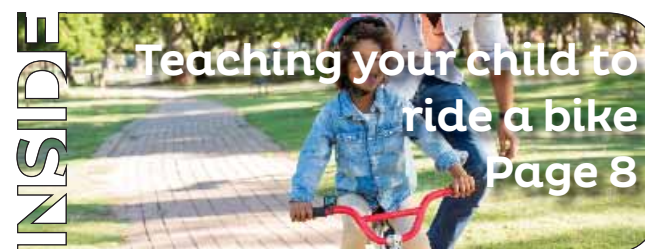


# Reach

READ IT, LOVE IT, LIVE IT

## Come to the table...



## What does this mean to YOU?

Continued on page 3



# Dear Reader

At first glance, you may think that this edition of Reach is predominantly concerned with food! But of course, there is so much more to it than this... At first glance, you may think that this edition of Reach is predominantly concerned with food! But of course, there is so much more to it than this... The words 'Come to the table' contain an invitation in their meaning, but how well do we really understand this expression? Reach explores the connotations behind this phrase.

Pope Francis reminds us of the huge problems of world hunger and poverty and we can ponder his words whilst alternately being encouraged at the prospect of the increasing number of food banks in this country, and also the work of charitable aid organisations.

Don't forget to take a look at our recipe page too – then you can enjoy those long cool summer drinks and that perfect picnic food! With summer still very much in mind, we have provided a huge list of places for you to visit with your children during the school summer break.

We hope that you find this useful and we'd be interested in hearing your comments about the places you've visited. Also, there are some safety tips for children learning to ride bikes over the Summer.

With all good wishes for a relaxing and peaceful summer.  
With all good wishes for a relaxing and peaceful summer.

Julia

Editor

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## “Summertime is always the best of what might be.”

—Charles Bowden

# WHERE? is God?

A couple had two little boys who were always in trouble. One day, their mother was feeling desperate, and decided she would ask the local priest to speak to the boys.

The 8 year old went to meet with him first. The clergyman asked him sternly, 'Where is God in your behaviour?'

'What do you mean?' the boy replied.

The priest said in an even sterner tone, 'Where is God?'. The boy made no attempt to answer. So

the clergyman raised his voice even louder and shook his finger in the boy's face, 'WHERE IS GOD?'


The boy ran out of the room and charged home. His older brother followed him and when he caught up with him, asked what had happened. The younger brother replied, 'We are in BIG trouble this time. God is missing and they think we did it.'

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PLEASE  
RECYCLE  
OUR PAPER



# Come to the table...

(Continued from Page 1)



**WHEN MY OWN four grown-up offspring were children, my cry of either:**

'It's on the table!' or 'Come to the table, it's ready!' could be heard most nights as I attempted to gather my family together for our evening meal.

I believe it to be a common enough expression and most of us would immediately realise what it relates to. Yet interestingly, it can, in fact, imply a whole host of other associations. We refer to 'laying our cards on the table' meaning to be frank and honest, we 'get our feet under the table' denoting establishing yourself securely in a new situation and we 'turn the tables' when we reverse our position in a given situation. So all in all, tables of one sort or another seem to figure fairly predominantly in our conversations.

In fact it is surprising how important a part tables appear to play in our lives. In board rooms deals are brokered around huge committee tables, friendships are forged and cemented over coffee tables in homes, cafes and restaurants, and fortunes have been lost over gaming tables. Yet if we look closely, we can perceive that it is not the table per se that holds the

significance, but the activity which is taking place on or around it. And to take this further, the most meaningful activity is our interactions with each other.

Even today, those on the margins of society whom Jesus loved – the poor, the marginalised and the sick – are often deprived of a table for meals or when they come together as family, friends or associates. But with or without a table they can still gather with their nearest and dearest and this is the crucial point.

Our Lord Jesus Christ invites us to his table each time we attend Mass. This invitation is freely given to every single one of us as the Lord seeks each of us in love. Every time we approach the altar to receive the Body and Blood of Christ in Holy Communion the Lord welcomes us with open arms. Yet critically we can be assured of the love and peace that come from Jesus Christ whether we are old or young, male or female, rich or poor or from any country in the world. And the notion of coming to the table – whether for eating and drinking, celebrating, socialising, wheeling and dealing or being with the Lord – does not always necessarily mean literally.

## Lemonade for Malawi

**Lucia (aged 9 years and 1 day) woke up one Saturday morning saying that she wanted to make a lemonade stall so that she could sell lemonade and treats to anyone passing our house. By Sunday morning, Lucia had made a lovely lemonade stall serving fresh lemonade with slices of lemons, treats for children and a photo of children who are part of The Reach Foundations feeding and education project in Malawi.**

As I sat and watched Lucia set up her stall, I was filled with pride. Lucia's first customers arrived and asked for Lemonade and a chocolate treat. Over the next few hours Lucia sat smiling and talking to all passers-by, some stopped for Lemonade and some stopped for a chat about Lucia's chosen charity. By 6pm, Lucia's money pot was full and as she counted her pennies, she realised that she had made £41.00 for the children in Malawi. 'I want all of the money to go to the children mum. To feed them and help them to have a big party!' Lucia didn't take a penny for herself but went to bed feeling so proud.

Lucia has made a big difference to people's lives in just a matter of hours. The money will all go to The Reach Foundation UK and every penny will be used – nothing will go on administrative charges. A huge thank you to you Lucia!

Please contact us if you would like to make a difference too or visit our website  
[www.reachfoundationuk.org](http://www.reachfoundationuk.org)

The Reach Foundation UK is still in its infancy but our charity spends every penny on those effected by poverty, ill health and lack of education. We would love you to be a part of it!





# Saving our bacon!

By Julia Beacroft

## How can we nourish others?

WHILE MY SON was at primary school he won a prize. No big deal, you're probably thinking; children win prizes at school all the time. And you would, of course, be quite correct. However, this prize was notable – not only because it was a poetry prize and my son hated poetry and English in general – but also because of the content of the poem. For reasons best known only to himself, he decided to write his masterpiece about – of all things – bacon! In fact the title of his poem, (and I use the term loosely), was 'The Bacon Rap'. And incredibly, the triumphant ending to his epic verse was:

'Bacon, bacon, comes from a cow!'

Naturally, despite the prize from the school, he's never been able to live the joke down to this day! However, although hilariously funny, this event served as an excellent means of communication to us and to the school. It announced loudly and clearly that he certainly loved bacon!

### TAKEN OFF

Today, communication has become increasingly important



and is readily available in a veritable plethora of means and methods and social media, in particular, has 'taken off' in a way that no-one could have anticipated. It has actually become an integral part of our lives, with Facebook, Twitter and Instagram being universally used as an excellent way of keeping in touch with others and sharing ideas and opinions. In fact, the Pope himself tweets on a daily basis. Facebook and Twitter are particularly good at suggesting

'friends' and 'followers' as a way of putting people in touch with each other and connecting them.

In the same way, as we attempt to spread the Gospel message, we ourselves are connectors – we connect others to the providential love and grace of God. In so doing our methods of communication are all important, whether this involves talking about our faith, listening to others or helping our neighbour. Even such a basic action as a smile, greeting or kind word to another person is hugely important. It is surprising the way that such small moments of kindness and friendliness can make an enormous difference to the lives of others, and in so doing possibly plant a seed of faith which could germinate and grow. When we behave in this way, we are living the Gospel in action. And although there can, and have been problems with social media and sometimes trivia or even nonsense have been posted on it, let's not forget that it is also an excellent medium or connector for evangelization, as it reaches

out to the whole world with ease. Ironically, Pope Francis himself tweeted:

'A Christian's mission in the world is splendid, it is a mission intended for everyone, it is a mission of service, excluding no one!'

### CONNECTORS

In today's technological world our communication systems are more advanced than ever as we email, skype, snapchat and routinely use social media. Rightly or wrongly, letters and former written methods of communication are rapidly becoming an anachronism. Yet conversely our role as connectors of our Christian faith remains essentially unchanged. May we always embrace any method of communication to bring others to the Lord, so he may take his place in their lives and 'save their bacon'.

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## Torquay Community Larder

(Foodbank) has grown from providing over 600 meals per month to more than 1300 meals. There are approximately 60 volunteers from across the different churches and volunteers are of any faith, or none. It provides emergency food parcels for individuals and families who find themselves in need.

"It is our intention to provide a 'hand up not simply a hand out' which many guests have begun to realise as they start to turn their lives around."

The Torbay Churches' Community Larder is a great example of a practical Christian response to supporting people facing challenging circumstances.

## Liverpool:

'A warm welcome into a safe environment, a listening ear from trained volunteers and a food parcel.

Practical guidance and support:

Foodbank volunteers are driven by love, compassion and the willingness to help. It is their aim to take the time to listen and make others feel supported during your visit to the foodbank. They are specially trained to identify and offer practical guidance to help tackle the underlying cause of your referral to the foodbank and will work with you to make sure you have access to appropriate support.

All different kinds of people volunteer at foodbanks for different reasons, but everyone involved has the shared aim of providing caring support for people in their local community.'

**GET INVOLVED IN YOUR LOCAL FOODBANK!**

# Are you 'fed-up' with church?

**It would seem that many people go to weekend services expecting to receive encouragement, solace or inspiration. Essentially, they expect to be fed.**

These expectations now form what many consider to be the essence of a church's mission or purpose. It's to satisfy the appetite of the audience. Many church leaders advocate a similar consumer mind set for church involvement. They often say, "You need to go to a church where you'll be fed." In fact, many teachers and preachers believe it's their job to satisfy this big appetite with ever-more-tempting platters of "deep" Bible readings, soaring oratory, and five steps toward a happier life.

But what's the outcome?

Should people view their local church as a 'spiritual fast-food joint?' Is the prime objective to make sure parishioners amble out feeling well-fed? The church should strive to be the healthy Body of Christ, the community of believers coming together to experience and love God, and to love one another and the larger community. And so a Jesus-centred community where you can be the church, where you're given full access to love one another, to experience God, and to exercise your faith would be the perfect community in which to receive all you and others need.



# Out and about with your children this summer..!

The school summer holidays have rolled around again and with the unpredictable British climate it can be a struggle to keep your offspring entertained for six weeks. With this in mind, we've compiled a HUGE list of places for you to visit with your children, and some of these are not weather dependent either!

- Check to see if your local council swimming pool offers free or reduced-fee entrance in the school holidays.
- Museums and galleries often have new exhibitions and events running in the summer. Many art galleries put on special events for children and families - this could be just the thing to stimulate your child's artistic streak.
- Check out your local leisure centre - there are plenty of indoor sports and activities they can participate in.
- Visit your local or nearest zoo - it's a great day out for all the family and a wonderful experience for the children to see animals from other parts of the world.
- Check the websites of your local council and tourist information centres for local days out, or scan the local papers and community centres to see what's going on in your area.
- Many libraries hold events such as story time, and arts and crafts days. Libraries are also a great source of activity in themselves, with plenty of books and computers to keep children busy.
- Organise a treasure hunt around your home and garden with clues and treats for the children to find
- If it's dry outside go to the park or take a nice walk somewhere quiet with the children
- If you have a tent, arrange a camping trip in your garden with the children for one night!
- Kites are great if it's a windy day and they can be bought from bargain shops very cheaply. The park is a great place to fly them!
- Take the kids to the cinema! There are usually lots of child-friendly films showing in the school holidays. It's an ideal activity if the great British summer lets you down!
- Be a Tourist in Your Own Town or City - every town has monuments and the chances are that you've never seen them! Pretend you're a tourist visiting your own town and research the local sites, fun hot-spots, monuments and their history for a fun, unique staycation. And the best thing is you get to sleep in your own bed at night!
- If it's not too far, visit the beach and collect shells.
- Take a picnic to a local park.
- Go canoeing at a local lake.
- Go biking on a trail
- Go ice skating
- Go roller blading
- Go ten-pin bowling
- Go fishing or crabbing
- Go fossil hunting near a lake
- Play mini-golf -- or set up a course in your driveway by laying



different size containers on their sides

- Visit an amusement park or water park
- Wade through a stream and search for minnows or tadpoles.
- Visit an aquarium
- Go horseback riding
- Go to a flea market
- Attend an outdoor festival or concert.
- Pick a nearby town to visit for the day.
- Visit a cave.
- Take in a fireworks exhibit

And when you've done all that –  
**take a breather!**



## www.catholicdirectory.org

# Mobile Version

## Find Mass or a Church on the go!



Schools
Nearest Church
Nearest Mass
Map
Search

Religious Orders
Charities
Adoration
Confessions
Prayers



# An Interview with ... Pope Francis

Pope Francis rarely grants interviews. For some months *The Big Issue*, alongside our street paper colleagues, worked on securing a meeting. Then it happened. On October 27, Marc, a former magazine vendor from *Straatnieuws*, *The Big Issue* equivalent from the Dutch city of Utrecht, headed into the Vatican and sat down with the leader of the world's 1.2 billion Catholics. Marc (pictured below) was accompanied by Dutch

journalists Stijn Fens and Jan-Willem Wits from *Trouw* newspaper.... It is still early when we arrive at the service entrance of the Vatican, to the left of Saint Peter's Basilica. The Swiss Guards have been informed of our arrival and let us pass. We head to the Domus Sanctae Marthae because that is where Pope Francis lives. The Domus Sanctae Marthae is, in all likelihood, the most unique hotel in the world. A large white

building where cardinals and bishops stay while serving in or visiting the Vatican, it is also the official residence of the cardinals during the Conclave. They are expecting us. Two ladies behind the reception desk, just like in any hotel, kindly indicate a side door. The meeting room has already been prepared. It is a fairly large space, with a desk, a sofa, tables and chairs, and is the Pope's meeting room during the week.

Suddenly, the Pope's official photographer appears. "The Pope is arriving," he whispers. And before we know it, he walks into the room. He is carrying a large white envelope. "Please, sit down, friends," he says with a gentle wave of his hand. "How nice to have you here." Close up, he gives the impression of a calm, friendly man, who is at the same time both energetic and precise.



## THE IDEA OF HOME

**Holy Father, what do you remember about the street you grew up on? What images come into your mind when you recall the streets of your childhood?**

From when I was one year old to when I entered the seminary, I always lived on the same street. It was a simple neighbourhood in Buenos Aires, with one and two-storey homes. There was a small square, where we played football. I remember that I used to sneak out of the house to play football with the boys after school. My father worked in a factory that was just a few hundred metres away. He was a bookkeeper. And my grandparents lived within 50 metres. We were all just a few steps from one another. I also remember the names of the people, when as a priest I went to give the sacraments, the final comfort for so many, who called for me and I went, because I loved them. These are the memories that first come to mind.

She gave me a medal of the Sacred Heart of Jesus, which I still carry with me every day

**Were you any good at football?**

No! In Buenos Aires, those who played football like me are called 'pata dura'. Which means having two left legs! But I played anyway; often I was the goalkeeper.

**How did your personal commitment to the poor begin?**

A woman who worked in our home three times a week to help my mother comes to mind. She helped with the laundry, for example. She had two children. They were Italian and had survived the war; they were very poor but they were very good people. And I have never forgotten that woman. Her poverty struck me. We were not rich. Normally we made it to the end of the month but not much more. We didn't own a car, we didn't go on vacations or things like that. But she often needed even the most basic items. They didn't have enough, and so my mother gave her things.

She eventually went back to Italy, and then later she returned to Argentina. I found her again when I was the Archbishop of Buenos Aires, and she was already 90. I was able to assist her until her death at the age of 93. One day, she gave me a medal of the Sacred Heart of Jesus, which I still carry with me every day. This medal – which is also a memento – is very good for me. Would you like to see it? [Pope Francis pulls out the medal, now completely discoloured after years of use.] With this, every day I think of her, and of how she suffered from poverty. And I think of all the others who have suffered. I wear it, and I use it to pray...

**What is the Church's message for those who are homeless?**

What is the concrete meaning of Christian solidarity for them? Two things come to mind. Jesus came into our world without a home, and he chose poverty. Then, the Church seeks to embrace us all, and says that it is a right to have a roof over your head. Popular movements work toward the three Spanish Ts: trabajo [work], techo [roof] and tierra [land]. The Church teaches that every person has the right to these three Ts.

**You often call for heightened attention for the poor and for refugees. Are you not wary that this might lead to an overload in the media?**

We all have the temptation – when we have to face an issue that is not pretty, that is difficult to talk about, to say: "Oh, let's not talk about this any more: this thing is just too difficult." I understand that the possibility of overload exists but I do not fear it. I must continue to speak about the truth and about the way things are.

**It is your duty?**

Yes, it is my duty. I feel it inside me. It is not a commandment but as individuals we all must do so.



**Children's Newspaper**  
**Summer 2018**

**LET  
THERE  
BE LIGHT**

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



# 'Let there be Light'

## Septimus tries to tell the Creation Story



Reverend Septimus Mole is a stuffed animal. He is, of course, very short sighted, so wears a pair of strong glasses. Septimus LOVES telling stories.

One day, not so very long ago, Septimus went into the school to see how the young moles were doing. While he was there he was asked to talk to the little moles about how God created the world. He sat down and started to read from the Bible...

In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

And God said, "Let there be light," and there was light.

"Why?" a little voice called out from the back of the class. Septimus stopped reading and looked at the class over the top of his glasses. A few of the little moles giggled - but Septimus realised that it was a genuine question.

"Hello little Theo", he said to Theodore Mole who had gone slightly red - as red as a mole can go anyway! "What do you mean... 'Why?'".

Theo sat up and asked, "Why did God create light? We don't like light, moles only go above ground at night because its dangerous. Light is scarey, and ... its just too bright!"

Septimus thought for a few seconds, and then he spoke:

"That's a very good point Theo! Not everyone likes light - so why did God create it? ... Who here likes grubs to eat?"  
Lots of little mole paws shot into the air.

"Who likes worms to eat?" The paws shot up even faster.

"Grubs live off plants", Septimus continued. "Worms live of dead plants or dead animals that ate the plants."

The children in the class looked confused until Theo said, "What does that have to do with light?"

Septimus walked over to the blackboard and drew a plant on it. Next to it he drew a lightbulb and on the other side he drew a worm.



"Plants need light to grow. If we didn't have light we wouldn't have plants." And he drew an arrow from the lightbulb to the plant. None of the moles seemed bothered - they weren't keen on the idea of eating plants - especially old muddy roots they find underground. Septimus could see what they were thinking so he carried on... "Without plants we wouldn't have worms." He turned back to the blackboard and drew an arrow from the plant to the worm. This time, when he turned around all the little moles looked shocked. "NO WORMS!!!" he could see them thinking. "No worms and no grubs!" he said confidently.

The class was so silent you could hear a worm yawn - which is a very quiet affair indeed!

"So...", Septimus said, "perhaps we like light a little more than we think. In fact perhaps we don't just like light, but we NEED light."

The class stopped and thought for a moment. Even the worm had stopped yawning!

Septimus sat back down and said, "I think there might be something we can learn from this:



Often we pray to God asking him for things we want. Sometimes, we think He isn't listening or He isn't replying. But maybe God is giving us what we need and not necessarily what we want. Maybe when we pray for worms, God gives us a nice sunny day. For us moles, a nice sunny day is the last thing we want. But the sun gives us the plants that give us the worms.

So God gives us what we need - even if we don't realise it!"

**DID YOU KNOW?**

Light travels at 675 MILLION miles per hour. That's more than 800,000 times faster than the fastest sports car!





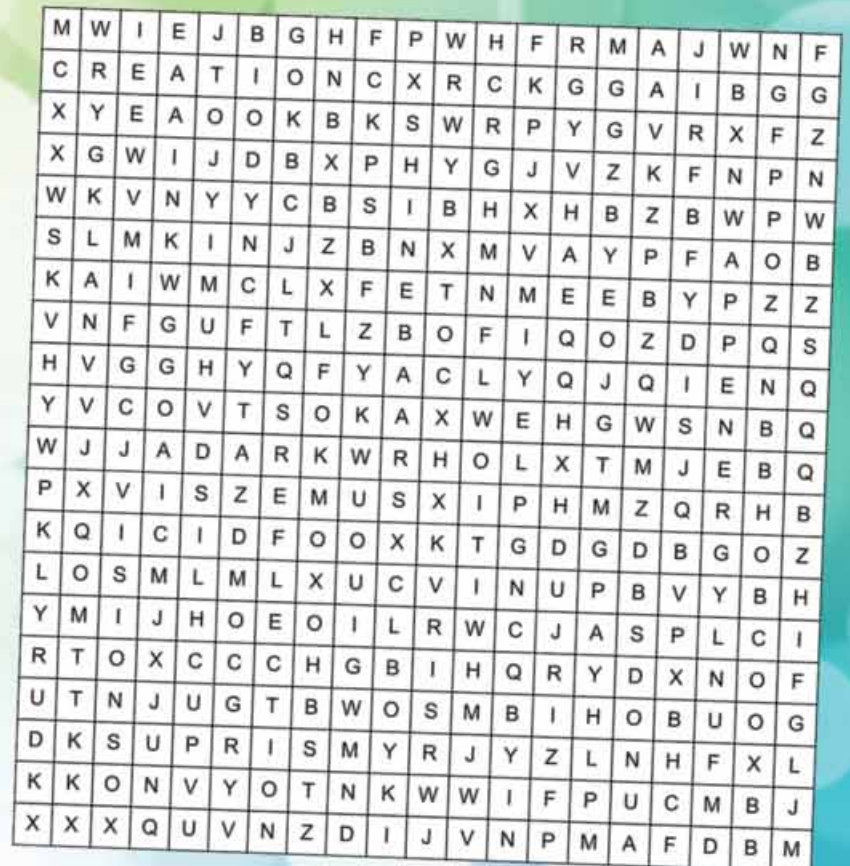
# Puzzles



## Word Search

Find these words in the word search...

Shine  
Bright  
Dark  
Reflection  
Light  
Energy  
Creation  
Prism  
Colour  
Vision



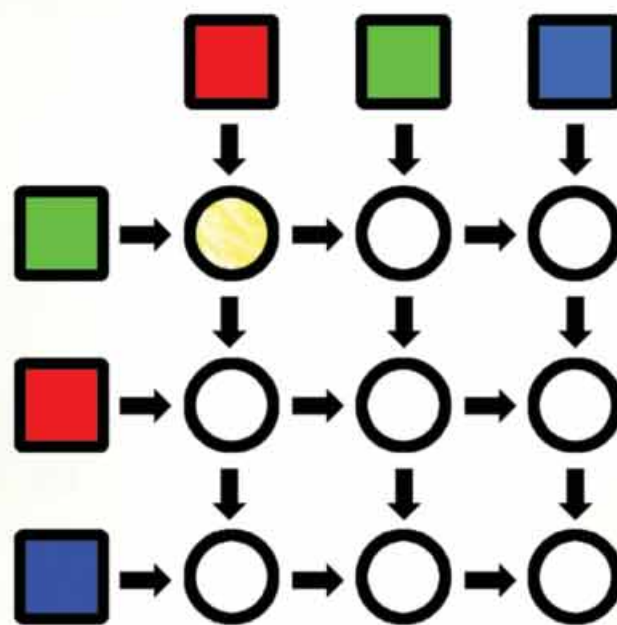
## Colour Mixing!

Colour in the circles with the colour that would be made when you mix the colours at the top and to the left of the grid.

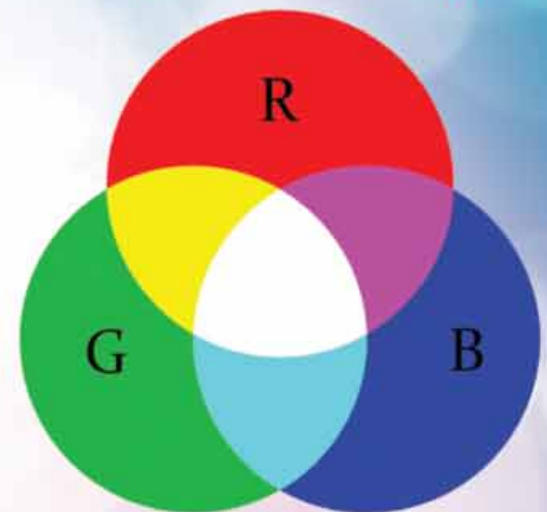
The first one has been done for you - Red and Green make yellow.

Just remember we're talking about mixing light not mixing paints. It works differently!

If you mix green and red paint it gets darker and makes brown - if you mix green and red light it gets lighter and makes yellow.



Here is a picture that should help you...



What colour do you get if you mix Red, Green and Blue? \_\_\_\_\_

If you mix red, blue and green paint would you get a dark colour or a light one? \_\_\_\_\_

## Spot the light differences

There are 10 differences that relate to light - can you spot them?





# LET THERE BE LIGHT!!

## ...but what is light???

Light is a type of energy which we can see and it travels from one place to another. It could travel from the Sun to the Earth or from a torch to a wall.

### Is white light white?

We don't think of white being very colourful. If you were asked to make the most colourful picture it probably wouldn't look like this:



But actually that picture has the most colour you can have in it...HUH???

**BUT IT IS JUST WHITE!!!!**

White light is made up of all the colours - including some we can't even see.

How can we tell?

Each of the colours behave slightly differently when they hit certain objects. The best example is when sunlight hits rain. It bends the light - but each colour bends slightly differently so the light splits apart. It doesn't look white anymore - it shows all the colours of the rainbow. All the colours that make up white light.

Can you see something like a rainbow not too far from here??

### How do we see things?

Everything around us reflects light. For example, light come from the sun and hits a banana. The light is reflected into our eyes so we see the light that has reflected off the banana.



### But why do things look different colours?

Although we think of the Sun being yellow - it actually gives out white light which has all the colours in it. So when the light hits the banana it doesn't quite bounce off - the banana absorbs all the colours and then bounces back only the yellow light. So we see yellow light when we see a banana. If you shine white light onto an orange - orange light is reflected.



### What happens when light goes through the air into water?

Imagine you run down a beach into the sea. As soon as you reach the water you can feel that your legs don't move as fast because the water is thicker than the air. The same is true of light. The water slows the light down and it bends the light. See experiment - Bending Light



### What does this tell us about Energy?

Light is energy, and its just the name we give to energy that you can see - there are lots of other types of energy that you can't see. We think of energy being like a battery that eventually runs out - but its not. It never runs out it just changes. So a battery may create electricity, but that electricity doesn't just run out it change into light or heat or some other kind of energy. This means the amount of energy in the Universe is exactly the same as when God said "Let there be light"! Maybe he was saying "Let there be ENERGY" - and there still is!





## Experiment 1: Why is the sky blue?

- What you will need large see-through box/jug that can hold water
- a tiny amount of milk
- torch

### Step 1

Fill the jug with water and shine a torch from one side of the box to the other. Make sure you are looking at the You may be able to see some dust floating in the water but it won't be that easy to see the light going through the water.

WHY? Because the light passes through the water in a straight line - it is only when it hits something like some dust that it bounces off and the light is reflected into your eye, so you can see it.

### Step 2

Add a few drops of milk to the water and shine the torch through again. You will probably see that the light passing through the water a bit more now. This is because the milk has tiny bits floating in it which scatters the light reflecting some of it into your eyes so you can see where the light is.

### Step 3

Add a few more drops of milk - but not so much that it turns into a cloud. When you shine the torch through the water it should start to look slightly blue. This is because the white light is made up of all the colours, and blue light scatters more than all the other colours. So if you are looking from the side you just see the blue light. If you move round so you are looking towards the light - it starts to go more yellow, or possibly even orange and pink around the light. This is because these colours don't scatter to the sides as much.

This is just like the sky. The sky has bits in it which make it look blue. When the sun sets or rises, the angle of the light changes so the colour starts to change.



## Experiment 2: Bending Light

Get a glass and fill it halfway with water.

Put a pencil in the water.

Look at the pencil from the top and from the sides of the glass. Does it look normal?

It probably doesn't look straight anymore. It probably looks like it is broken. This is because the light that is reflecting off the pencil is bending when it comes out of the water and into the air. The light slows down in the water and then speeds up in the air. This causes the light to bend so the bottom part of the pencil looks like it is in a different place than the rest of the pencil which is out of the water.



## Experiment 3: Bending light again

Put a coin in the bottom of a bowl. Get a cup and fill it with water and hold it in your hand.

Look at the coin in the bowl and then move away from the bowl or cup and stop as soon as you can't see the coin anymore because it is hidden behind the edge of the bowl. STOP THERE!

Keep looking at the bowl and slowly add some water. You should see the coin re-appear.

WHY? Because the light reflecting off the coin bends through the water and is bent over the top of the bowl so you can see it.

## Experiment 4: Light through a bubble

Wash your hands with some soap. Rub your hands together until you have lots of bubbles on your hands. Clench your fist and then slowly open your hand making sure you thumb and your pointing finger are touching all the time so they make a circle. If you have enough soap and water on your hand the soap should make a film like a bubble. Look carefully at the film. You can probably see lots of colours on it.

This is because all the colours in the white light are spreading out creating a rainbow effect.

Just for fun blow very gently and see if you can make a bubble!





# Creation

## How to read the creation story

Imagine 3 things: Your lesson timetable; writing about your school day; painting a picture about your school day. All 3 are very different, but they all say something about your day at school - and all would be true. The Bible is very similar. Different parts of the Bible are written in different ways for different reasons. All are true - but you have to know how to read them.

The creation story isn't a timetable, it is a story that paints a picture. A picture that we can't fully understand today, and would have been even harder to understand thousands of years ago. Each "day" could be seen as thousands or millions of years. In science we are looking for the timetable of creation - in the Bible we are looking for the meaning of creation.

Day

1

### Dark and light

God said, 'Let there be light,' and there was light. God saw that the light was good, and he separated the light from the darkness. God called the light 'day', and the darkness he called 'night'.



Day

2

### Sky

God said, 'Let there be a vault between the waters to separate water from water.' So God made the vault and separated the water under the vault from the water above it. And it was so. God called the vault 'sky'.



Day

3

### What happened?

God gathered the water to one place, and let dry land appear. Then God commanded the land to produce plants and trees bearing fruit and seeds. And God saw that it was good.



Day

4

### Stars, Sun & Moon

God said, 'Let there be lights in the vault of the sky to separate the day from the night, and let them serve as signs to mark sacred times, and days and years, and let them give light on the earth.'



Day

5

### Fish and Birds?

God said, 'Let the water teem with living creatures, and let birds fly above the earth across the vault of the sky.'



Day

6

### Animals and Mankind

God said, 'Let the land produce living creatures according to their kinds: the livestock, the creatures that move along the ground, and the wild animals, each according to its kind.' God created mankind in his own image, to rule over them.



Day

7

### God Rests

The heavens and the earth were completed in all their vast array. Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that he had done.

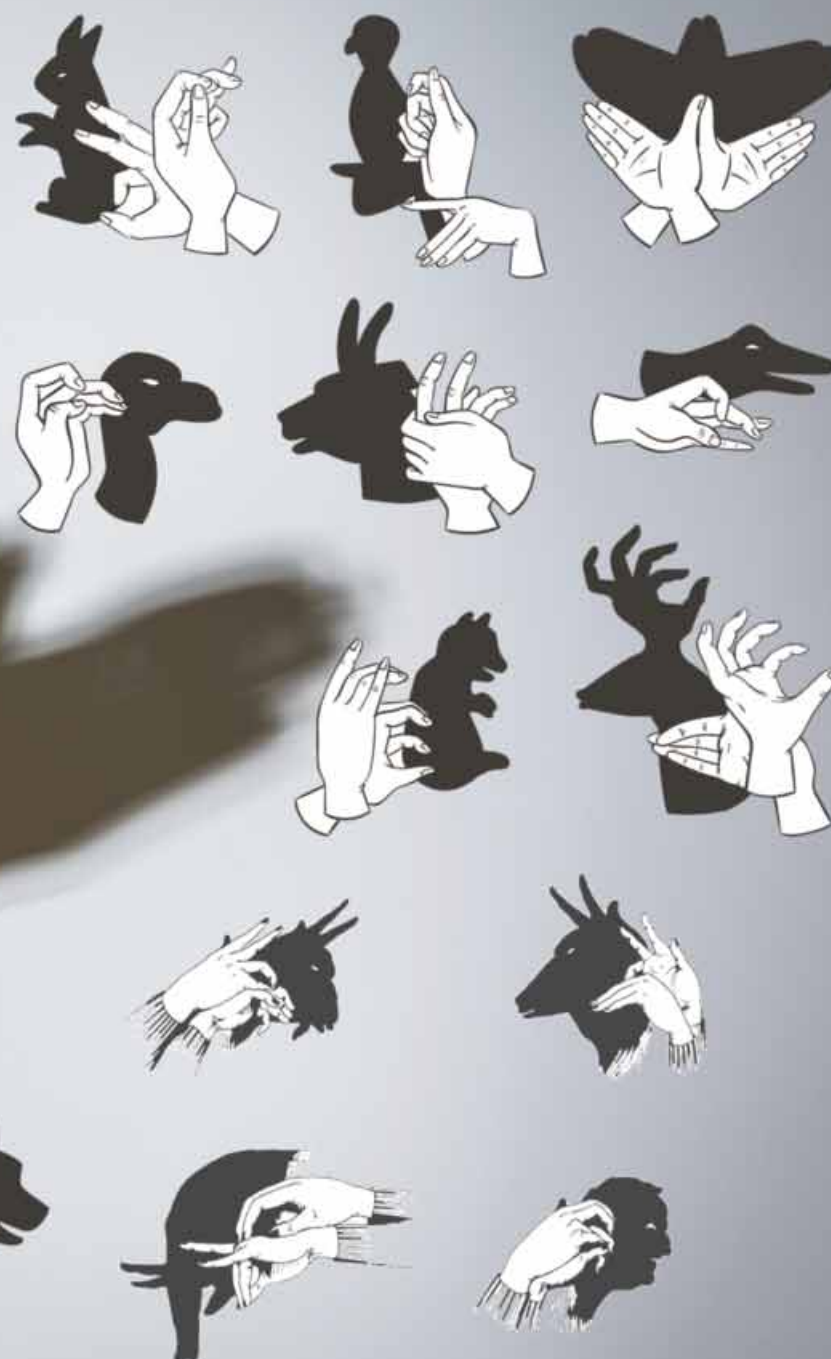




# Shadow Puppets

Why not try your hand at making shapes out of the darkness. You can make shadow puppets with your hands.

Try some of these ideas - or see if you can come up with your own!!



Do you have any broken crayons around the house?

If you do, why not put them to good use!

## You will need

- broken crayons
- cookie cutters
- some foil
- a plate
- A SUNNY DAY!

## Here's what you do

- 1) Cover the plate in foil.
- 2) Put the cookie cutters on the plate and then break up the crayons into small pieces or grate them. The smaller the pieces the quicker it will melt - which is important if its not a very hot day.
- 3) Leave them in the sun until they have melted all the way through. This could take the whole day.
- 4) When they have melted completely, bring the plate indoors and put it somewhere cool. It may take a while for the crayons to go hard again.
- 5) Once they are cool, pick them up and gently push the shape out of the bottom of the cookie cutter. Don't push too hard in case they break - if they are stuck ask someone to help you.
- 6) Get some paper and start drawing - and see what colours you get!

# Melted Crayons





# Darkness & Light

When we think of darkness we tend to think of bad feelings. Things like being scared, angry, lonely, cold or in pain. When we walk into a dark room the first thing we do is turn on the light. Sometimes, if really bad things are going on in our lives we can feel like our lives are very dark. Maybe, at times, we need some light in our lives!

When we think of light and brightness we often think of positive feelings. We think of being happy, warm and joyful. We think of all the fun things we can do on a bright sunny day. We also think of life - because plants need light to grow and survive.

When we "keep someone in the dark" we don't tell them something ... and when we understand something, what do we say? "OH I SEE!"

The Bible uses the ideas of Light and Dark as symbols to represent good and bad. It also uses the idea of seeing and being blind as symbols for those that understand and believe and those that don't. Jesus is described as the Light of the World. Someone who brings light to the darkness and someone who makes blind people see.

If we are in a dark place - or if we feel we need some light in our lives - maybe the Bible is screaming out to us...Jesus is the Light of the World. Perhaps we should ask him to Light up our World.



## Spreading some Light

How can we spread Light to people around us? Sometimes we meet people who need help - they may be scared, lonely or their life may not be going very well. They may feel like they are trapped in a very dark place. Perhaps we need to open our eyes to see whether any of the people around us are in this situation. Maybe we need to bring some light to their lives. Perhaps just by being kind, by listening or by helping we could bring some light to them. We might even be able to do something that leads them out of a dark place and into the light.

## Lightening the load

A great way we can make life a bit brighter at home is by helping out! We often don't realise all the things that have to be done at home - so we don't realise how much we should help. Perhaps each day we could do an extra job - even if it's just a small job. That way we'll be making life a bit easier for those round us and showing them we love them...



**...That's a great way to make someone's life lighter!**



## ON POLITICS

**Do you not fear that your support for the homeless and other groups plagued by poverty might be exploited politically?**

How can the Church speak out so that it has influence and, at the same time, manage to steer clear of political posturing? There are paths that lead to errors at that point. I would like to call attention to two temptations. The Church must speak the truth and also with a testimony: the testimony of poverty. The believer who speaks of poverty or of the homeless but who lives a life of luxury: that will not do. This is the first temptation. The second temptation is making agreements with governments. Certainly agreements can be made but they must be clear agreements, transparent agreements.

For example, we manage this building but the accounts are all closely controlled, in order to avoid corruption. Because the temptation for corruption is always present in public life. Both political and religious. I remember once that I saw, with great pain, when Argentina under the military regime entered into war with Great Britain over the Falkland Islands, that people donated items to charity – and I saw many people, including Catholics, who were responsible for distributing those things to the needy and who instead took those items home for themselves. The danger for corruption is always present.

I meet people, I greet them, and this makes the golden cage a bit less of a cage. But I miss the street

**Do you believe that up to now under your pontificate you have been able to achieve a change in mentality, for example in politics?**

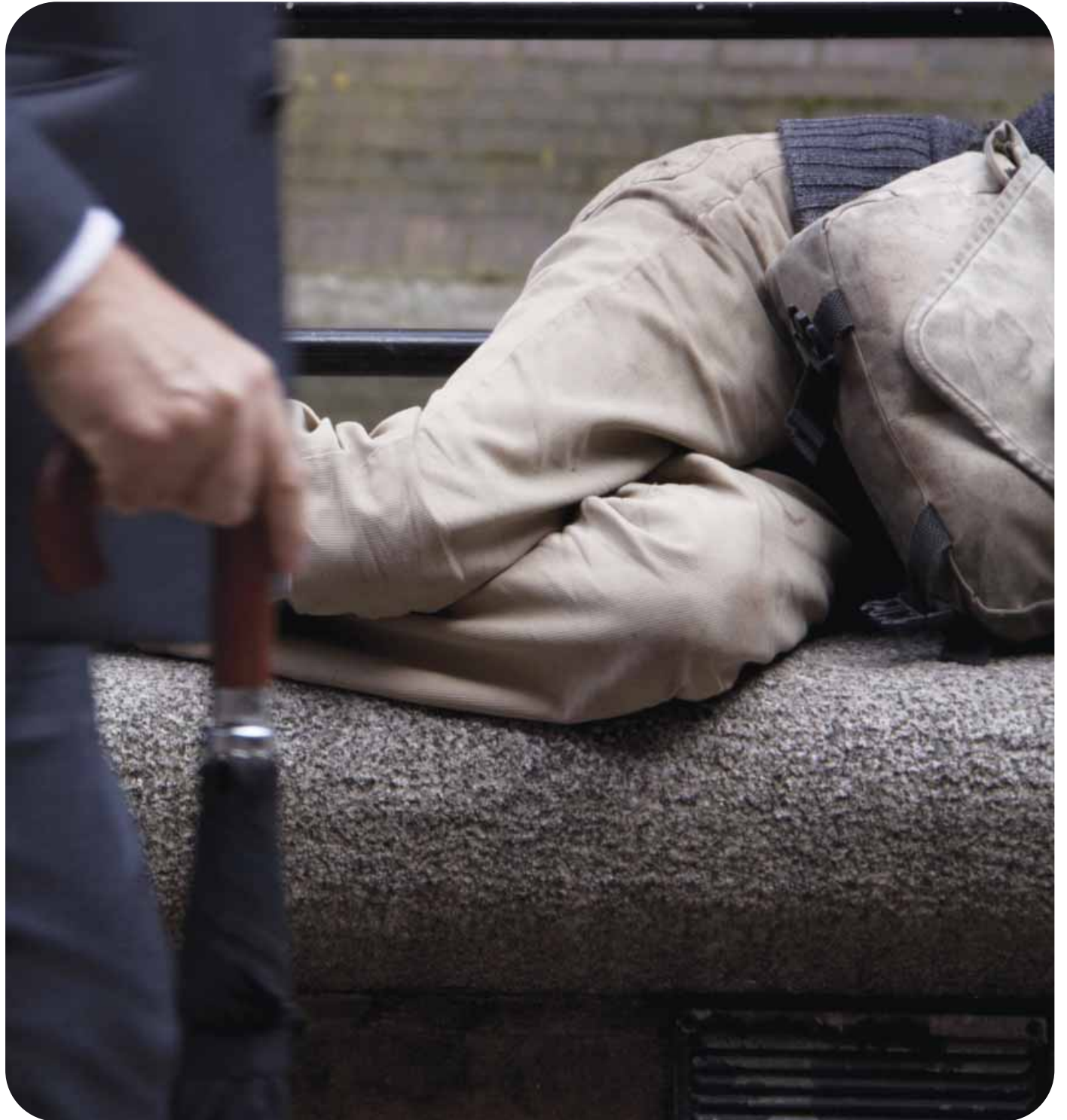
I am not sure how to respond. I don't know. I do know that some have said that I was a communist. But that's a category that is a bit antiquated [he laughs]. Perhaps today we use different words to say that...

Marxist, socialist...

They've said all those, too.



## ON POVERTY AND WEALTH



**Your namesake Saint Francis embraced radical poverty and even sold his gospel book. As Pope, and the Bishop of Rome, do you ever feel under pressure to sell the treasures of the Church?**

That is an easy question. They are not the treasures of the Church but rather the treasures of humanity. For example, if tomorrow I wanted to auction off Michelangelo's Pietà, I couldn't because it is not the property of the Church. It is located in a church but it belongs to all humanity. This is true for all the treasures of the Church. But we have begun to sell the gifts and other things that are given to me. And the proceeds from the sales go to Monsignor Krajewski, my Almoner [Archbishop Konrad Krajewski, who is in charge of distributing money to the poor]. And then there is the lottery. There were some cars that were sold or given away with a lottery, and the proceeds were used for the poor. There are some things that can be sold, and these are sold.

**You do realise how the wealth of the Church might create this type of expectation?**

Yes, if we were to make a catalogue of all the Church's possessions, we could think: the Church is very rich. But with the Concordat with Italy of 1929 on the Roman Question, the Italian government at the time offered the Church a large Roman park. The Pope at the time, Pius XI, said: No, I only want half a square kilometre, in order to guarantee the Church's independence. This principle is still valid. Yes, the Church possesses a great deal of real estate assets but we use them to maintain the Church's structures and to fund the many works carried out in needy countries: hospitals, schools. Yesterday, for example, I had €50,000 sent to the Congo for the construction of three schools in poor villages; education is so important for children. I went to the administration, I made the request and the money was sent.

**Holy Father, can you imagine a world without poverty?**

I want a world without poverty. We need to fight for that. But I am a believer, and I know that sin is always within us. And there is always human greed, the lack of solidarity, the selfishness which creates poverty. That is why it is difficult for me to imagine a world without poverty. If you think of the children exploited for slave labour or of children exploited for sexual abuse. And another form of exploitation: killing children to remove their organs, organ trafficking. Killing children for their organs is greed. That is why I don't know whether we will ever have a world without poverty because there is always sin, and it leads to selfishness. But we must always fight... always.

The interview has finished. We thank the Pope. He thanks us as well and says that he enjoyed our chat very much. Then he takes the white envelope that has been next to him on the sofa the whole time and takes out a rosary for each of us. Photos are taken, and then Pope Francis bids us goodbye. As calm and relaxed as when he arrived, he walks out of the door.

Ready for his next appointment.



# Teaching your child to ride a bike safely



## Stage 1 - Learning the Basics

The first step to riding a bike is learning how to balance, steer and pedal. Here are some quick tips to get you started:

- The best ages to start is between 4 and 6 years old
- Start by getting them to balance and don't focus on pedalling yet. You could even remove the pedals if it helps
- Set the correct saddle height
- Find somewhere open, flat and not on grass
- Don't hold onto the handlebar as your child will be working

against you and won't get used to balancing the bike

- Instead, hold your child from behind, under the arms to steady them

- When they are ready for you to let go, stay along side them - if they fall it may put them off for life

- Make sure your child has a helmet that fits properly. The majority of accidents are caused by falling off a bike or riding into something so even at this stage a helmet is important.

## Stage 2 - Riding on the Pavement

Obviously pavements are for pedestrians not bikes, however, children need a step between riding at the park and going out on the road - especially in a busy area. Here are some things to consider:

- Make sure your child avoids pedestrians
- Elderly people may be very scared of a bike coming towards them - make sure they keep their distance - or push the bike!
- **IMPORTANT:** ride on the pavement on the correct side of the road if possible. WHY?... If a car pulls out of a drive - they will look at the traffic coming towards them. If you child is cycling on the correct side of the road is more likely to see them on the pavement. Many children are knocked off their bikes when a car pulls out of a drive.
- they **MUST** remember to stop at junctions and only carry on if it is safe to do so. Cars will not be expecting a bike to pull out from the pavement - so they must always stop and either walk or only cycle if its safe.
- If they are cycling next to cars - tell them to be careful in case a car door opens.



## Stage 3 - Riding on the Road

As a guide - children under the age of 10 should be supervised on the road - but only you know if your 10 year old is ready.

Before going anywhere near a road, check you child has remembered everything they have learnt so far:

- Wear a helmet
  - cycle on the correct side of the road with the traffic
  - Do not go across the road or a junction until you know it is safe
- Teach them some basic concepts:
- Make sure they know who has the right of way at a junction. They need to be clear on this even if they panic or lose concentration.
  - It is important not to panic or feel pressured to go faster. If they are unsure - find a safe place to stop and get off the bike.
  - Don't follow the person in front - check for yourself that it is safe.
  - Even if it is your child's right of way they need to check it is safe - don't assume drivers have seen you.
  - Cycle behind other people not next to each other to give cars space to get

round.

- Use hand signals - even if your child makes a mistake, a driver can avoid them if they know what they are doing.

- Car doors can open without warning so if they cycle next to parked cars they should slow down and be ready to stop.

- They have to think a bit more like a car than a pedestrian. Drivers won't always think like a cyclist.

Prepare your child but don't scare them. Find a quiet road to practice on and make sure:

- they are confident making hand signals whilst steering the bike safely.

- they are able to look around them whilst cycling safely.

- their breaks work well.

- they can be seen - wear bright clothes and have working lights

- they wear a helmet. You are 14 times more likely to end up in hospital if you are not wearing your helmet.

Look online for more tips and videos to help you teach your child to ride safely. Better still, if your school doesn't run a bike safety course find one nearby.





# Oh, those summer recipes.... Long cool drinks and perfect picnic food!

## Blackcurrant cordial

This easy recipe is a great way to use up a pick-your-own glut of blackcurrants and makes a refreshing summer drink

### Ingredients

- 300g golden caster sugar
- Zest and juice of 2 lemons
- 450g blackcurrants

### Method

1. Put the sugar in a large saucepan with 300ml water. Bring to a simmer then add the lemon zest and juice followed by the blackcurrants. Cook the mixture over a medium heat until the blackcurrants start to soften and burst.
2. Pour the mixture through a



sieve lined with muslin into a clean, heatproof jug then transfer to sterilised bottles. Keeps in the fridge for up to 1 month.

3. Serve approx. 25ml of cordial per 100ml sparkling or still water, or dilute to taste

## Coronation chicken scones

PREP: 25 MINS COOK: 12 MINS  
MAKES 12

What could be more British than this scone and coronation chicken combo? Ideal for a summer party or picnic!

### Ingredients

For the scones:

- 225g self-raising flour, plus extra for dusting
- 1 tsp baking powder
- 140g cold butter, chopped into small pieces
- 150ml milk
- 1 egg, beaten

### For the filling:

- 3 cooked chicken breasts, finely chopped or shredded
- 100g mango chutney
- 2 tsp mild curry powder
- 150g pot natural yogurt
- 75g mayonnaise
- Small bunch coriander, chopped
- Small bunch mint, chopped
- Juice ½ lemon
- ½ cucumber, peeled into ribbons
- 1 small red onion, thinly sliced

### Method

1. First, make the scones. Line a baking tray with baking parchment and heat oven to 220C/200C fan/ Gas 7. Put the flour and baking powder in a large bowl, add 1/4 tsp salt and mix well. Tip in the butter and rub into the flour with your fingertips until the mixture resembles fine breadcrumbs. Add the milk and use a cutlery knife to mix the ingredients together until they clump into a soft dough.



2. Tip onto your work surface and knead briefly to incorporate any crumbs. Flour the surface well and roll the dough out to a thickness of about 1.5cm. Use a 7cm biscuit cutter to stamp out 12 circles – you may need to combine the scraps back together and re-roll to make all 12. Arrange over the baking trays, brush the tops with a little beaten egg and bake for 10-12 mins or until golden brown. Set aside to cool while you prepare the filling.
3. Mix the chicken, chutney, curry powder, yogurt, mayo, herbs, lemon juice and some seasoning in a bowl. Chill until you're ready to assemble.
4. To serve, split the scones and make sandwiches with the coronation chicken, cucumber and red onion. Fix the scones together with a skewer, if you like. Take them on your picnic – and enjoy!

## Homemade pink lemonade

MAKES 1 LARGE JUG  
– ENOUGH FOR 6

Mix up a jug of this refreshing, still, cloudy lemonade made from zingy lemons and plump raspberries

### Ingredients

- 8 lemons plus extra slices to serve
- 200g caster sugar, plus extra to taste
- 140g raspberries plus extra to serve
- Ice, to serve

### Method

1. Pare the zest from the lemons with a peeler, removing as little white pith as possible – cut away any pith you can from the



strips. Juice the lemons and mix the juice, zest, sugar and raspberries with 1.2 litres of boiling water. Let cool, then sieve, pressing through juice with the back of a spoon. Add sugar to taste and chill in jugs.

2. To serve, add a few lemon slices, raspberries and lots of ice.

## Spanish sausage rolls

PREP: 20 MINS COOK: 30 MINS  
MAKES 18

The classic sausage roll has had a makeover – by using spicy chorizo in the filling. Perfectly portable picnic treats!

### Ingredients

- 375g puff pastry
- Flour for dusting
- 2 large potatoes, diced
- 225g chorizo ring
- Small pack parsley, roughly chopped
- 2 tbsp nigella seeds
- 1 egg, beaten

### Method

1. First, roll out the pastry on a lightly floured surface into a rectangle, roughly 32 x 20cm. Cut in half so you have 2 long rectangles, place on baking parchment on a baking sheet and chill in the fridge.
2. Put the potatoes in a large pan of salted water and bring to the boil.

Reduce the heat, cook until just tender (about 5 mins), drain and leave to cool.

3. Meanwhile, remove the chorizo skins and put the meat in a food processor. Add the parsley, 1 tbsp nigella seeds and the cooled potatoes, and pulse everything together, being careful not to break up the potato chunks too much.

4. Heat oven to 200C/180C fan/Gas 6. Take the pastry out the fridge and shape the chorizo mix into two long sausages. Put each in the middle of the pastry pieces and brush the edges of the pastry with the beaten egg. Bring the pastry together on one side to enclose the filling and seal by pressing the pastry with a fork. Cut the rolls into 9 pieces each (about 5cm long) and arrange on two baking trays. Brush with egg and scatter over the remaining nigella seeds. Bake for 25-30 mins until golden and cooked through. Leave to cool completely before packing for your picnic.





# The wonders of nature

By Fr. Mark Skelton



LOOKING ACROSS THE garden, I am watching all sorts of growth and promise. Things I had discovered,

but had forgotten all about, things I had forgotten I had planted in the last hurrah of the previous year's

summer, things I had moved during the autumn and winter, which then began poking their heads up! But once I got over that shock, it is a brilliantly exciting prospect, as I am still not always sure what that new 'lodger' is.

The fruit trees are sending out leaves and blossom and I am expectantly wondering whether the apricot, cherry or plum trees might give me some fruit in this, their first summer and whether the two apple trees will have forgiven me for my attempt at giving them a branch cut and will also be prepared to give me some fruit.

At the moment the scrubby trees at the side of the garden bordering the road are regularly full of Tits and Sparrows as they squabble over the feeding stations. My woodpile continues to behave like a magic porridge pot and never seems to rot down too far before it is replenished by cut-down buddleia or sycamore branches, which never seem to stop growing. Both these areas are alive with birds and birdsong but as yet I am not aware of any nests or prospects of these. In the same way, the six bird boxes appear to be unused so far, although I have watched Blue Tits, Sparrows and Great Tits all trying them out for size earlier in the year. Yet as with so many things in the garden, they can't be forced to make use of what I am offering.

My clearing away of the huge areas of bramble and rogue Rose on one side of the garden, enabled me to create the wildflower meadow which bees and butterflies have thrived upon. However, where I did the same thing against another of the walls, exposed the very

sensitive, (especially to cold temperatures,) Brugmansia – or as I thought it was called – Datura. It had survived the first two winters after I had found it hidden in the undergrowth, because Teignmouth is not renowned for its Arctic conditions. But the two glorious visits of the 'Beast from the East' in March of this year wreaked havoc on its fragile nature. I had to bite the bullet and cut it back until I found sap rising in the branches. I just hope something may spring from its seemingly dead frame.

The weeks leading up to and the weeks stemming from Easter are all about new life coming from the brutal and seeming finality of a superficially unnecessary death. Our Christian faith is about God realizing that humanity would not understand what He was offering unless it was communicated to us in words and actions that we could grasp and recognize.

I don't equate with the wonder of the Incarnation my inability to communicate with the birds that take the food but fly away the moment I move too suddenly, or who smell me on the bird boxes and cannot yet trust. Except that it is because our God did communicate in our language; the language of humanity, sacrifice and love, that we could begin to believe. Even if this is but half believing. Maybe, just maybe, the Brugmansia will send out some shoots, maybe, or more than maybe, resurrection is a reality, not in a fairy-tale of faux-history, but in the extraordinarily ordinary action of God drawing new life from what seemed ended, finished and ruined.



# Reach

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# Getting Active

## Have you ever really considered the positive impact physical activity has on your children?

Being physically active on a daily basis will improve your children's lifelong health and well-being. Physical activity can include sports, planned exercise, play, games, physical education, recreation and even chores both at school, at home and in your community. All it takes is 60 minutes a day. This can be carried out in one 60-minute period or can be divided into two slots of 30 minutes per activity.

Just 60 minutes a day can help children to:

- Maintain a healthy weight
- Build on social skills
- Reduce symptoms of anxiety and depression
- Improve mood
- Build strong bones and promote muscular fitness
- Develop coordination
- Help children sleep better at night

Did you know that regular physical activity has been proven to help prevent and treat what is known as Non-Communicative Diseases (NCD's)? Here are some examples of NCD's:

- Heart disease
- Colon and Breast Cancer
- Stroke and Diabetes.

Physical activity can also help reduce high blood pressure, obesity and osteoporosis.

Recent research has proven that physical activity improves mental health for both adults and children. It has highlighted that children who are physically active tend to do well academically, have a better school attendance and are able to demonstrate good cognitive performance in class – i.e. good memory and concentration. Associate Medical Director of the British Heart Foundation, Dr Mike Knapton, says that:

'Encouraging more children to stay active outside of school will undoubtedly improve the future cardiovascular health of our population.' Therefore, the change does not just stop with our children but can affect an entire population if we all do it together.

Even though there are an increasing number of us are starting to understand the importance of physical activity, much of the world's population is actually becoming less active. This inactivity is largely due to the changes in our cultural values, transport systems and technology.

In response to the global population becoming less active, the World Health Organisation (WHO) has put together a global action plan. This plan aims to encourage people of all shapes and sizes, young and old and from all economic backgrounds, to increase their daily activity.

If you don't walk to school – why not start now. If it is too far park further away or get off the bus one stop early and walk the last bit. Go for a walk in the park each day, gradually make it longer and longer. Think of something sporty you can do as a family that you all enjoy.

If you think about it, in taking on some of these physical activities, we, as a community, will see the enormous health benefits through increased health and wellbeing across our population. We will see better economic growth for our countries as productivity increases and we all take less time away from work due to ill health. Mental health will be increased and we will conserve our environments as we invest in them to aid our own health and well-being – and the list goes on!

All of this through 60 minutes of physical activity or you, your children, friends, relatives and community!

**Make the change in your health today and invest in your future.**

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[www.nhs.uk/change4life/activities](http://www.nhs.uk/change4life/activities)



# 12 Great Answers!!!



Q1. In which battle did Napoleon die?  
- his last battle

Q2. Where was the Declaration of Independence signed?  
- at the bottom of the page

Q3. Scioto River flows in which state?  
- liquid

Q4. What is the main reason for failure?  
- exams

Q5. What should you never eat for breakfast?  
- Lunch and dinner

Q6. What looks like half an apple?  
- The other half

Q7. If you throw a red stone into the blue sea what will it become?  
- Wet

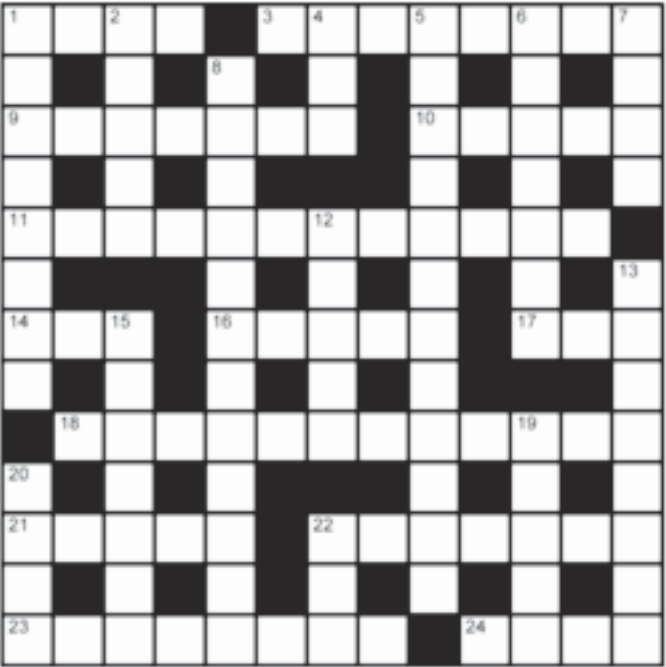
Q8. How can a man go eight days without sleeping?  
- No problem, he sleeps at night.

Q9. How can you lift an elephant with one hand?  
- You will never find an elephant that has one hand.

Q10. If you had three apples and four oranges in one hand and four apples and three oranges in the other hand, what would you have?  
- Very large hands

Q11. If it took eight men ten hours to build a wall, how long would it take four men to build it?  
- No time at all, the wall is already built.

Q12. How can you drop a raw egg onto a concrete floor without cracking it?  
- Any way you want, concrete floors are very hard to crack.



- ACROSS**
- 1 Christian sect named after an Egyptian of Hellenistic and Roman times (4)
  - 3 Follower – a title used to depict an Apostle of Christ (8)
  - 9 Calls; dials (5,2)
  - 10 Surpass; stand out (5)
  - 11 14th century religious reformer whose adherents were called Lollards (4,8)
  - 14 Centre; heart (3)
  - 16 Existed; stayed (5)
  - 17 East Anglican tributary of the Great Ouse (3)
  - 18 Popular title for any of the RC medieval bands of nobles faithful to the Papacy (5,7)
  - 21 Pious, often mystical, Jew (5)
  - 22 Province of the Roman Empire in Anatolia visited by Paul, Silas and Timothy (7)
  - 23 Tundra and forest peoples (aka Nenets) and spitz-type dogs of NW Siberia (8)
  - 24 Detect; spot (4)

- DOWN**
- 1 Swiss philosopher (1876–1961) who originated the concept of introvert and extrovert personality (4,4)
  - 2 Satirical magazine founded in 1841, aka The London Charivari (5)
  - 4 Mischief-maker; little devil (3)
  - 5 Natural region of northern Northumbria (7,5)
  - 6 World's greatest ocean (7)
  - 7 ---- Fitzgerald, 'The First Lady of Song' (4)
  - 8 Day of fasting and repentance (3,9)
  - 12 ----- in holy orders = cleric (5)
  - 13 Legate (8)
  - 15 Mature; develop (7)
  - 19 Africa natives involved in the Rwandan civil war and subject to genocide (1994) (5)
  - 20 As a result (4)
  - 22 Divine being (3)