put it in the freezer until it has frozen hard - this should take about 2-3 hours



Take it out of the freezer and break it into pieces. If you need to use a sharp knife - CHECK WITH A PARENT!!!

You can always leave it for a few minutes to soften if you can't break it.

Once it is broken into pieces you can put it back in the freezer and eat it when you want to!!



# Make your own Rosary

What you need: 2 meters of string, a pencil, kitchen foil and playdough or cardboard

- 1 - Tie a knot about 15cm from the end of the piece of string
- 2 - Cut some strips of foil about 5cm wide
- 3 - Cut them into squares about 5cm x 5cm - doesn't have to be exact
- 4 - Carefully use the pencil to make a hole in the centre of each square
- 5 - Thread the end of the string WITHOUT the knot through the hole in the foil
- 6 - Put a second piece of foil onto the string and slide both pieces up to the knot
- 7 - Carefully squeeze the two pieces of foil together to form a ball around the string to make the first large bead.
- 8 - Tie another knot about 1cm away from the foil bead so there is a knot each side.
- 9 - Thread ONE piece of foil onto the string and scrunch it into a ball next to the knot.
- 10 - Repeat this THREE times - to create the first 3 small beads
- 11 - Tie another knot about 1cm away from the 3 small beads.
- 12 - Add 2 pieces of foil, slide it and scrunch it to create another large bead.
- 13 - Tie another knot leaving a gap - and then create another 10 small beads.
- 14 - Continue to do this until the Rosary is finished.
- 15 - Once it is finished, tie the end to the string HERE
- 16 - Make a cross out of playdough, make a hole in the top for the string, let it dry and tie it on - OR cut a cross out of cardboard and cover it with foil.

If a bead breaks leaving a gap you can use a thin piece of foil and wrap around the string to make a new bead.

Your Rosary won't look perfect - some beads will be bigger than others - but its yours, there isn't another one like it in the world ...and that is what makes it special...

JUST LIKE YOU!!!!!!



# Rosary

The Rosary is group of prayers which you say while you think about a set of events in Jesus' and Mary's lives - called "Mysteries". There are 3 sets of Mysteries...

## Joyful Mysteries:

- 1 - The Angel appears to Mary
- 2 - Mary visits her cousin Elizabeth
- 3 - Jesus is born
- 4 - Jesus is presented in the Temple
- 5 - Jesus is found in the temple.

## Sorrowful Mysteries:

- 1 - Jesus in the Garden of Gethsemane
- 2 - Jesus is whipped
- 3 - Jesus is crowned with thorns
- 4 - Jesus carries His cross
- 5 - Jesus dies on the cross

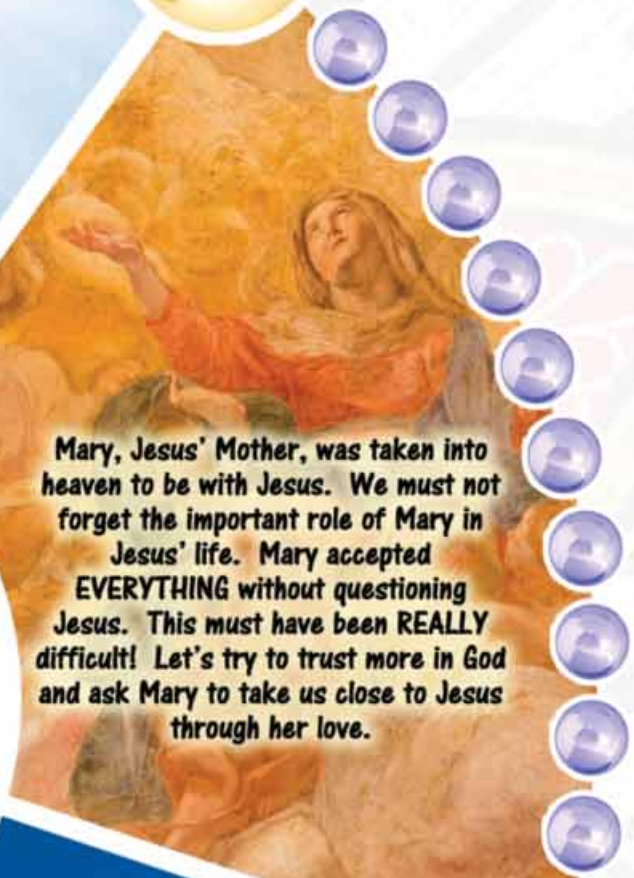
# Glorious Mysteries

3. The Holy Spirit comes down



The love of God is the main message of this mystery. Peter, the apostle said he didn't know Jesus three times, but...God continued to have faith in Peter! He gave Peter the confidence to teach others about who God is. We can all spread God's word and share His love.

4. Mary goes up to Heaven



Mary, Jesus' Mother, was taken into heaven to be with Jesus. We must not forget the important role of Mary in Jesus' life. Mary accepted EVERYTHING without questioning Jesus. This must have been REALLY difficult! Let's try to trust more in God and ask Mary to take us close to Jesus through her love.

During this wonderful mystery of the rosary, we remember how Jesus, during his ascension said 'go to the whole world and preach the news to every creature.' If He was standing in front of you now, His message would be the same!!! It's everyone's job to tell the world about God's love...Are you up to the challenge?

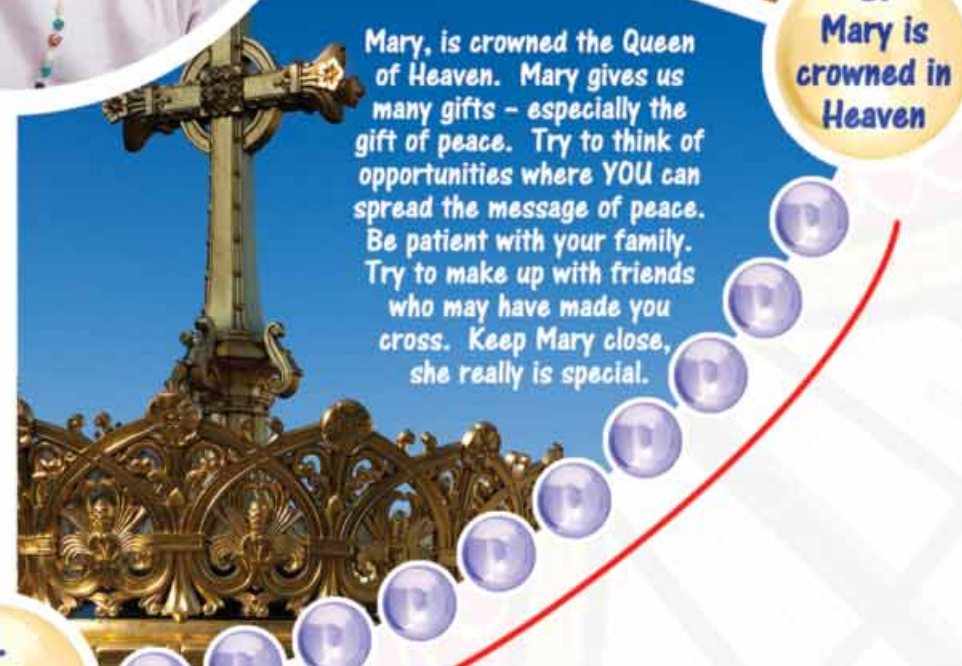


2. Jesus ascends to Heaven



This might be the most exciting of all of the mysteries of the rosary! Why? Because in this mystery we see Jesus overcoming death, darkness and sin. We know now that no matter how many times we do something wrong, if we are truly sorry, Jesus offers us a new chance to make everything bright, fresh and beautiful.

5. Mary is crowned in Heaven



Mary, is crowned the Queen of Heaven. Mary gives us many gifts - especially the gift of peace. Try to think of opportunities where YOU can spread the message of peace. Be patient with your family. Try to make up with friends who may have made you cross. Keep Mary close, she really is special.

1. Jesus rises from the Dead



For each gold bead say an Our Father

For each blue bead say the Hail Mary

FINISH - say the Hail Holy Queen

START

Say the Creed first

Ask your teacher for the words for the Creed and the Hail Holy Queen - they are in the teacher resources.

**Our Father**, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation; but deliver us from evil.

**Hail Mary**, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.



Are you inspired by the Sermon on the Mount?  
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# Primary school memories...

We all have them...

Here are a dozen of the best

1. Trying to look busy in the classroom during tidy-up time to make the teacher think that you were actually doing something
2. When the Year 6's were on a school trip and the Year 5's strutted into assembly knowing that they were finally going to get to sit on the benches/chairs
3. Knowing that if you didn't have every pupil, teacher and dinner lady's signature on your 'T' Shirt, then your last day of Year Six was a complete failure!
4. Sitting on the back row of the coach when on a school trip, meant that you had finally made it in life
5. Sitting on the benches in assembly in Year 6, looking down at all the younger pupils, and thinking 'Started from Reception, now we're here!'
6. Having to go out of the school gates to get the ball that went over the fence and returning like a conquering hero
7. Coming back from a holiday with a hair braid and feeling like your class' version of Beyoncé
8. Ending every story that you wrote with 'And then I woke up and realised that it was all just a dream!'
9. You could tell that you were getting to the end of term when all of a sudden the classroom became like a cinema
10. Being allowed in the staff room to help your teacher carry something and feeling like you were practically entering Narnia
11. The five minutes of fame you had when you found out your teachers first name!
12. The blue PE mats that were meant to cushion you if you fell and which were more like concrete slabs!

# Summer Chicken Pot

A quick, simple, light and delicious one-pot recipe that is ideal for the warm summer months!



### Method

1. Heat the oil in a large casserole dish over a medium heat. Add the leeks, garlic and thyme, cover and cook gently for 10 mins, stirring occasionally.
2. Season the chicken and tip into the dish with the potatoes.

3. Turn up the heat, pour in the stock and wine and bring to a simmer. Reduce the heat and allow to gently bubble with the lid on for 35 mins. Add the green beans and peas for the final 10 mins of cooking. Season to taste.

Ladle into bowls or plates with a squeeze of lemon. Garnish with a lemon wedge.

**Useful tip: Use a herb cutter to chop your thyme leaves. In fact this useful little gadget will chop up any fresh herbs in seconds!**

### Ingredients

- 2 tbsps olive oil
- 500g leeks finely sliced
- 2 cloves garlic, crushed
- 2 sprigs thyme
- 8 pieces of boneless chicken – breasts are ideal
- 500g potatoes, larger ones quartered, smaller ones halved
- 350ml chicken stock
- 100ml white wine
- 200g green beans, fresh or frozen
- 350g frozen peas
- Lemon wedges, to serve
- Seasoning



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# The Wonders of Nature

by Fr. Mark Skelton

**Much of my nature ramblings will be out in the country but much is just here, in my garden. Quite often in our life we think we need to go far to find beauty and peace and even God, but no, all of this is often right under our noses, if only I will give myself space to look.**

IN SEPTEMBER 2015 I was moved to Teignmouth in Devon. I came into possession of an enormous piece of totally overgrown wilderness, where the Church Hall had been until it was knocked down in 2003. When I arrived and looked out I could see nothing but brambles and rogue roses. There was no hope for anything. I fought my way up the steps in mid-October and thought...well let's see what I can salvage, or whether I can clear a small part of this horror and enable me to at least put up some bird feeders.

And so it began. The first 30 hours or more was hacking and chopping and three things happened. Firstly I got so scratched by the brambles and rogue roses that most people thought the move had gone badly and I was self-harming! Secondly though, I began to feel there might be a possibility of doing something, because, thirdly I began to discover hidden gems. There was, for example, an extraordinarily beautiful red stone wall which ran the whole of the left side of the area, which I had begun to call the Secret Garden. It had been totally hidden and unseen; there was a struggling Pampas Grass which had been strangled and shaded to within an inch of its life and there were 19 self-seeded Buddleia. Now I love butterflies and bees but 19 enormous overgrown Buddleia was not exactly helping my plans...

So I began to dig and weed and remove. A friend lent me a mattock....the most marvellous tool God has ever inspired. This enabled me to really begin to get to grips with, and remove the enormous and very deep seated root systems which were choking and preventing any chance of growth. I recall very clearly the afternoon I had been working to remove a particularly stubborn, vicious bramble and root system. It took me about three hours but when I was finally able to drag the dratted thing from the ground it gave me such a joyous sense of achievement, (far more



than killing a huge weed should have done,) that I really began to feel there was a future for my Secret Garden, which was actually becoming less secret as my Facebook posts increased.

By January I had begun to clear not just the root systems but also to excavate huge areas of the old Church Hall foundations. I had to dig out stones, boulders, tiles and slates and also enormous clumps of breeze blocks. My tiredness and frustration began to build up again...what to do with all this rubble and stone? I did not want to just pile it up in huge tips. What should I do with all the roots, branches and trunks of the mammoth trees I had had to remove? Well, I started to reuse. Why not recycle, why not let the stone and rubble beautify and enable rather than allowing it to frustrate and annoy?

So the smaller stones were used to lay paths around where I was clearing. I had begun to map out simple beds and the bigger stones were used to make dry stone raised beds. Thus aggravation became something beautiful and useful. Some of the roots and branches were used to make a big

raised bed – I call it my Ostrich nest. Most of the other branches, roots and brambles were piled into a huge woodpile. This now serves as a home for countless insects, a family of mice and roosting for Sparrows, Dunnocks and Wrens. I also have a suspicion that this is also where the hedgehog, who I once found climbing up my indoor staircase, lives.

I took some of the stone and made an offbeat statue of Mary and the Christ child which now stands in its own grotto, far over in the corner of this huge expanse, which 18 months ago depressed and saddened me, but has now become a real source of joy and discovery.

The slates have been laid down in-between two of the raised beds. It is attractive but also is a way of slowing down the regeneration of the weeds. But as one wise person once said to me, a weed is only a flower growing in the wrong place...I like that idea. Personally I love Dandelion, Scarlet Pimpernel and Ragwort, all seen as weeds and yet all are lovely and incredibly helpful to various creatures. People tell me how Ragwort is poisonous to horses, but in my garden it is most welcome. It is the foodstuff of the very lovely Cinnabar caterpillar and from this colourful creature the strikingly splendid Cinnabar Moth develops. Get rid of Ragwort and you get rid of one of the loveliest moths we have in the UK.

I have planted fruit trees, a herb garden, a Lupin bed (one of my favourite flowers), a wild flower meadow, a big expansive flower bed and so much more. I have dug out a pond where now much life breeds and grows. This pond sits where there used to be two huge Buddleia, which I removed. Although it is sad they are gone, something beautiful is in their place. I was given tadpoles by a friend and now I await with excitement the arrival of frogs to add to my wild menagerie. This spring is the first time for 15 years that so much of the area has been open and free to breathe and I have been able to uncover little plants which had self-seeded. I look forward to enabling more to come and to sharing it with you. Next time I shall tell you more about the butterflies, the frogs and the bees and I shall introduce you to my erstwhile gardening companions; my 4 chickens, Portia, Flavia, Lavinia and Beryl, my rabbit, Faramir and the newest addition to the household, my little kitten who was born the end of February – Persephone.



# Modern Day Saints

## 'My Mum' - A reader's perspective

**'She is the most loving, selfless, caring, kind and generous person anyone would ever hope to meet.'**

I would like to nominate my Mum as a 'Modern Day Saint'. Her name is Margaret and she is, and always has been, such an amazing woman. She was born in Ireland in the late 30's and moved to England at the age of seventeen, leaving her mother, father and five siblings behind. She gained employment, made friends and established herself before bringing her parents over to settle here too. She went on to marry and have six children; three boys and three girls.

As well as raising her family she also worked full-time in a residential home for the elderly. She was dedicated to her job and was loved by all the residents and staff she came into contact with. She has been the most wonderful mother - totally devoted to her children and her eleven grandchildren. She also looked after my father until he passed away eight years ago and has remained strong and courageous ever since.

My Mum believes in the power of prayer and on waking each morning she always says her prayers. She attends Mass everyday - some days

even going twice. Furthermore, she is in the Legion of Mary and is an Extraordinary Minister of the Eucharist. She visits people who are housebound and unable to attend Mass and gives them communion and also visits a neighbour who lives on her own with no family nearby and offers her companionship, to reduce the lady's isolation and loneliness. In addition to all this, my Mum does find some time for herself and enjoys a weekly keep-fit class as well as other social groups in her community.

I think my Mum is a 'modern day saint' because she is the most loving, selfless, caring, kind and generous person anyone would ever hope to meet and she definitely 'goes the extra mile'. She puts everyone else's needs before her own and never complains about her own ailments. Almost twenty years ago a tumour was found in one of Mum's eyes. Following unsuccessful radiotherapy to shrink it, her only option was to have the eye removed. So despite having eyesight in only one eye, my Mum has proved to be an amazing woman. She never lets her own misfortune get in the way of being a true Christian and puts others' needs before her own.

Fran Turner



## Saint Francis of Assisi

**Saint Francis of Assisi, born Giovanni di Pietro di Bernardone, informally named as Francesco (1181/1182 - 3 October 1226), was an Italian Roman Catholic Friar and preacher. He founded the men's Order of Friars Minor, the women's order of Saint Clare the Third order of Saint Francis and the Custody of the Holy Land. Francis is one of the most venerated religious figures in history.**

Pope Gregory IX canonized Francis on 16 July 1228. Along with Saint Catherine of Siena, he was designated Patron Saint of Italy. He later became associated with patronage of animals and the natural environment and it became customary for Catholic and Anglican churches to hold ceremonies blessing animals on his feast day of 4 October. Francis is also known for his love of the Eucharist. According to Christian tradition, in 1224 he received the stigmata during an apparition, making him the first recorded person in Christian history to bear the wounds of Christ's Passion. He died during the evening hours of 3 October 1226, while listening to a reading.

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# Belt and Braces

**Secondary school English teacher, Gemma Watson, gives an insight into the highs and lows of looking after a tutor group...**

WORKING AS A secondary school teacher naturally comes with its challenges, some little – “Where’s your homework?” Reply: “My dog ate it!” (Yes, the students still try to use that old chestnut) – to some much greater challenges, including teaching young people from disadvantaged backgrounds, broken families and with a whole array of special needs.

Naturally, the bigger the challenge, the greater the reward when one of those vulnerable students overcomes the obstacles facing them and succeeds. Recently, I experienced just one of those occasions, a tug-on-the-heartstrings, tear-to-the-eye moment that reminded me of exactly why I had become a teacher in the first place...

## FREQUENT STRUGGLES

Within my tutor group, there is a very sensitive young man who has Autism. When I first arrived at the school three years ago, and took over the group from their previous tutor, I was bombarded with people who wanted to prepare me for Pete. By the time they had finished, I was having visions of a wild, screaming boy who was going to tower over me from his great height. What I actually experienced was a young boy simply struggling to fit in.

In the first few months, we had tears, arguments and frequent struggles. There were times when Pete would sit under a table in my classroom, teary-eyed and runny-nosed, (I quickly learnt to always have a batch of tissues in my desk drawer!) and refusing to attend his next lesson.

But miraculously, just a few weeks ago, there was a moment when I



knew that Pete and the whole tutor group had grown so much during the three years that I had been their tutor. Pete appeared, ready for his sixth form interview, dressed in a shirt and tie, as we encourage the students to take this seriously to prepare them for future experiences. But somehow, after being in registration for a mere thirty seconds, Pete managed to break the zip on his trousers, with only ten minutes to go before his interview started!

## EXTRA SUPPORT

I looked up, ready to intervene; when I realised I didn’t need to. Two of the girls came running back with safety pins from the Textiles department and one of the boys took his belt off and gave it to Pete, so he had extra support to keep his trousers up. Another student ran

over and smoothed his collar down which had managed to get turned up in all the commotion. I barely had time to wish Pete good luck before the other students had sent him on his way with interview tips and confidence-boosting comments.

It was at this moment that I had never felt so grateful: partly that

Pete’s trousers had stayed up, but mostly that I had the privilege to watch such compassionate and kind-hearted young people in action.

*In this article, pseudonyms have been used in place of students’ names to protect confidentiality.*

## ON OUR BEHALF

**From Cardinal Vincent Nichols to the Pope...**

Most Holy Father

I write on behalf of the Catholic Community in England and Wales, and I am sure of many more, to offer you our prayers and congratulations as you reach the fourth anniversary in this time of your service to the Apostolic See.

We thank God that the Holy Spirit guided the Church in the process of your election and that the same Holy Spirit guides and supports you day by day. We thank God for the richness of the gifts and fruits of the Holy Spirit, which are the hallmarks of your ministry: joy and peace, patience and kindness, faithfulness, wisdom and mercy.

Holy Father, we thank you for the steadfast way in which you uphold the teachings of Christ and the Church, presenting them in deed and in word with a freshness and directness, which draws the attention of the world. We pray that God will give you strength and courage to continue this great ministry from which we all draw such encouragement.

I assure you, Holy Father, of the love, the esteem and the whole-hearted support of us all. Please, Holy Father, give us your blessing as we give you our love.

**Cardinal Vincent Nichols**

*President of the Catholic Bishops’ Conference of England and Wales*



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# HaHa!!

The things our children say...

“A nursery teacher asked a little girl in her class what she was drawing.  
“I'm drawing God” the child said.  
The teacher paused and said, “But no one knows what God looks like.”  
The girl replied, “They will in a minute”

“Some children gave their teacher a beautiful handwritten thank you letter. As she read them she began to choke up.  
“I'm sorry,” she said. “I'm struggling to read these.”  
One of the students said, “Just sound it out, Miss!”

“The class was studying the bones in the human body. At the next session, the teacher had a recap of what they had already learnt.  
“What is the fibula?” she enquired.  
A child who had missed the first lesson replied, “A little lie!”

“A 6 year old asked his Mum why bad guys always want to take over the world?  
“Well, they want to be in charge, they want to tell people what to do and make everyone follow their unfair rules”, she told him.  
The boy replied:  
“Why don't they just become Mums!”

“Mum, what happens if you drop a mobile down the toilet?”  
“Why?!?!”  
“...No reason”

## Reach Crossword

**CLUES**

**Across**

- 5 Biblical land, 'between the rivers' (11)
- 7 Sound of contentment made by a feline (4)
- 8 Guardianship; education (8)
- 9 Wok style of cooking (4,3)
- 10 Part of a tree branch (4)
- 12 Starring role (4)
- 14 Blissful (7)
- 17 Blue-purple gemstone (8)
- 18 Bankruptcy (4)
- 19 Relating to a third century antipope, or his party or sect, who favoured severity against the lapsed (11)

**Down**

- 1 Extortionate money lender (6)
- 2 Cheeky new kid on the block (7)
- 3 Express; affirm (5)
- 4 Trinket usually hung about the neck, thought to be a magical protection against evil or disease (6)
- 5 Possible site of the Transfiguration, aka Sirion (5,6)
- 6 Principles of the Church of England (11)
- 11 Floating wreckage of a ship (7)
- 13 In grammar, the case expressing an indirect object (6)
- 15 Dirty, squalid (6)
- 16 Japanese capital until 1868 (5)

