

CathCom Reach

READ IT, LOVE IT, LIVE IT

INSIDE


NEW!
The Wonders of Nature
Page 9

INSIDE


Little Peace –
Children's section!
Even more to see and do!
Packed full of FUN, PUZZLES and lots to think about!

INSIDE


Sundays are child's play!
– Page 4

Why do Catholics go to Mass?

All over the world, hundreds of millions
of Roman Catholics attend churches
every Sunday
Reach takes a closer look at what's
behind this weekly ritual

Dear Reader

Although nature slows down during the autumn and winter, I always feel that for us, autumn can be a time of rejuvenation. Schools and universities reconvene as the new academic year commences once again. Similarly, the Church, which exhibits a slowing down of activities during the summer months, also prepares to launch new activities and initiatives.

The question of why Catholics attend the weekly Mass is an interesting one and the article on Page 3 looks at this matter in some detail. For Catholics, the Mass remains an integral part of their lives for a variety of reasons – but all equally important and valid. And on a related subject, taking our children to the Sunday Mass can often be something of a challenge! I hope that you will find the article on this useful, enlightening and encouraging. After all, our children are the parishioners of the future. With the launch of the new school year, there's also some helpful tips and guidelines as to how to get your children to school on time. Again, this can sometimes be challenging for most busy parents, so I hope it provides some useful input.

With November rapidly approaching, this of course, means that Bonfire Night is only a few weeks away again! With this in mind, there is a section on safety advice to enable you to have the best possible celebration.

Finally, do enjoy the gardening and nature pages. Gardening will remain fairly static during the winter months, so we've included some useful suggestions on preparing your garden for this time.

And for the children – of course we have our bigger and better 8 page 'Little Peace' section. Enjoy!

Wishing you all a peaceful but rejuvenated autumn!

Julia

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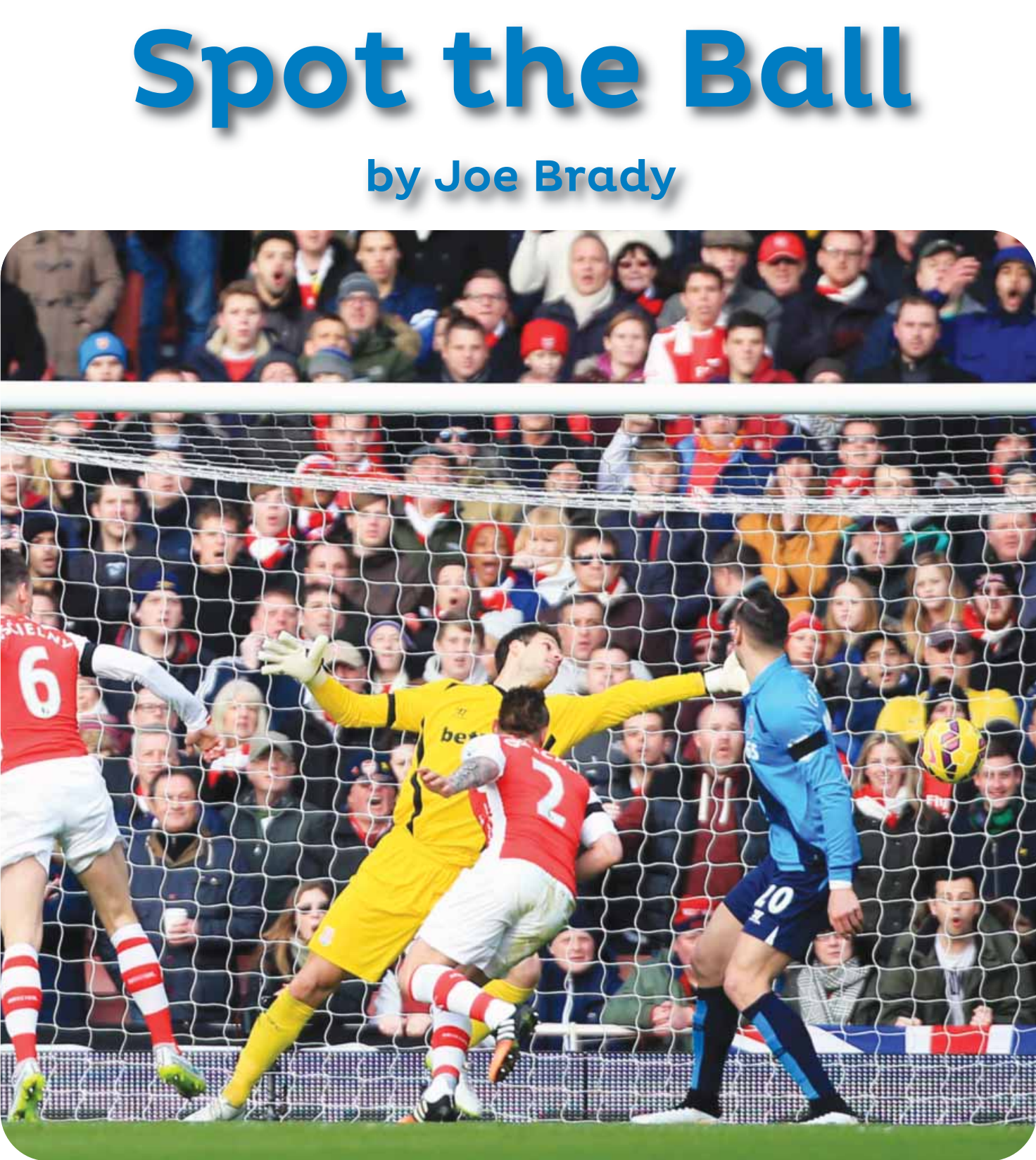
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AS A CHILD growing up in the early 1980s, I used to enjoy playing ‘Spot the Ball’ – a popular picture game found in the tabloid newspapers of the day. The objective was to guess the position of a ball – more often than not, a football – which had been removed from an action photograph of the game.

Studying the photo intently on a Saturday afternoon, I would use a series of techniques to try and determine the ball’s position. Has a player just kicked or headed the ball? Where are the majority of the players’ movements directed? Which way are they looking? Can I follow their line of sight and carefully judge the height? Through processes of inference and deduction, I would seek and search for the logical answer, the correct position, and after much deliberation, add my cross to the picture!

On the other hand, my older brother took a quite different approach. His response had nothing to do with the head, and everything to do with the heart. This is because he loved football! His finger would lovingly dance across the page and then stop on his chosen position. There was no analysis – just love.

In the same way God loves us. If we were only to allow his love to penetrate our hearts we could then drop our obsession with reason. In the same way we reason that we have sinned therefore we will be punished; we have been good, therefore we should be rewarded. But we should think only in terms of his love. Let God’s love sink into your heart because then you will start feeling at rest – at home. God’s love will always spot the goal of your heart.

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Why do Catholics go to Mass?

Continued from page 1

IT WOULD BE EASY TO ANSWER THIS QUESTION BY SAYING:

'Because the Catholic Church tells us we have to!' And, of course, this would be true. In fact the Church states that:

"On Sundays and other holy days of obligation the faithful are bound to participate in the Mass... The Sunday Eucharist is the foundation and confirmation of all Christian practice. For this reason the faithful are obliged to participate in the Eucharist on days of obligation, unless excused for a serious reason (for example, illness, the care of infants) or dispensed by their own pastor"

However, this explanation merely sets out a directive. It doesn't actually explain why week after week Catholics are drawn to the celebration of the Mass.

The truth of the matter is that there are many reasons for this weekly ritual. For a start, most Catholics are bound together in a continuing sense of unity which is perpetuated every time they come together to share in the Mass. It's surprising how much community seems to matter to people. The idea of sharing each other's ups and downs of life, while all share a common interest in the Lord, definitely holds an appeal for many. In fact for some, a social life is provided by the Church as they meet with friends and acquaintances and embrace the events and functions which sometimes take place. **So a sense of community relationships bonds most Catholics together when they attend Mass.**

And it goes without saying that the other relationship – that of each Catholic with Jesus Christ – is the supreme element enjoyed by every Mass attendee. During the readings in the Mass – known collectively as the Liturgy of the Word – God is revealed in sacred Scripture. And it's both strange and miraculous how often the readings of the day seem

to personally apply. Yet if we believe that God speaks to us through Scripture and through the actions and words of others, including the priest, then perhaps this is not so hard to fathom after all. Whether or not we experience this, the readings still hold a truth and freshness for each and every one of us when we hear them at Mass, provided, of course, that we are open to this.

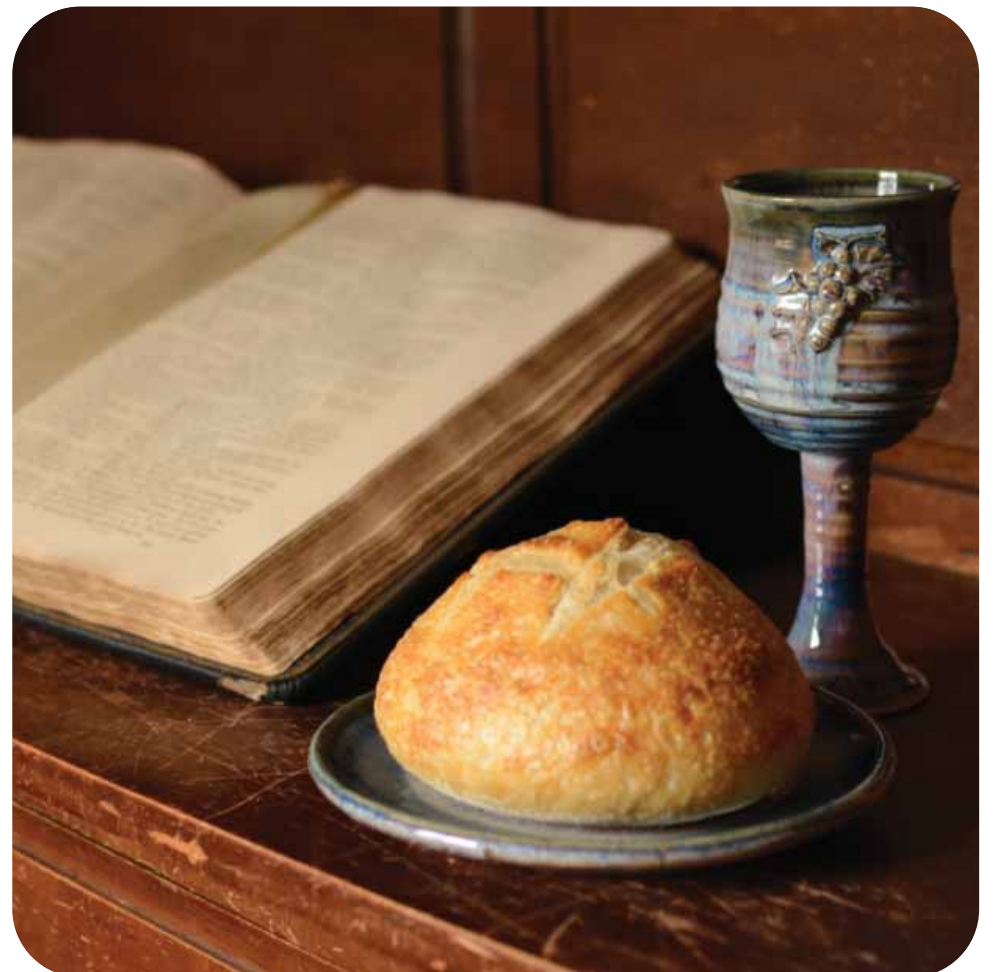
Following the Liturgy of the Word, the Mass continues with the liturgy of the Eucharist, when Catholics receive the real Body and Blood of Jesus Christ under the appearance of bread and wine. **Catholics believe that the consecrated bread and wine are actually the body and blood, soul and divinity of Christ. The presence of Christ in the Holy Eucharist isn't just symbolic, it's real.**

When Holy Communion is received, that person is intimately united with Jesus Christ – he literally becomes part of them. This is known as the Sacrament par excellence – and understandably the highlight of the Mass.

Also, in taking Holy Communion, participants are expressing their union with all Catholics who believe the same doctrines, obey the same laws, and follow the same leaders. They are 'in union' with them.

Finally, united as a community, strengthened by the Word and the Body and Blood of Jesus Christ, Catholics are exhorted to go out into the world, taking the Gospel message with them to other people.

However, Catholics are real people who, in common with many others, sometimes undergo difficult periods in their lives and are prevented from attending Mass for various reasons. Yet when this occurs, it seems that the rhythm of the week is skewed and that something feels distinctly noticeable by its absence. Jesus is with us always, we can be assured of that, but for most Catholics the Sunday Mass centres their week and their lives.



Share Your views
on the Mass

Pope Francis Tweet:

'Jesus was broken; he is broken for us. This is the Eucharist. And he asks us to give ourselves, to break ourselves, as it were, for others.'



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Sundays are child's play

TAKING YOUR CHILDREN to Sunday Mass each week can actually be trickier than you would expect. When they're very young it can be quite stressful trying to ensure that they are quiet and well-behaved and aren't creating havoc and disturbing other parishioners.

Then, it seems that no sooner have you managed to overcome this hurdle than you're faced with the next one – how to get them to attend Mass at all! Because it's a sad but true fact that when our offspring reach a certain age, they begin to find the Mass 'boring' and have a whole host of other things which they would far rather be doing on a Sunday morning – particularly on lovely, sunny Sunday mornings! So what to do? Unfortunately there's no easy answer to this and no amount of magic wand waving is going to provide one. However, speaking from personal experience, the first thing that you shouldn't do is to beat yourself up over this. When our children are small they are naturally high-spirited and at that age fail to understand the true solemnity of some occasions. I distinctly remember when my eldest son caused me to acutely blush with embarrassment when he decided to 'play' the piano, (he was three at the time!) while the rest of the assembled group of youngsters were listening to a children's Bible story. Yet in all good faith I can say that I can laugh about that event now.

THE CHURCH IS FOR ALL

Interestingly, I once heard a priest respond, when asked about young children making a noise during Mass:

"Thank God for it! The Church is for all and these young children are part of the life of it".

Now with my own children grown up, I am free to observe the families around me on a Sunday morning in church. In so doing I've seen bribes of chocolate, crisps, colouring books and crayons, toy cars and cuddly toys all being used in an attempt to pacify and silence their children. And why not? Children of this age do become bored and restless and struggle to understand the need for stillness and quiet. Moreover, even if these material objects only partly achieve it, it gives Mum and Dad a much needed opportunity for their own prayers and devotion during the service. And furthermore, taking your children along to the church every week soon becomes a way of life for the little ones and they slowly but surely start to understand and appreciate how they are required to act and behave.

SUSTAINABLE INTEREST

The next stage of the game – trying to persuade your then older children that going to Mass is important – is equally challenging. I read a wonderful story about a young girl with special needs who created havoc most Sundays at her church. Her antics ranged from making loud and inappropriate remarks during the homily, to fighting the usher over the collection basket! Her distraught mother, at her wits end herself, nevertheless persevered despite the disapproval from what I like to term 'the tut brigade'. However, salvation was very close at hand in the form of the parish priest who intervened with a marvellous suggestion: that the girl might like to become an altar server. The story had an all-round happy ending with the little girl proudly and happily occupied during Mass, and Mum finally serene and prayerful.

I think that we can seriously learn from this story. If it's at all possible, try to encourage your children to become involved in the life of the church. Altar servers and readers are ideal ministries for (older) children to become involved in. Even helping to hand out teas and coffees after the Mass can be seen as an encouraging step in the right direction. Our young people often have issues to cope with in their young lives and peer pressure can certainly be a part of this. If children are laughed at by their peers for attending the Mass, then they really need to have a sustainable interest – apart from the Lord himself – to enable them to view church-going as really worthwhile and worthy of the effort.

ROOTS

The Mass is a wonderful institution and it's readily available to all – old, middle-aged, young or babes-in-arms and taking your children there is one of the finest things that you can do for them. On some occasions you may feel discomfited by their high spirited behaviour and equally disappointed by their unwillingness to go to Mass at all as they become older. But, their roots within the church have been firmly planted and these will remain with them always. I have heard many stories of young people who have drifted away from their Catholic roots but have returned to the fold a few more years down the line. This gives me – and you also, I hope – great hope for the future of our younger generations.

So the next time your youngster tries to make a grab for perhaps the piano, organ, collection basket or a chocolate biscuit during Mass, try not to worry! All's well that ends well because we are all so special – in the sight of God and to each other.



PROFILES...

As Karen Watson commences the new academic year in her role as Maths teacher for the Childrens Hospital Education Service (CHES), she reflects upon her other role...

Charity fund-raiser

CANCER. THE WORD seems to have become synonymous with overwhelming fear and utter devastation. So when I was at University and my grandpa was diagnosed with cancer, I felt that same sense of complete fear and desolation. We've all read the statistics: one in every three people are affected by cancer, whether it is being diagnosed yourself or receiving the news that a loved one is suffering. And in my early twenties, I understood exactly how it felt to be one of those people.

However, in 2010, after my grandpa Tony Watson passed away, I decided two things: Firstly, I didn't just want to be a statistic; I wanted to help in some way, and secondly, I wanted other people to have access to the incredible support that we were given by Macmillan Cancer Support. The Macmillan nurses that were by our side during grandpa's illness made a huge difference to my family. Their quiet support was incredibly reassuring; they kept my grandpa company, read to him, clothed him and put him at ease throughout his illness. Without them, we would definitely have struggled to function as a family. And so, I decided to do something. Something that would thank Macmillan, something that could offer other people the same level of support and something that would have made my grandpa proud. As a

family, we have always had a keen interest in short mat bowls. As a child, I would go to a local bowls club, where my grandpa was an original member and took up the sport. So it seemed fitting to hold a charity bowls competition in the very same club, to raise money for Macmillan.

Over the last seven years, the family have run the competition. The generosity of those who attend is always astounding. This year, in particular, we were hoping to break the £5000 mark for our accumulative total and everything seemed positive: the sun was shining, bacon and sausage sandwiches were selling in abundance, and the bowlers were eager to play and raise money. The day was off to a great start.

In a hall decorated with Macmillan balloons and banners, we had a busy day selling traditional Cornish pasties and homemade cakes, enjoying a tense raffle and watching some thoroughly competitive bowls. On top of that, I'm thrilled to say that we actually raised over £1000 at this year's event, bringing our combined total (over the past seven years) to £5500 – money that will help other families in their time of need.

And whilst the word cancer still holds some scars for me, over the past seven years, it has also taken on a new meaning. It now says to me generosity, compassion, friendship, support, kindness, and above all, hope.

Karen is also involved in the young person's Duke of Edinburgh Award scheme and has been for a number of years.



World Day of the Poor

'The poor are a resource from which to draw' (Pope Francis)

In November 2016 in his apostolic letter, *Misericordia et Misera* (Mercy and Misery) Pope Francis outlined his plans to establish a World Day of the Poor. In his message of June 2017 he outlined the plans in more detail and asked Christians and people of all faiths to celebrate the day by making "every effort to create moments of encounter and friendship, solidarity and concrete assistance".

Following the Jubilee of Mercy, all are encouraged to help the marginalised and those in need not only in words, but in concrete deeds. This annual celebration will fall on the 33rd Sunday of Ordinary Time, 19th November.

"The poor are not a problem," the Pope wrote in the statement. "They are a resource from which to draw as we strive to accept and practice in our lives the essence of the Gospel."

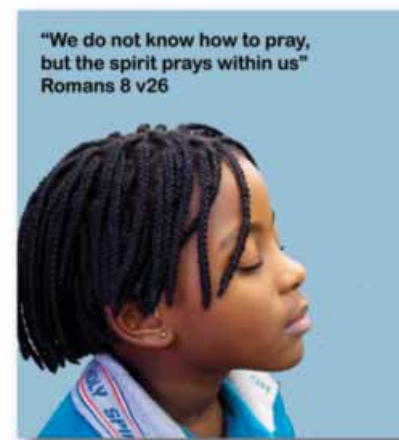
On November 19, the Pope will invite 500 poor people to have lunch in the Vatican.

The St Vincent de Paul Society will be involved in working with a group of social action agencies, to plan and co-ordinate the production of resources to support the day, and these will be sent to every Catholic parish in September.



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Sooner or later I'll be punctual!

New Year – New Start!



As a Mum of four children – albeit now all grown up – I remember how frantic mornings could be when I was rushing around trying to get the children breakfasted, ready and at school on time.

Actually it's difficult to decide whether it was more of a problem when some of them were babies, when they were at nursery or when they were all at (different) schools. To be honest, there's little to choose! Mornings were always something of a trial and I found that the only way I could succeed with timekeeping was to organise each morning like a military operation. Of course, even military operations can – and do – go haywire from time-to-time, but generally I found that being well prepared really helped:

- Sorting out school uniform the night before
- Organising as much of the packed lunch as possible the previous evening
- Making sure that dinner money or trip money were in envelopes and waiting to be given out the next morning
- Reading books were accounted for the night before
- Anything extra that had to be taken into school such as 'Show and tell' items, PE kit or fancy-dress was organised and good-to-go for the following day
- Finding out what the children were doing each day
- Allowing plenty of time to get to school
- Making arrangements with neighbours, family or friends if something cropped up and I had problems actually taking the children to school
- Helping my children to organise their homework
- Establishing a good bedtime routine. Sleep is really important, and lack of it is guaranteed to make the morning – and the child – cranky and chaotic

- My alarm was set with enough time to achieve punctuality!

Benefits of being on time for school:

- Gets the day off to a good start with everyone in a positive frame of mind
- Sets positive patterns for the future
- Helps your child to make the most of his/her learning
- Helps children to develop a sense of responsibility both for themselves and for others
- Helps your child make and keep friends
- Leads to success and self-confidence

Disadvantages of being late to school:

- Gets the day off to a bad start – can put everyone in a bad mood and be stressful
- Can be embarrassing for your child
- Is noticed by others who might make negative comments
- May damage your child's confidence
- Your child will have missed out on vital instructions, information and bits of news at the start of the day. This may lead to them feeling confused
- Disrupts the learning for everyone
- Means children can fall behind in their learning
- Can create a bad habit that can be hard to break in the future
- Can lead to poor attendance.

If you struggle to get your child to school on time:

- Talk to your child
- Talk to your child's teacher
- Seek help and advice from others at the school.

And finally:

Do take care of yourself!



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Shortlands, Kent

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Welcoming
all faiths



Open Events 2017

Open Morning: Saturday 30th September, 9am-1pm

11+ Taster Morning: Thursday 5th October, 9am-1pm

Nursery Play Date: Tuesday 3rd October, 1.30-2.30pm

Sixth Form Open Evening: Thursday 12th October, 6.45-9pm

Sixth Form Taster session: Monday 16th October

www.bishopchallonerschool.com

Why go to Church?

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Harvest around the World

Page 8

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

The Stories of Septimus Mole

Gubi meets Jonah

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 LOVES telling stories.

There is very little entertainment underground, so mole stories are much sought after.

Septimus particularly enjoys this tale which he first heard as a young mole. It involved an ancestor managing to trip up a running human being. He always likes re-telling the story of his ancestor Gubi...



GUBI ENJOYED LIFE. He loved eating worms and was almost full, but, perhaps, just one more wouldn't hurt! So he burrowed upwards to check where he was and he came up in the middle of a pathway. At that very instant, while the soil was still running down the new molehill, a huge crash shook the ground as a running man was tripped up by Gubi's handiwork. There was a confused yell and a tangled mess of man, earth and mole.

"Aaaagh!" the strange man shouted, his face contorted in anger and pain as he rubbed his sore knees.

"Wretched mole!" he exclaimed, and made a grab for Gubi as he scuttled away.

"I'm in too much of a hurry - or it would be the worse for you. I must find a ship in Tarshish. I must escape the eye of the Lord." The strange man's name was Jonah.

Gubi was totally confused - he couldn't imagine what this man meant.

"Well!" thought Gubi. "That'll teach me to push up in the middle of a pathway!"

The mole watched as the angry Jonah disappeared down the pathway leaving a cloud of dust behind him.

Several days passed and Gubi had forgotten about the strange man. However, he was to meet that man again. Just after dawn, Gubi became aware of him trudging up the pathway from Tarshish, dragging his travelling bag behind him on the ground. As he drew nearer, Gubi was aware of a very strange smell - fish! The man was muttering to himself, and didn't see Gubi. "Nineveh, Nineveh - God help me in Nineveh!"

Gubi was curious. Nineveh was huge and dangerous - no place for a mole - but Gubi's curiosity got the better of him. He ran after Jonah and caught hold of his trailing bag. With a quick pull of his powerful front paws, Gubi heaved himself into the folds of the canvas bag.

"What am I doing?" he thought. "This is crazy!" But before he knew it, Jonah had arrived in Nineveh - complete with a willing stowaway.

Gubi heard Jonah declare the prophecy of the Lord upon the people of Nineveh. The King heard Jonah's message and called for repentance and he heard the people say sorry to God. It was a success! He then felt the bump, bump of Jonah walking out of the city until he sat down on a hillside. Gubi crawled cautiously out of Jonah's bag and hid behind a rock. Jonah seemed angry still - which made no sense to Gubi - he'd been so successful!

Surely Jonah should be pleased that he had completed God's task? But there he sat, looking glum.

Then he heard God talking to Jonah, and the message He gave enthralled Gubi. God told Jonah that He was always compassionate, always seeking mankind's redemption, always willing to forgive - even forgiving Jonah's silly sulks. Gubi thought that maybe Jonah was angry because he did not want the people in Nineveh to be saved even if they said sorry. Jonah knew God was "slow to anger and rich in love". God would always forgive people if they said sorry - even if Jonah didn't!

This inspired Gubi to try to love and forgive people as God does - and he scuttled away into the distance.

DID YOU KNOW?

Nineveh was the largest city in the world for 50 years until it was attacked in 612BC. It was then abandoned and only the ruins are left.



OR

Send photos to:
yourreach@cathcomreach.com

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

Isaac, Lucia
& Josh reading
Your Reach
over the
Summer



1



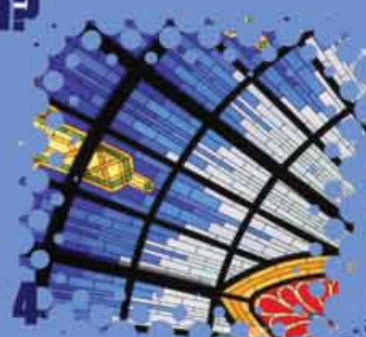
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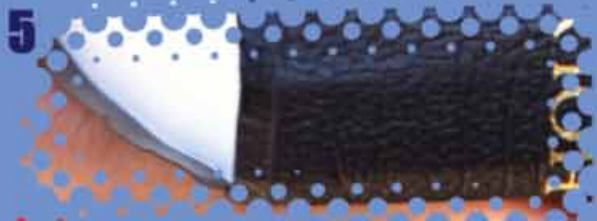
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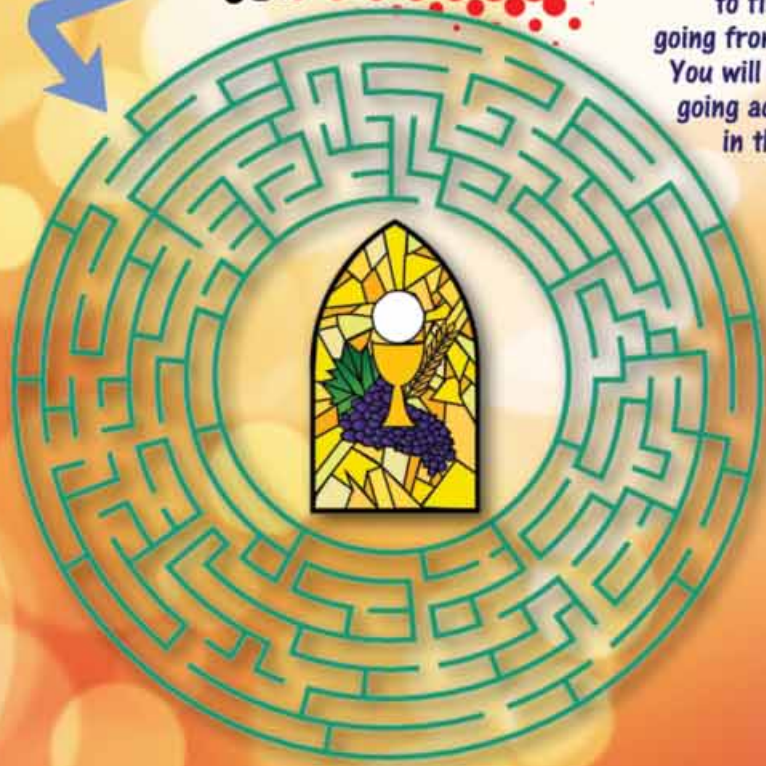


Answer: 1-Chalice (Silver Cup),
2-Candle, 3-Hand Bell, 4-Stained Glass
5-Window, 6-Holy Bible, Praying Hands

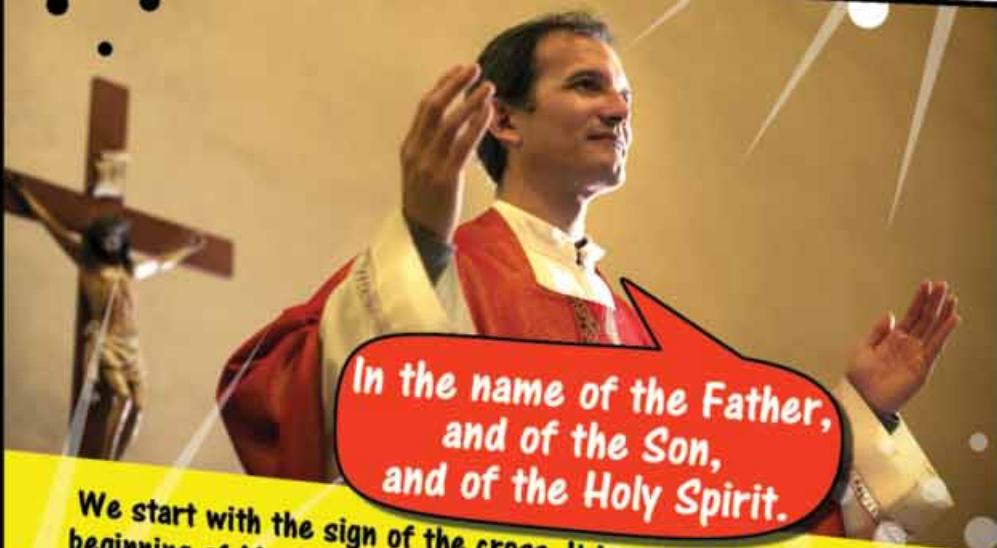
QUICK!!
You're late
for Church!



Use the pictures a clues to fill in each word - going from top to bottom. You will discover a word going across the middle in the blue squares.



Parts of The Mass



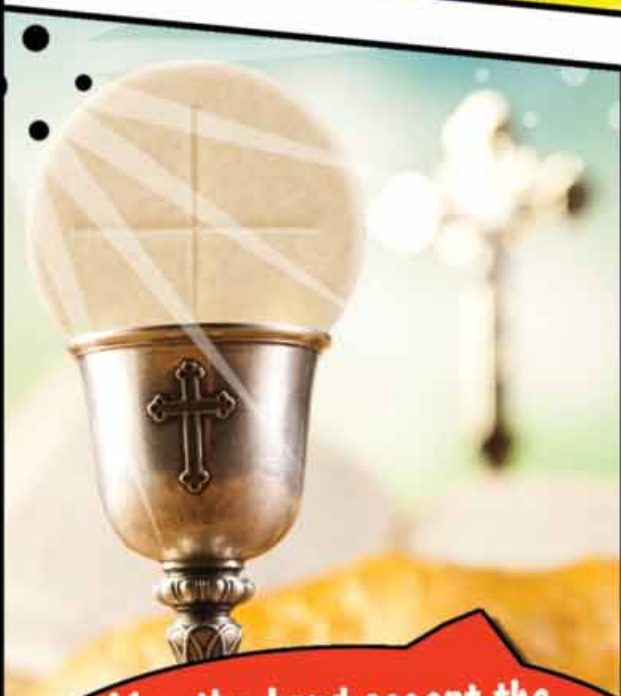
In the name of the Father,
and of the Son,
and of the Holy Spirit.

We start with the sign of the cross. It is a beautiful gesture at the beginning of Mass that reminds us of the cross on which Jesus died. You are also professing your belief in the Father, and in the Son and in the Holy Spirit - just like your parents did at your Baptism



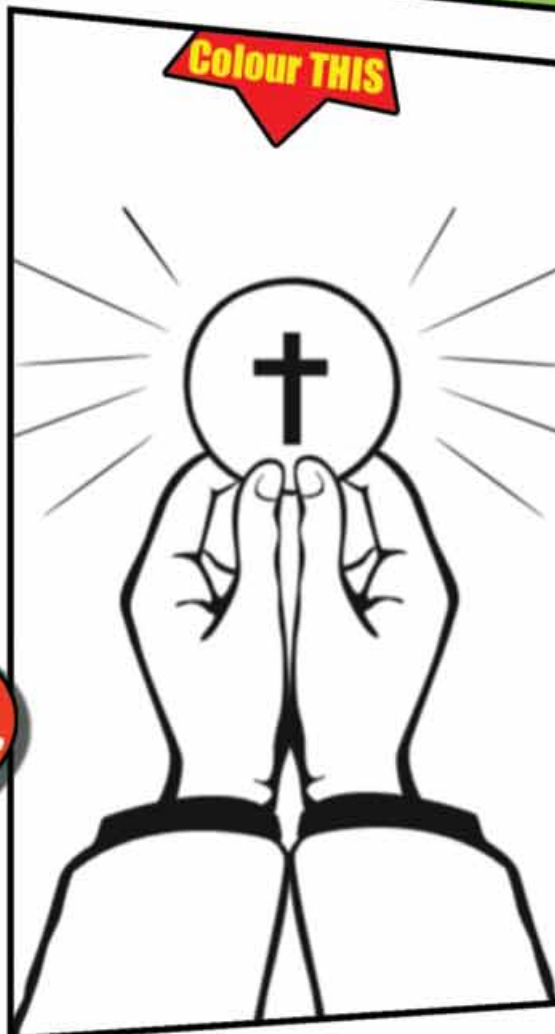
The Gospel of the Lord.
Praise to you, Lord Jesus
Christ.

The word gospel means 'good news' and This is the part of the mass where we hear the story of Jesus's life and teachings.



May the Lord accept the
sacrifice at your hands
for the praise and glory of His name,
for our good and the good of all
His holy Church.

We bring God bread and wine as an offering
- so He can turn it into something amazing.
We also offer ourselves and our lives so He
can turn our lives into something amazing.



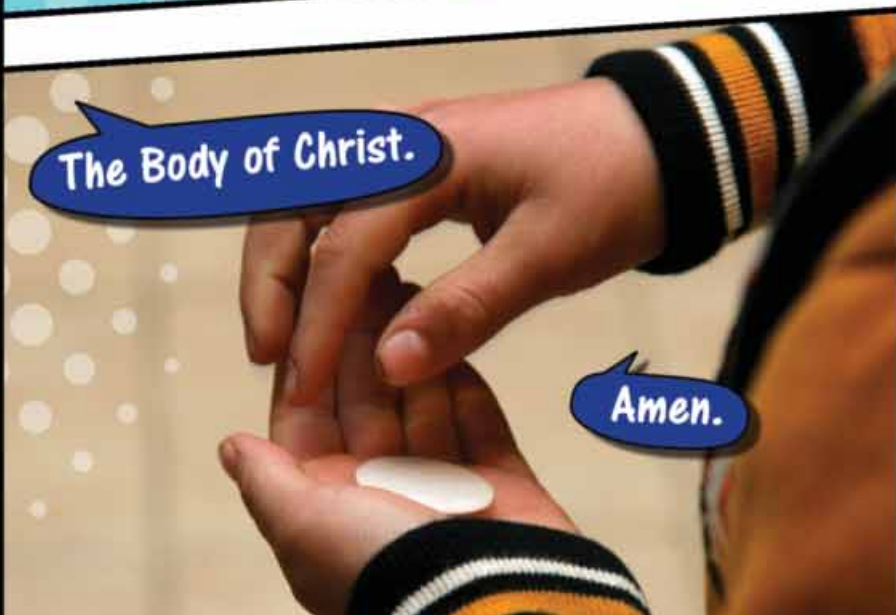
Colour THIS

Take this, all of you, and eat of it,
for this is My Body,
which will be given up for you



This is the point when the bread and wine
become the Body and Blood of Christ.

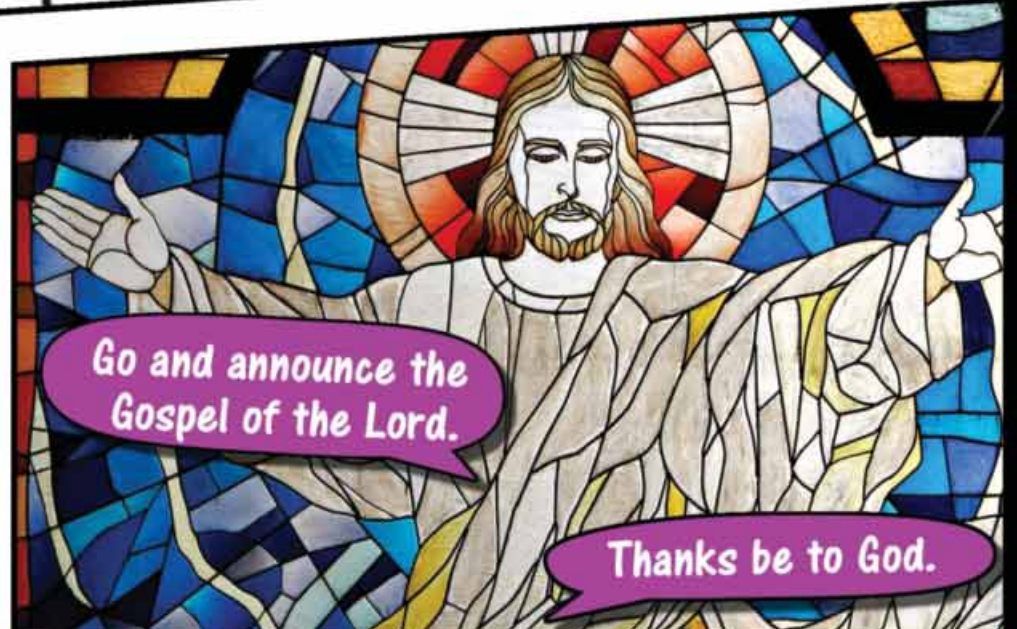
This is one of the most important points of
the Mass - the bell is rung as a sign of this.



The Body of Christ.

Amen.

During Communion we are invited to receive the Body
and Blood of Christ. If you are too young or not
Catholic, you can ask the priest for a blessing.



Go and announce the
Gospel of the Lord.

Thanks be to God.

Once we have received the final blessing,
we are encouraged to go and spread
God's words to others.

Why go to Church?

For Entertainment?

OK - let's get straight to the point - the main reason to go to Church is not to be entertained. Just like going to school - your teachers try to make school as interesting as possible - but the main reason you are there is to learn not to be entertained. So...why go to Church? Read on...



To Learn?

Yes - part of going to Church is to learn. So what do we learn? Obviously we learn about God. We learn about the Bible and everything Jesus taught us. We also learn about ourselves and our lives. So what could Church teach us about ourselves??? Read on...



To give thanks

The word Eucharist - which is another name for the Mass - mean thanksgiving. The Mass is both a gift to us from God and an opportunity to give thanks to God for everything He gives us.



To know that we are loved!

The Mass re-lives Jesus' death. He died for us. He took on all the bad things we do and took the punishment for them. So His death shows us that He loves us more than we could know. It also shows us how much we are worth. For God to do that for us - we must be pretty special!



To Share with others

Going to Church is definitely about sharing with others and being part of a community. Jesus says when people are gathered together to pray, the Holy Spirit will be with them. Praying together, sharing Communion together, and supporting one another is important. We are able to go to Church because for the past 2,000 years people have gone to Church, supported the Church and passed on their Faith to their children and those around them. Who will we pass on our Faith to?



To Grow

In life we all have times when we have to work out what is right and wrong. In those situations we use what we call our "conscience" to work out what is right and wrong. Conscience means "with knowledge" - we have to teach ourselves so when we make decisions we are making them "with knowledge". Going to Church is an opportunity to teach ourselves what is right and wrong.



To Sit and Watch?

Church is an opportunity to learn, to share, to love, to grow, to support and to give thanks - we need to do a lot more than just sit and watch. When we sit and watch, we do nothing and expect things to happen to us. But the Mass demands more from us, it demands that we are involved and we give something of ourselves.



What if we are bored?

Perhaps it is not because it is boring. Perhaps it is because we are sitting there waiting to be entertained. Maybe we need to be more involved. Maybe we need to give thanks ... and learn!



Dear Father,

Help me to understand the Mass
and what a special gift it is.

You have given me the Mass so You could
be close to me and I could be close to You.

Please let it be a source of strength when
I need it and I pray that I will always stay
close to you and know you through the
Mass.

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

or by post to:

YourReach - CathCom,
N2 Blois Meadow Business Centre,
Steeple Bumpstead
Haverhill, Suffolk
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COLOURED IN BY:



Make your own Pumpkin

What you need: 3 A4 sheets of paper, a printer or an orange and a green pencil, 2 paper fasteners, scissors and a hole punch

1 - Print off the "Make Your Own Pumpkin" sheets from www.CathComReach.com/YourReach

OR

Mark out some strips on 2 of the sheets of paper and colour the paper orange

3 - Cut out the strips.

4 - Make a hole in each end of the strips with the hole punch.

5 - Draw some leaves or use the leaves on the printed sheet.

6 - Cut out the leaves

7 - Put all of the strips on top of one another - making sure they are all facing forwards. Line up the holes at one end and put a paper fastener through all of the holes and fasten it at the back.

8 - Line up the holes on the 2 leaves and put the other paper fastener through them - but don't bend the back pieces over yet.

9 - Line up the holes in the other end of the strips. Pick up the leaves and put the paper fastener through the holes in the strips as well.

10 - Open out the strips to create your pumpkin.

You can use green paper and make an apple or whatever you like. Try experimenting! Send us a picture of how it went and we'll try and put it in the next edition.

Email this or your colouring to yourreach@cathcomreach.com
Or post it to: CathCom, N2 Blois Meadow Business Centre,
Steeple Bumpstead, Haverhill, CB9 7BN



Harvest Festival

What is a Harvest Festival?

Each Autumn, lots of the food that is grown is ready to be picked or collected. This is called the harvest.

The Harvest Festival is to celebrate the harvest. We celebrate all the food that has been grown in fields, gardens, allotments and plant pots.

It is also a chance to thank God for the food we have and to think about those people who do not have food.

Why do we celebrate it?

Harvest Festivals have been celebrated for thousands of years. For many of us, we feel a long way away from food being grown in a field. We might not live near fields or even if we do - we probably buy a lot of our food from supermarkets.

But supermarkets aren't magic! The food doesn't appear from nowhere. It all relies on crops that are grown and collected at harvest time.

In the past, if it was a bad harvest and there was not enough food - you would have gone hungry. Many people in the world still go hungry because they don't have enough food.

Enough Apples?

If your teacher had enough apples for every person in the class to have one each, how would you feel if some people had 2 and some had half an apple?

Would that be fair???

If we had enough apples for everyone in the world to have 1 each, some parts of the world would get more than others. Have a look at the map.

Do you think that's fair???



The world produces enough food to feed everyone, yet, about 800 million people suffer from hunger. That is one in nine people.

On World Food Day, October 16th, let's remember and pray for those 800 million people who are hungry.

Harvest around the World



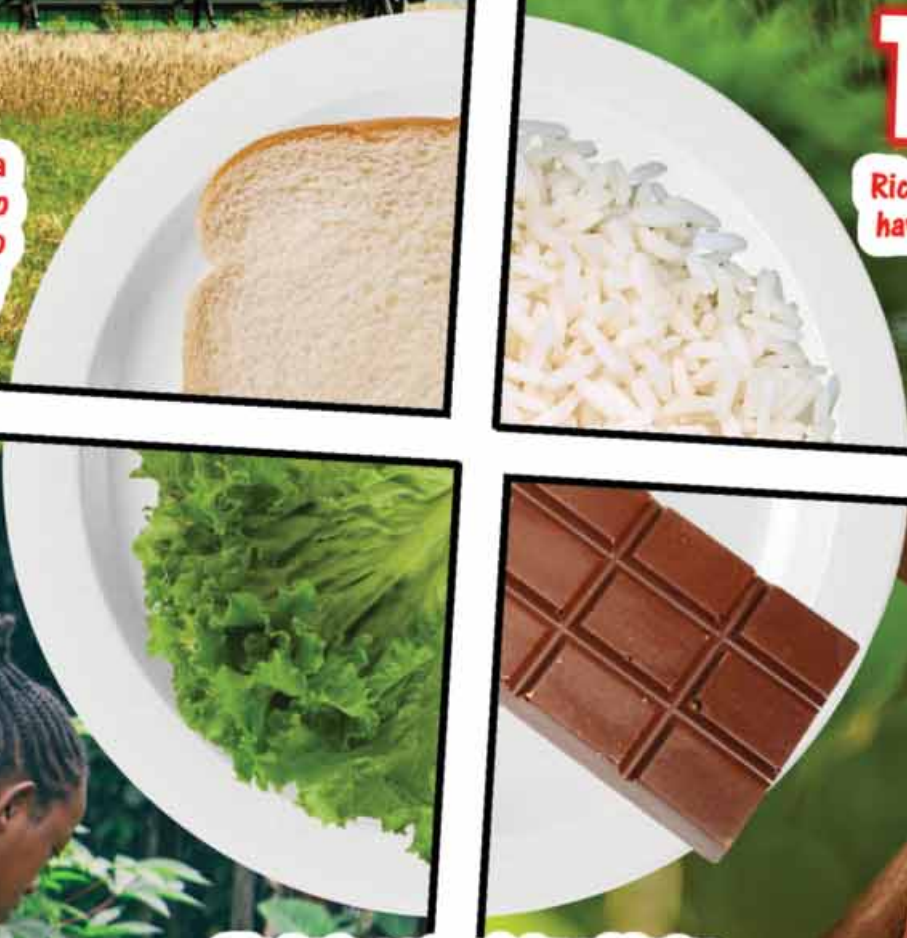
UK

Wheat being harvested in a field with a combine harvester - making it easier to grow more crops. Wheat is ground into flour to make bread, cakes and many other things.



Thailand

Rice being picked by hand in fields that have to be full of water for the rice to grow, called paddy fields.



The food we eat each day celebrates God's harvest all over the world. It celebrates God's diversity - and we are lucky enough to share in that!

However, not everyone around the world is able to share this great gift.

Many people go hungry every day. Imagine how you would feel if you hadn't eaten anything today. Pretty bad huh? But imagine if you knew tomorrow was going to be the same - and you have no way out.

The best way to say thanks to God for everything He gives us is to help those who have nothing.



Ethiopia

Lettuce being grown in a field and harvested by a woman carrying her baby on her back - this is very common around the world.



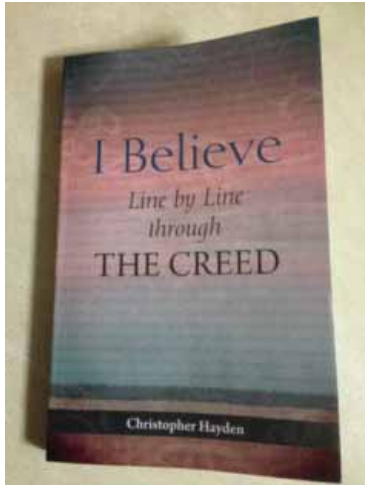
Bolivia

This is how chocolate starts off - it is made from Cocoa which grows in these pods and are harvested by hand.

Book Reviews & more

For Young and Old

I Believe



The Creed is a compendium of the Christian faith: it contains the core truths to which discipleship is our response. This very readable book guides the reader through the Creed – line by line.

Each statement is explained and reflected on in a way that seeks to show the wisdom, beauty and practicality of the faith. Truth by truth and phrase by phrase, this book shows us that the content of the Creed is no mere set of abstractions, but can speak to us in ways that are surprisingly concrete and down to earth.

From the opening 'I believe' to the closing 'Amen', Christopher Hayden helps us to see that our faith is an inestimable treasure, and encourages us to be more confident in embracing it as a guide for living.

Even faithful Catholics tend to mutter their way through the Creed at Mass, a prayer only marginally less familiar than the Hail Mary or Our Father. Father Chris Hayden's book is no dry, abstract treatise but rather a thought-provoking series of meditations on how our beliefs enable us to live in a way that is full of hope, despite the reality of suffering. An accessible and engaging book, not least because of Fr Hayden's skilfully crafted writing.

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Clower Moon

by Jacqueline Wilson



Clower Moon's imagination is her best escape from a life of hardship in poverty-stricken Victorian London. When tragedy plunges her into a world of grief, Clover realizes that everything she loved about the place she called home is gone. Clover hears of a place she could run to, but where will she find the courage – and the chance – to break free? And could leaving her family be just what she needs to find a place that really feels like home? Introducing the brilliant and brave new heroine from the wonderful world of the bestselling and award-winning Jacqueline Wilson.

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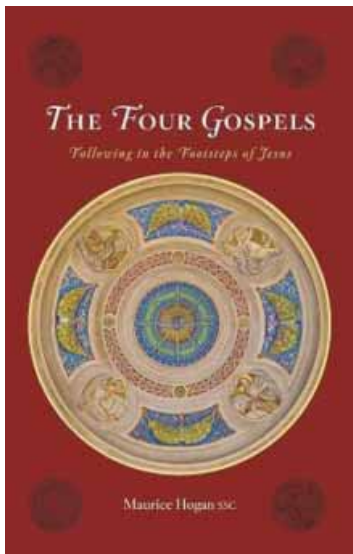
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The Four Gospels

Following in the Footsteps of Jesus

Maurice Hogan



All Catholics – laity, religious and clergy alike – are invited by Pope Francis to reach out to show others the beauty of the Christian life and the joy that flows from it. To evangelise others, though, we must first be evangelised ourselves.

The narrative of Jesus as related in the four Gospels facilitates the process of Christian initiation and maturation. They introduce us successively to the Christological (Mark), ecclesial (Matthew), missionary (Luke-Acts) and contemplative (John) dimensions of Christian discipleship.

The Four Gospels: Following in the Footsteps of Jesus provides an accessible and informed guide to the fruitful and prayerful reading of each of the four Gospels in turn. In this way, believers are equipped to consolidate their belief and are better placed to spread the Good News of Jesus Christ with courage and conviction.

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Must have DVD...

The Shack (2017)

Rating: PG-13

Runtime: 132 mins

Theatre date: March 3, 2017

Genre: Drama, fantasy

Overview

Four years after his young daughter was kidnapped and murdered by a serial killer, Mack is still struggling to overcome his grief and find peace. One day, he is drawn out of his depression by an intriguing note from someone calling themselves "Papa," who says that they would like to meet Mack at an abandoned shack that weekend. Mack is very curious, so he decides to go meet "Papa." When he gets there, Mack is surprised to learn that Papa is actually a woman, and she leads him on a journey that may help him to overcome his grief and bring his daughter's killer to justice...



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AUTUMN RECIPES



Gluten-free almond and dried apricot balls

A delicious and gluten-free recipe that's ideal for autumn days and a treat for Bonfire night! These lovely little balls of almonds and dried apricots are the perfect way to indulge your sweet tooth without the guilt. They also freeze well too.

Ingredients

- 100g (3 1/2oz) roasted unsalted almonds
 - 100g (3 1/2oz) dried apricots,
 - 1/2 lemon, finely zested
 - Generous pinch of sea salt
 - 1 tbsp honey or maple syrup
1. Place all the ingredients in a food processor and blitz until the almonds and dried apricots are finely chopped and sticking together. Test by pressing a small amount between your fingers.
 2. Take one tablespoon of the mixture at a time and shape into bite-sized balls.

3. Store in the fridge in an airtight container, where they will last for a couple of weeks. They also freeze very well. Can be frozen directly after making, wrapped in cling film or in a freezer bag. To defrost, place in the fridge and leave to fully defrost, approximately 4 hours.

Salted caramel hot chocolate

Milk, dark chocolate and salted caramel sauce are simmered together with a blend of rich, warming spices in this luxurious hot chocolate, the perfect treat to cosy up with on Bonfire Night

Ingredients

- 450ml (3/4pt) whole milk
- 75g (3oz) dark chocolate (70% cocoa solids), chopped, plus a little extra grated chocolate to garnish
- 1/8 tsp ground cinnamon
- 1/8 tsp nutmeg
- 3 tbsps salted caramel dessert sauce



- 1/8 tsp hot chilli powder (optional)
- pinch sea salt, or to taste
- 4-6 cinnamon sticks, to serve (optional)

1. Place the milk into a saucepan and bring to a simmer over a gentle heat. Remove from the heat and stir through the chocolate, cinnamon, nutmeg, salted caramel and chilli, if using. Stir until the chocolate has melted. Add the sea salt, to taste. Return to the heat, stirring, until it just starts to simmer.
 2. Pour into small cups. Serve with the cinnamon sticks to use as stirrers, if using.
- Sprinkle with the grated chocolate.

Catherine wheel cookies


Children can help to make these fun and colourful cookies. They are as much fun to make as they are to eat!

Ingredients

- 175g (6oz) butter, at room temperature
- 150g (5oz) caster sugar
- 2 tsp vanilla extract
- 1 egg
- 300g (10oz) plain flour, plus extra for dusting
- Red food colouring

- Green food colouring
 - Silver balls or hundreds and thousands
1. Cream together the butter and sugar until light and creamy.
 2. Beat in the vanilla extract and egg and then add the flour. You should achieve a soft dough consistency. Divide the mixture into two.
 3. Beat in a few drops of red food colour into one half and a few drops of green food colour into the other half. Shape each of the coloured dough balls into a flat rectangle shape and wrap in cling film. Place in the fridge to firm up slightly for 15-30 minutes.
 4. Roll each piece of dough on a floured surface to the thickness of a £1 coin, keeping the rectangle shape and both the same size. Sit one on top of the other.
 5. Roll up lengthways like a long Swiss Roll and wrap in cling film. Chill to firm up in the fridge for 30 minutes or longer.
 6. Preheat the oven to Gas 4, 180°C, fan 160°C. Slice the dough into approximately 1cm thick pieces and sit each biscuit on a non-stick baking sheet. Generously scatter over sprinkles or silver balls and press lightly to stick.
 7. Bake in the oven for 15 minutes then cool on a wire rack.




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These children of leprosy sufferers in Marana, Madagascar are able to attend school and not be separated from their families, due to the support of the Guild. Please pray for them.



St Francis Leprosy Guild, 73 St Charles Square,
London W10 6EJ 020 8969 1345
enquiries@stfrancisleprosy.org
www.stfrancisleprosy.org Reg. Charity No. 208741

Hope for the future – St Francis Leprosy Guild

WOULD YOU HUG a leper, like St Francis?

The image of the leper as outcast or pariah is deeply ingrained in our consciousness, even though it has never reached epidemic proportions like the medieval plagues or the 1918/20 flu epidemics that killed 75 million. Leprosy has been a synonym for sin in many religious traditions, resulting in cultural prejudice and even legal restraints which stigmatise and ostracise both sufferers and their families. And it is still with us: the St Francis Leprosy Guild alone supports nearly 60,000 people “affected by leprosy” every year.

The real scandal is that leprosy has been curable since 1981, through a course of free tablets distributed worldwide by the World Health Organisation (WHO) since 1995. The incidence of the disease dropped rapidly at first, but in the 21st century the number of new cases reported to the WHO each year remains stubbornly stuck at around 200,000, and that is only the number officially recorded: the true figure might be half a million or more. Much more effort is still needed – including by governments – if the disease is ever to be totally eradicated. However, even when cured, the disfigurement and disabilities caused by the disease cannot be reversed, nor the cultural prejudice against former sufferers. Many of them are unable to support themselves within their local communities because of the stigma that surrounds this most malign of maladies. That is the mission of the St Francis Leprosy Guild; to ensure that it can continue to support those many tens of thousands of people who depend on the Guild for a roof over their heads, daily sustenance and for their children, the possibility of basic education. Without the Guild’s help, the future for many of them would be the begging bowl and direst penury.

The Wonders of Nature

By Fr. Mark Skelton

Over the last few weeks I have been taking part in the Great Butterfly Count for Butterfly Conservation. This is a very simple action in which you seek to observe butterflies over a fifteen minute period and record them. It can be in your garden or a park, in woodland or on heathland.

The only proviso is that if you are in one place you simply count the greatest number of a species that you see at a given moment within that 15 minutes, whereas if you are on the move you can count every butterfly that you see; the assumption being that the butterflies are unlikely to journey along the path with you. (Although having said that, I did have a wonderful experience a few years ago whilst carrying out a sponsored cycle across Costa Rica. A beautiful Monarch Butterfly accompanied me along the road for about 20 seconds, its muscular wing beats seeming to encourage me as I slogged through the heat – a real wow moment!)

I am telling you this is for two reasons. Firstly, to encourage any budding lepidopterist to get involved – it is a really useful way of calculating the health or otherwise of different species – and secondly because I am struck with the weird fact that when I set myself to observe or concentrate on something, then that something often disappears, fails to show or reacts in a way that is unexpected.

About 7 years ago I had a fun competition with a friend of mine who lives in Wales; we decided to see who could spot the most species of birds on mainland UK in 2010. Previously I had simply enjoyed spotting and listening to the birds and it was neither here nor there whether I saw them or not, but once I began this competition, counting them became all important; I stopped enjoying and began 'collating'. My previously restful country walks or cycles became occasions of what I can only call 'hedgerow rage' as I stood waiting for the birds I could hear chirruping in the undergrowth to make an appearance and getting more and more frantic when they didn't or wouldn't.

Thankfully 2010 came to an end without my bursting a blood vessel and I swiftly returned to observing, enjoying and just being grateful for anything I saw. (Incidentally my friend won with over 201 'spots' but I was perfectly pleased with 154). My highlights were a barn owl, nightjars and a whole flock of waxwing but it also enabled me to stop taking for granted things like the wonderful murmur of starlings who wheel and dive and fold in and around each other in the Autumn and Winter. They come to roost looking like nothing but an enormous black lace tablecloth being shaken out across the sky.

The competition dented my enjoyment for a while because it frustrated me, but because it heightened my looking and 'striving to see', it has ultimately enhanced my enjoyment and even my knowledge.

Whilst I was seeking to spot the butterflies, I was also trying to take photos. Some butterflies, like

some birds, appear to love this attention (Large White and Wood Pigeon), but so many others – these are the more exotic and lovely – are more shy and retiring, (more Greta Garbo than Kim

Kardashian). Thus during the 15 minutes each time one landed and opened their wings I would creep forward and snap.....Often this would result in an empty frame or a coloured blur as the creature flew off, no doubt sniggering under its butterfly breath. Something always remains out of reach; there is a flash of colour which changes as it flies through the sunshine and you are led on to

try again. The frustration of the failure to fully 'grasp' leads

me to keep trying, to never give up the attempt to capture the perfect pic.

This is why I often think of the butterfly as a

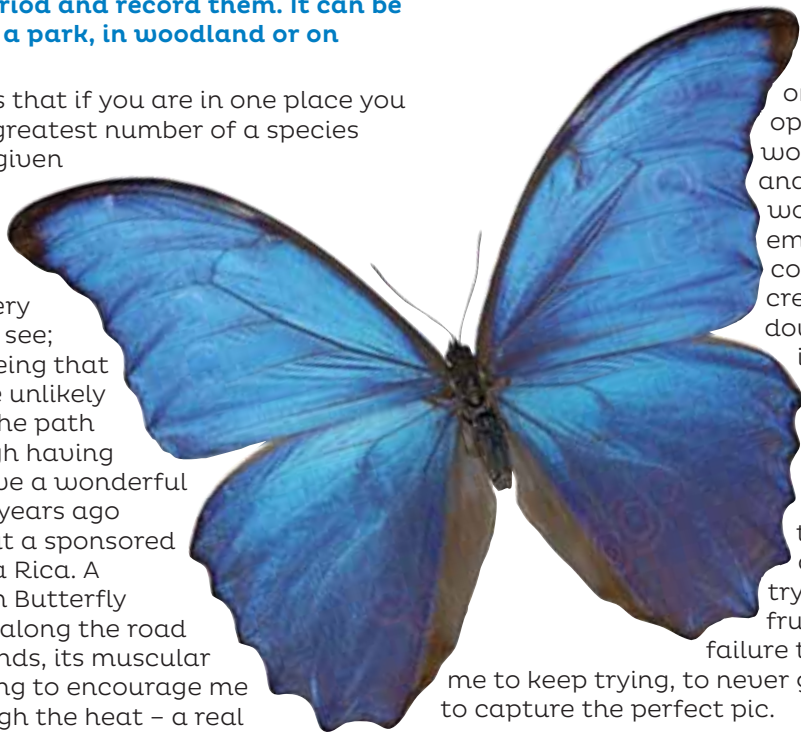
perfect metaphor for the Lord's Parables. The Lord spoke in these small stories and images to give his followers a glimpse of God and the Kingdom. They are not definitive; no one image captures the whole. The Kingdom of God is like a mustard seed.....or treasure in a field....or a merchant...etcetera He gives a cascade of images and each one is a pointer to the whole but no one image captures that whole. They serve to challenge and draw us deeper into the mystery of who God is and how He responds to us and in us. We need to stand back and look at the greater picture all these images and stories show us. However we need to let the stories speak to us and not close them down.

Whenever I read one of the 'explanations' given by the Lord in the Gospels, I always think they are later additions; I have never thought the Lord gave them. The parables are living and breathing metaphors which call us deeper and challenge us to think and be open to what God is saying to us. As I grow and change, my understanding of the parable likewise grows and changes. A description, an explanation, a definitive 'This is what the story means'... kills it dead. You may well understand it

perfectly in that single, one dimensional version but it no longer serves its purpose. It will no longer have the capacity to challenge and stretch you beyond.

In the same way, perhaps the most perfect way to see a stationary butterfly, still and showing its colours would be pinned to a board, but then it will have lost its capacity to enchant and draw on and inspire. It will be perfectly visible but it will no longer be a living thing. Like a parable whose explanation serves as a full stop to kill it dead, so a butterfly pinned through its heart is no longer life-giving or what it was called to be. So enjoy the frustration of the flighty butterfly and in the same way enjoy the intriguing frustration which comes from trying to fathom what the Lord is saying to you in his wonderful images and stories. Do not worry that the full meaning seems to elude. It's that elusiveness which may well draw us on to fuller understanding in the years to come.

Fr. Mark Skelton is priest at All Saints parish of Teignmouth, Dawlish & Shaldon & Dean of Torbay, Devon.



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Tidying up your garden for autumn!

By Owen Griffiths

Autumn is a beautiful time of year; your crops have been harvested, frosts are setting in and the leaves are changing colour. The warm weather may be fading but there's still plenty of gardening to do. Here are some helpful activities that you can have a go at to get the most out of your garden this autumn.

1. Protect non-hardy plants from the first frost and swap tender annuals for spring flowering plants like pansies and polyanthus.

2. Prune hedges and shrubs. This can be hard work but it prevents plants from getting overgrown and improves their health. Start pruning by removing the three D's – (dead, diseased and damaged) and then cut down a third of the overall growth leaving a desirable shape.

3. Cutback your herbaceous perennials – remove any decaying vegetation and add this to your compost bin

4. Tidy up fallen leaves – you can collect fallen leaves and make leaf mould, or you can put them straight

into your compost bin.

5. Mulch – apply a loose covering of biodegradable materials, such as wood chippings, to the surface of your soil around your plants. This helps the soil retain moisture, suppress weeds and encourages beneficial soil organisms to thrive.

Most of all plant as much as you can for next year. The soil is still warm and we have plenty of rain, which is perfect for plants to grow. Good luck and enjoy the beautiful colours this autumn.



Bonfire safety

Having a bonfire is the easiest way to get rid of some of your garden waste. Don't burn anything you can compost though, only the thick branches that would take too long to decompose and perennial weeds that would otherwise grow in a compost bin.

Fire can spread easily, so where and how you build your bonfire is important. Take care and follow these tips to make sure you stay safe.

- Burn dry materials because damp materials cause a lot of smoke

- Build the fire away from anything flammable, like wooden fences and sheds

- Check there aren't any cables, like telephone wires, near and above the fire
- Don't use fuel to get the fire going, scrunched up newspaper and small, dry sticks is all you need. Otherwise it could get out of control quickly.

- Let your neighbours know

Once a fire is lit, make sure you:

- Keep a bucket of water or a garden hose nearby in case of emergencies
- Make sure children and pets stay a safe distance away
- Don't burn aerosols, tyres, plastic, canisters, or anything with foam or paint. These all produce toxic fumes and some containers may explode, causing injury
- Never touch burning embers
- Always extinguish your fire with plenty of water to stop it re-igniting.



Remember, remember, the fifth of November...

IT'S RAPIDLY COMING up to the time of the year when we think about bonfires and fireworks again. Here's a 'potted' history of just why we carry out this annual ritual and some important safety tips and advice to make sure that you stay safe, so your celebration can go with a bang!

GUY FAWKES NIGHT also known as Guy Fawkes Day, Bonfire Night and Firework Night, is an annual commemoration observed on 5th November, primarily in Great Britain. Its history begins with the events of 5th November 1605, when Guy Fawkes, a member of the Gunpowder Plot, was arrested while guarding explosives the plotters had placed beneath the House of Lords. Celebrating the fact that King James I had survived the attempt on his life, people lit bonfires around London, and months later the introduction of the Observance of 5th November Act enforced an annual public day of thanksgiving for the plot's failure.

But... Remember, remember to celebrate safely:

Watching fireworks is popular and fun. But fireworks are explosives and potentially dangerous, so they need careful handling and storage.

Follow the Firework Code

- Only buy fireworks marked BS 7114.
- Don't drink alcohol if setting off fireworks.
- Keep fireworks in a closed box.
- Follow the instructions on each firework.
- Light them at arm's length, using a taper.
- Stand well back.
- Never go near a firework that has been lit. Even if it hasn't gone off it could still explode.
- Never put fireworks in your pocket or throw them.
- Always supervise children around fireworks.
- Don't set off noisy fireworks late at night and never after 11pm

Sparkler safety tips..

- These are often viewed as harmless but they do burn at fierce temperatures and can easily cause injuries.
- Light sparklers one at a time.
- Supervise children with sparklers and never give them to children under five.
- Make sure everyone handling sparklers wears gloves.
- Hold sparklers at arm's length while being lit.
- Don't wave sparklers about close to other people.
- Never hold a baby in your arms while you are holding a sparkler.
- When you have finished with the sparkler put it in a bucket of cold water.

Bonfire – fire safety advice

If you are organising your own bonfire, please make sure you follow this safety advice:

- Site the bonfire well away from houses, garages, sheds, fences, overhead cables, trees and shrubs AND ALWAYS AWAY FROM FIREWORKS
- Build the stack so that it is stable and will not collapse outwards or to one side
- NEVER use flammable liquids – paraffin or petrol – to light the fire
- Don't burn foam-filled furniture, aerosols, tins of paint and bottles
- Keep everyone away from the fire – especially children, who must be supervised all the time
- For an emergency, keep buckets of water, the garden hose or a fire extinguisher ready
- Pour water on the embers before leaving

How to keep your pets safe and happy

Indoor pets:

- If you know there's going to be fireworks, keep your pets in the house.
- Shut any windows and doors so



they can't run off if they do get frightened.

- Make sure blinds and curtains are closed.
- Build them a den in an area they feel safe in. This could mean putting an extra blanket on their bed.
- Try turning up the TV or music so they're distracted by familiar sounds.

If your pets are unsettled, it's important not to get cross with them or make too much of a fuss of them. Give them some space and treat them as you would normally.

Outdoor pets:

- If possible, bring your outdoor pets inside.
- Move animals in their hutches, like guinea pigs or rabbits, to a garage or shed.
- Soundproof their cages by putting a breathable blanket over the top.
- Give them some extra bedding so they have somewhere to hide if they do get scared.

Finally have fun, stay safe and remember an organised display can be great fun too!

QUIZ

by Owen Griffiths

How much do you know about Guy Fawkes and Bonfire Night?

1. What date is Bonfire Night?

1. Nov 5th 2. Nov 1st

2. Where were fireworks invented?

1. China 2. Spain

3. In the UK, it was illegal NOT to celebrate Bonfire Night up until...

1. 1605 2. 1959

4. What speed can fireworks reach?

1. 100mph 2. 150mph

5. What was the original name for Bonfire Night?

1. 'Bone Fire' 2. 'Fawkes' Ache'

6. How many people are treated each year for fireworks-related injuries in the month around Bonfire Night?

1. 1,000 2. 100

Answers on back page



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Tickling your funny bone...

A sense of humour is a gift from God. Laughter unites us. Funny things help us get through the humdrum of life and without humour this would be more difficult. So here’s a little bit of humour we’d like to share with you...

Q: Why did the sponge go to church?

A: Because it was holy!

Q: What kind of bird runs the church?

A: A cardinal!

Q: Why did the hawk sit on the church's steeple?

A: It was a bird of pray!

Nothing to confess

En route to church to make his first confession, a nervous seven-year-old asked what he could expect. "Confession is where you tell all the bad things you've done, to the priest," he was told.

The boy looked relieved and said, "Good. I haven't done anything bad to the priest."

Child's play

The 100th anniversary of a church was being celebrated with clergy and the bishop in attendance. At one point, the priest had the children gather at the altar for a talk about the importance of the day. He began by asking them,

"Does anyone know what the bishop does?"

There was silence. But finally, one little boy answered gravely,

"He's the one you can move diagonally."

Bad timing

A man was working in the shop in a cathedral. One afternoon he was talking with an attendant when they were approached by two tourists.

"Are you a monk?" one of the women asked.

"No," the attendant explained, "I wear this robe as part of my job, but I'm not a member of any religious order."

"Then where are the monks?" asked the woman.

The man replied, "Oh, there haven't been any monks here since 1415."

Hearing this, the woman looked at her watch and announced to her friend,

"Betty, we missed the monks."

Q: Why did the priest giggle?

A: He had Mass hysteria!

A handsome design

When making leaflets for a local church, the client wanted a special logo: a design of Earth being shielded by the hand of God. The client was sent a proof. Shortly after, there was a phone call:

Client: "The hand looks too human. Please use a hand that looks more like God's"

Q: Does light have mass?

A: Of course not. It's not even Catholic!

New form of communication

Seen while passing by a church:

"Get in touch with God by knee mail."

Crossword

Across

1 Brother of Cain and Abel (4)

3 Early biblical people living west of the Euphrates River (8)

9 Dutch city famous for its Edam market (7)

10 Jules ----- author of 20000 Leagues Under the Sea (1870) (5)

11 Poised for action (5)

12 Immeasurable (6)

14 Groups of people who adhere to a common faith and habitually attend a given church (13)

17 Italian volcanic island in the Tyrrhenian Sea (6)

19 Loose garment as worn by Muslim women, with veiled holes for the eyes (5)

22 Premature (5)

23 Spanish painter, nicknamed for his place of birth (2,5)

24 Christ or the Messiah, as named in Matthew from a reference in Isaiah (8)

25 In the US, the Beehive State, the 45th of the Union (4)

Down

1 Companion of Daniel, Hananiah before his named was changed (8)

2 Town south of Bethlehem, home of Amos (5)

4 First person to see Jesus after his resurrection (KJV spelling) (4,9)

5 Vagabond (5)

6 Twister (7)

7 Killed, as per the KJV (4)

8 The Adventures of Tom -----, novel by Mark Twain (1876) (6)

13 Along with Beelzebub and Lucifer, one of the Evil Trinity (8)

15 Quack medicine (7)

16 Trinidad and -----, Caribbean nation (6)

18 Classical German composer whose Masses include the 'St Cecilia' and 'Nelson' (5)

20 ----- Butler, most prominent male character in Gone With the Wind (5)

21 Son of Jacob and Leah (4)

SOLUTION IN NEXT ISSUE

Bonfire Night Quiz Answers
1) Nov 5th, 2) China, 3) 1959 4) 150mph 5) Bone Fire 6)



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