



**INSIDE THIS ISSUE** Barbara Ward National President 1948-50 **PAGE 5**



**OFFICERS' ANNUAL MEETING - a pictorial view** **PAGE 10**



## Fiji - my home for a year

by Kelly Osborne

Two weeks ago, I had the honour of meeting the National Executive of the Catholic Women's League and had the opportunity to thank them in person for sponsoring the kindergarten project that I managed in Fiji, where I lived from January to December last year. The Editor has invited me to share my experience with you all.

As you may already know, Fiji is a tropical country in the South Pacific Ocean consisting of over 300 small islands. It is known for its palm fringed white sandy beaches. However, away from the popular tourist destinations it is a very traditional and primitive society.

My home for the year was Tokou village on the island of Ovalau which is only 10 by 13 kilometres in size. The island has one single track gravel road around the perimeter connecting all of the villages and one small town, Levuka. Levuka consists of only around 10 shops along the seafront – a very peaceful place to stay! My village Tokou is the home of Catholicism in Fiji. This is the place that the missionaries first set foot in Fiji in the 1800s. The story goes that as the priest who was leading the missionaries was sailing away from Tokou towards Levuka, his next destination, a violent storm hit and his boat capsized. Unfortunately he could not survive in the strong currents and sadly died, however the box that contained his mass kit floated back against the current and was washed up on the shore of Tokou. Following this miracle, the body of the French priest was recovered and buried in the sacred graveyard in the mountains behind Tokou, and from that day forward the villagers followed the Catholic religion. Today, Tokou continues to host one of the few remaining entirely catholic communities in the country. Alongside these strong religious values, traditional culture and practices continue to be important to the people of Tokou, and as a part of the community I too had to adhere to and take part in these.

I spent an entire school year working voluntarily at Loreto Catholic Primary School

next to Tokou village and within that time I was presented with many different tasks. For the first term I was a teacher, planning and delivering lessons for all years (1-8) for all subjects. I was thrown in at the deep end on my first day and given year 7 for a week with no planning whilst the teacher was away. I went on to cover absences of the teachers for every class and got to know each of the 112 students personally. Sadly, education is not particularly valued by some in Fiji, with most people leaving school before taking their final exams and those who do stay on often underachieve. Whilst



teaching, I noticed that the main issue that was preventing the students from reaching their full potential was the fact that they are taught in English – which as a second language that they have never heard spoken before they start school, is obviously much more difficult for them to understand and make sense of.

So for this reason, I developed my own slow readers programme during the second term, to help the children to develop a better understanding of English through reading,



and after encouraging them to discuss the stories with me, they began to start using English more fluently. During this period I spent a lot of time with the students of year 1 as it was their first year of speaking in English and I noticed how difficult they were finding it to learn the language and use it to understand the syllabus. This was when I realised that these kids needed the opportunity to start learning English before having to apply it to their school work to combat the difficulties caused by the language barrier. So I came up with a solution: a kindergarten. And that's where the Catholic Women's League comes in!

In spring 2014, I arranged to meet with the head teacher of Loreto and proposed my idea of building a kindergarten at the school in order to provide a period of adjustment for the pre-school aged children to get used to the new environment. For most, starting school means the first time for them to spend time away from their parents, so having the chance to settle in to the school atmosphere as well as beginning to speak in English whilst learning through supervised play would provide an excellent transition from home to school life. However, as I should have known, it was not going to be as simple as I had originally anticipated!

On the plus side, the head teacher loved the idea and was really keen for me to go ahead with it. He offered me the use of a large unused classroom so that I would not have to organise for a brand new room to be built from scratch, but the classroom was empty for a reason; There was an enormous hole in the wall, the floor was damaged and leaking and there were countless other issues with it both inside and outside that made it completely unfit for use! I knew that



there would be no money left in the school budget to pay for the necessary repairs. If I wanted a kindergarten at the school, I had to find a way to fund it.

Undeterred, I contacted numerous companies, organisations and charities over several weeks and my prayers were answered when I received and email from the National Treasurer, Mrs Jeanette Collins, informing me that the CWL trustees had considered my request for funding to be favourable. I honestly cannot describe the immense gratitude that I felt, a feeling that was shared by my fellow teachers, students and community as word got around that this kind donation of £1500 had allowed my



Continued on page 3

## There is so much happening in the CWL Social Media World!

**Pinterest**

**facebook**

**You Tube**

## Contact details for National Officers

### NATIONAL PRESIDENT

Mrs Elizabeth Upsher,  
natpres@cwlhq.org.uk

### NATIONAL TREASURER

Mrs Jeanette Collins,  
nattreas@cwlhq.org.uk

### NATIONAL SECRETARY

Mrs Jean Clarke,  
natsec@cwlhq.org.uk

### REGIONAL REPRESENTATIVES REGION 1

Mrs Sally Hamp  
region1@cwlhq.org.uk

### REGION 2

Mrs Sue Gornall  
region2@cwlhq.org.uk

### REGION 3

Miss Catherine McDonald  
region3@cwlhq.org.uk

### REGION 4

Mrs Pat Lockeridge  
region4@cwlhq.org.uk

### REGION 5

Mrs Christine Pugh  
region5@cwlhq.org.uk

### REGION 6

Mrs Kath Tomlin  
region6@cwlhq.org.uk

### REGION 7

Mrs Margaret Richards  
region7@cwlhq.org.uk

### CONFERENCE ORGANISER

Miss Jill Sims  
conference@cwlhq.org.uk

### CHAIRMAN SERVICES COMMITTEE

Mrs Bernie Townsend  
bernie.bhamcwl@yahoo.com

### CHAIRMAN OUR LADY'S CATECHISTS

Miss Beryl Wakefield  
berylm@tiscali.co.uk

### RELIEF & REFUGEE

Mrs Jane Dawson  
randr1@cwlhq.org.uk

### PUBLICITY OFFICER

Mrs Margaret von Speyr  
publicity@cwlhq.org.uk

### WEBSITE & SOCIAL MEDIA OFFICER

Mrs Claire Myers-Lamprey  
claire@thecreativestrategist.com

### INTERNATIONAL OFFICER & WUCWO LIAISON

Mrs Margaret Valentine  
valentine555@btinternet.com

### HEALTH & FAMILY OFFICER

Miss Alison Love  
alisonlove1952@googlemail.com

### STOCK OFFICER

Mrs Breda Ford  
randr2@cwlhq.org.uk

### CWL FLOWER FUND

Mrs Elizabeth Dixon  
flowerfund@cwlhq.org.uk

### PARLIAMENTARY OFFICER

Mrs Frances Canning  
francesandedward@blueyonder.co.uk

# National President's Blog

March 2015

Happy New Year to all Members! Christmas seems a distant memory now so this issue of CWL News is concentrating on Spring and Easter.

At Section level, following on from the success of knitted poppies and Christmas stockings, we are knitting daffodils to sell during March/April for Marie Curie – look on page 11 for pattern and details.

Way back in early December I made a visit to York to see my son and met up with members of Leeds and Middlesbrough Branches to visit St Wilfrid's church, Margaret Clitherow's museum in the Shambles and to view her relic at the Barr Convent. It was a super day and I learnt so much from the visit. If you would like to visit the convent and see the Relic just contact the convent and ask permission. It is fascinating.



Members of Leeds & Middlesbrough Branches



Me outside the Shrine on the Shambles

29 January saw the start of a busy few days as I hopped over to the Isle of Man to visit for their Section AGM.



Isle of Man section members after their AGM

31 January I attended the National Board of Catholic Women Trustees and Executive meeting in London. News of events co-ordinated by NBCW are advertised in this edition of CWL News.

1 February I hopped a little further, this time over to Jersey for their Section AGM and a wonderful visit to see the island. Go to the Catholic Women's League facebook page for the full photo album. But here are just a few photographs of a lovely day. Thanks to Jersey and Isle of Man members for two enjoyable visits.



Here I am at Lily Langtry's grave

I am preparing for our Officers' AGM in Swanwick where your Branch Officers will report back on Year 1 targets and we will discuss targets for Year 2, National Pilgrimage and National Project for 2016 – details will be issued after the National Executive meeting in April.

Next week I visit Union of Catholic Mothers (Wales) in Port Talbot for their AGM. This really kicks off AGM season and with the rounds of Section and Branch AGMs beginning I would like to say good luck and best wishes to all who are contemplating taking Office and to those who renew their positions.

We all work hard for the League and I know it is appreciated across the Dioceses so keep on keeping on, as they say!



In Wales, with National Presidents of UCM, UCM Wales, UCM Scotland and NBCW

Full versions of My blog and the new Recipes page can be found on

<http://www.catholicwomensleague.org/index.php/national-presidents-blog/>  
and photos etc on the facebook page  
<https://www.facebook.com/CWLEngWales>

## Readers' Letters

Just over 2 years ago I met Mark Lester, the Director of Progressio, an organisation which started its life, as "The Sword of the Spirit" then in the 1960s became the CIIR, the Catholic Institute for International Relations, then the Catholic Council for Race Relations which then became the Catholic Agency for Racial Justice and, as an offshoot, was renamed Progressio. We talked at length over lunch as to how CWL might become involved etc. but at the time I did not make any personal commitment. This year Progressio will celebrate 75 years, and one of the Founding members was Miss Barbara Ward, the same person who was President of the Catholic Women's League in 1949. In offering to write an article for the Summer edition of the CWL News I thought it would be of interest to members and potential new members to learn something about this amazing person and her vision for international relations.

**Barbara M. Stitt, Leeds Branch President**

*Readers may read more about Barbara Ward on page 5*

We have been encouraged many times to make our meetings more interesting. One idea we had in Richmond was to create a special slot on our agenda to enable any of our members, indeed anyone present, and not just the Officers, to contribute an item of a spiritual nature, the principle being that the more people take an active part in a meeting, the more they enjoy it.

After an initial period of 'warming up' our

Spiritual Slot really took off in 2014, with a variety of contributions inspired by readings and life experiences such as hot-cross buns, the canonization of St John-Paul II and St John XXIII in Rome, a meditation on an opening sentence of the Second Preface for the Mass (from the OLC conference), the meaning of 'listening to God', the moving story of a child raised in an Irish orphanage and in January the lovely item below collected by our member, Jane Barham as published in Havant parish bulletin:

### A Gardener's Reflection

First Look at the weeds: weed out gossip, weed out laziness, weed out indifference and weed out pride.  
Plant 5 rows of peas: patience, peace, promptness, politeness and prayer.  
Then plant 5 rows of lettuce: let us be faithful, let us be loving, let us be useful, let us be trustful and let us be grateful.  
Then we turn to the reliable turnips: turn up on time, turn up with a smile, turn up with a new idea and turn up with determination.  
We can but encourage other Sections to follow our example!

**Aline Cook**

**Richmond Section, Southwark Branch**

Readers of CWL News are invited to nominate someone as a Catholic Woman of the Year. We are looking for 'unsung heroines', women who care for the sick or elderly, who are good neighbours and active in the community, who speak up for spiritual and moral truths and give witness to God.

To be a 'Catholic Woman of the Year' is to receive no cash prize or glittering medal but instead to be a symbol of love and loyalty given by women to Christ and Church in Britain today.

Anyone can send in a nomination by sending a letter, either handwritten or typed, to the Chairman, 22 Milton Road, WARE, Herts, SG12 0PZ, or email to mijamajoje@ntlworld.com giving the nominee's full name and the reason for the nomination in a few paragraphs. Do not forget to add your own full name and address.

Nominations to be in by 31st March, 2015.

**Christine Pugh,**  
**CWL representative on the CWYL Committee**

I know that many members are aware of the Flower Fund; however, just in case you have forgotten or perhaps did not know about it, here is a reminder. The Flower Fund was set up for members to remember their friends and loved ones by sending a donation in lieu of flowers, the donations help to support our elderly members, as part of our Social Welfare commitment. All donors are acknowledged and the relatives of the deceased receive a special Flower Fund card. All those whose names are recorded in the Flower Fund are remembered in a Mass which is offered on the Feast of All Souls. We also remember the deceased at the National AGM when a list is placed on the Remembrance Table with the Regional Candles. If you would like any further

**COPY DEADLINE DATE**

**1st JUNE 2015**

Any amendments to distribution, notify the National Secretary

# Fiji - my home for a year

Continued from page 1

project to happen.

The following few weeks went by in a blur of meetings with carpenters, purchasing of materials and preparing the room for the much needed repair work. The entire front wall and guttering was replaced, new electrics were put in and the floor was levelled out and covered with extra strong tiles. The funding from CWL also allowed us to replace the old boarded up windows with glass louvres – giving the room lovely natural lighting and a much needed breeze. Finished off with a fresh coat of paint and a good clean the room was unrecognisable, to the point where I struggled to decipher which end of the room was which when looking at the photos taken before the renovation!

Whilst the renovation work was going on, my volunteer partner Tracey and I continued to raise awareness of our project and its benefits to the school and community. This caught the attention of another charity – Children of Fiji - who donated some books, toys and games for the kindergarten to get started with. Also, the Catholic Women's League of Sydney, Australia (where Tracey is from) also agreed to help by funding the rest of our vital teaching resources.

With the remaining money, we bought the materials to paint a large jungle themed mural on the back wall inside the kindergarten room. We wanted to create something that is appealing to the eyes of a child – to inspire their creativity. I really believe that providing a fun and relaxed learning environment for these young children is the first step to a positive attitude towards education, which I hope will remain with them throughout their school career. The head teacher was so thrilled with our work that he registered the room under the name of 'Tracey and Kelly's Kindergarten' so that the staff and children will remember us

in years to come.

It was truly heart-warming to see how the CWL of two of the most developed countries in the world were so willing to help fellow Catholics living in a less privileged society. My village Tokou is now running its own Catholic Women's League which is rapidly expanding and I know that all of the ladies involved feel very blessed to know that they have the support of like-minded women from the UK and Australia.

In fact, this project will have a profound impact on the entire school and community in years to come. Having a kindergarten attached to the school will provide a real academic boost by giving the children a good foundation for learning and increasing their confidence in this area, setting the standard for their entire school career. The knock on effect of this in the local community will be immense, both long term and short term. Many women from the village expressed to me how thankful they were that they would be able to return to work once their son or daughter had started attending kindergarten, giving their families a much needed financial boost. They are also excited about the prospect of better educational opportunities, meaning that their children will be more likely to have access to better professions than previous generations, who had a negative attitude towards education and therefore did not achieve to the best of their capabilities. The long term impact of this; a more financially stable family.

As well as benefitting the school and community, this project has had a real impact on me personally. Whilst I was away I learnt so much about myself and my capabilities as well as what is really important in life. Originally my placement was for 7 months, but I chose to extend my stay to 11 months to ensure that the

kindergarten was finished to a high standard, and those extra 4 months were the best of my life! I feel so honoured that I got to become a part of such a wonderful community who became like family to me. The way that they welcomed me into their homes and hearts and showed me how to live like a Fijian means the world to me and I am so grateful to the CWL for helping me to give something back to these amazing people!

The final bit of news that I received just before school finished on the last day of the school year was from the Fijian government. The previous week, the Minister of Education had come to visit the school and I got the opportunity to show him the work that we had done and ask a favour of him. I wondered if there was any chance that the Ministry of Education would be able to provide some tables and chairs for the children to use in the kindergarten. The good news came, as I said, just before the school was closed up for the holidays. The Ministry had not only agreed to provide tables and chairs, but had also offered build of a new toilet block with smaller facilities to cater for the young children. Furthermore, the Minister is confident that ours will become the kindergarten of choice for the



surrounding three villages due to its quality of structure and resources and therefore offered to fund a play area with swings, slides and see-saws (the first of its kind on Ovalau island) for the children to use at break and lunch times. Kindergarten fees in Fiji would usually be paid by the parents as it is not part of compulsory education, however as the building of this kindergarten was funded by the CWL rather than the government, the Ministry of Education have assigned a fully paid teacher to the kindergarten so that all of the local children can have access to a free education there, which is fantastic news!

Although I was disappointed that I had to return to England before seeing these additions completed, I can't wait to return in the near future to check on the progress of the first intake who will be starting this term and hearing from the parents and teachers how they are getting on!

If you have any questions or comments please do not hesitate to contact me by email: [kelly.osborne@live.co.uk](mailto:kelly.osborne@live.co.uk). Thank you again to all who are involved with the Catholic Women's League, God bless.



information please contact The Flower Fund  
c/o Elizabeth Dixon  
[flowerfund@cwllhq.org.uk](mailto:flowerfund@cwllhq.org.uk)

I greet you in the name of our Lord, Jesus Christ.

Let me tell you about Kampala Archdiocese Catholic Women's Guild. There are 63 parishes, each parish has its executive committee and the patron for each parish is the parish priest. Also, there is some leadership from sub parish level. We have one governing constitution but we have different activities depending on the location of each parish. With Uganda being a developing country, 65% of the parishes are found in rural areas. Kampala Archdiocese has tried to support the women's guild. Some of these parishes have got projects such as farming, pig keeping, chicken farming and fish farming that supports them financially. The challenge in our Urban parishes is that they don't have enough space to do such projects but still some have got schools or bakeries. The Guilds do crafts but the challenge with crafts is the delicate market. They do make good crafts but at times they fail to get good markets. Through these groups many women have started

cooperative saving schemes and which have helped many to take their children to school. We organize meetings at different levels to discuss and share ideas. We have our Uniform which is yellow and white, we also pay membership fee annually. We are now preparing for the World Women's Day of Prayer. We normally celebrate it with our sisters from the Anglican church and orthodox church so we keep on changing from one church to another one each year. This time we will be at the Anglican church. Last year it was at the Orthodox church so next year is our turn.

I have attached some of our pictures for you to see how we dress.

I will be visiting UK next month for a holiday of three weeks may be i will get a chance to visit the CWL of Cornwall because that's where I am going to be.

**Rose Lule, Kampala Archdiocese,  
Catholic Women's Guild**

**Editor's comment:** this is printed here following correspondence with Rose over the course of a few months. Rose looked at our website and made contact.

**COPY DEADLINE DATE**

**1st JUNE 2015**

Any amendments to distribution, notify the National Secretary

**DIOCESE OF Hexham & Newcastle**

ADULT FORMATION AND EVANGELISATION

In partnership with the National Board of Catholic Women and the  
Department for Ecumenism

A DAY OF REFLECTION FOR WOMEN

## PRAYING THE GOSPELS

With

**Rev Caroline Worsfold**

**Saturday 16 May 2015**

**10.30am - 4.00pm**

(refreshments from 10.00am)

**St Hilda's Diocesan Resource Centre**  
West Road, Newcastle, NE15 7PY  
(opposite St Cuthbert's House)

There is no charge for the day but booking is essential.

Please bring a packed lunch.

Closing date for bookings: Friday 8 May 2015

To book please contact the  
Diocesan Department for Adult Formation and Evangelisation at:  
[adult.formation@dioceseh.org.uk](mailto:adult.formation@dioceseh.org.uk) | 0191 2433313

# Easter Creations



**Jeanette Collins, National Treasurer**, has been in touch with Marie Curie and has had permission to modify their knitting pattern for a daffodil. Jeanette suggested to the Officers at the Annual Meeting in Swanwick on February 28th that CWL knitters get busy knitting and support the Marie Curie Cancer Appeal. So, let's remember the great fun we had supporting the British Legion, by knitting poppies, and get those needles out again for daffodils and this great appeal. The pattern can be used with the stem in a vase or the flower head can be used on its own as a brooch.

## INSTRUCTIONS:

Using a bendy straw cut to length required for stem of flower with the bendy part nearest the top.

Using green double knitting wool and 2.25mm needles cast on 7 stitches and knit to required length to cover the straw. Sew side edges together and thread over straw closing the bottom end but leaving top end open.

With yellow cast on 10 stitches.

1st row slip 1 and knit 9 turn

2nd row purl 7 turn

3rd row knit 5 turn

4th row purl 4 turn

5th row knit 6

6th row purl 8, knit last 2 stitches together

7th row cast off 7 placing stitch used in

casting off onto left needle and cast on 8

stitches - 10 stitches

Repeat these 7 rows 4 times and then

repeat rows 1-6 and cast off.

Sew stitches for lower 2 rows together so petals form a circle and attach to stem by sewing approx ¼ inch from top with covered straw just showing through the centre

With dark yellow cast on 12 stitches and stocking stitch 4 rows.

Next row (knit 2, increase in next stitch) 4 times

Purl next row

Cast off in Knit 1, Purl 1 rib and join side edges together. Slip over straw and join to petals.

If using as a brooch draw circle of petals together by running a stitch around the edge of circle and do the same at base of centre. Place centre through the hole of centre of petals and secure by stitching.



**GRETA GILL treasurer of St Cecilia's Section in Sunderland, Hexham and Newcastle Branch**, is a very keen knitter and, with Easter in mind, has devised a pattern for a chick egg cosy, which may also be used to contain a cream egg. Here she shares the pattern with members who might like to use it.

## Happy knitting!

For the chicks, you need yellow double knitting wool, 4mm or size 8 needles, black thread for eyes and red felt for beaks. Cast on 27 stitches and knit 10 rows. Increase 1 stitch at each end of next row. Knit next row.

Repeat these 2 rows until you have 37 stitches on your needle.

Knit next 2 rows.

Next row - cast off 12 stitches, knit 12 stitches, then cast off all remaining stitches. Rejoin wool to remaining 12 stitches and knit 10 rows.

Next row - knit 2 stitches together to end of row.

Next row - Loop remaining stitches and secure to form top of chick's head.

Sew seam, stuff head and form neck with a running stitch and secure. Tie a ribbon round neck, sew eyes with black thread and attach a tiny felt beak.

## Let's get baking!

**Jeanette Collins, National Treasurer**, tells us about Jersey Wonders which are traditionally made and eaten on Easter Sunday after the Lenten fast-

8 oz Self raising flour

2 oz Caster sugar

2 oz butter

2 large eggs

Mix flour, butter and sugar together like fine breadcrumbs, add lightly beaten eggs mixing well together, if possible leave overnight in fridge.

Roll into small balls, then roll out on a lightly floured board into oblong shapes approximately 4 inches long. Make cut in centre and turn dough through cut.

Deep fry in very hot oil or fat for 4-5 minutes. Makes about a dozen.

## Jenny Birchall, East Anglia Branch Secretary, writes -

I lived in Great Yarmouth for many years and the weekend after Easter the town would be visited by a travelling fair. In the local bakers we were able to buy delicious biscuits, known as Norfolk Fair Buttons, they were also available in Norwich, where the fair had

spent the Easter Weekend.

These biscuits are a memory of my childhood and my children's, too!

Here is a simple recipe for these biscuits.

225g Plain flour

225g Sugar

150g Butter

1 Egg

Mix together the flour and sugar, then rub in the butter (it will resemble breadcrumbs). Beat the egg lightly, add to the mixture to form a stiff pastry.

You can add either a few drops of lemon essence or ½ teaspoon of ginger – both are good.

Roll out thinly and cut into rounds and bake at 350F/180C/Gas 4 for ten minutes, then allow to cool.

Store in an airtight container.

## Carol Gregory, Dorset Branch Secretary, writes -

Tina Marlow, a Branksome and Parkstone member, who died last November after a long and painful illness, was a great cook and foodie. She came originally from Austria and at one winter meeting introduced her section to the delights of Austrian biscuit making. This is one of her recipes:

Love Dimples

175g plain flour

60g sugar

vanilla essence

pinch salt

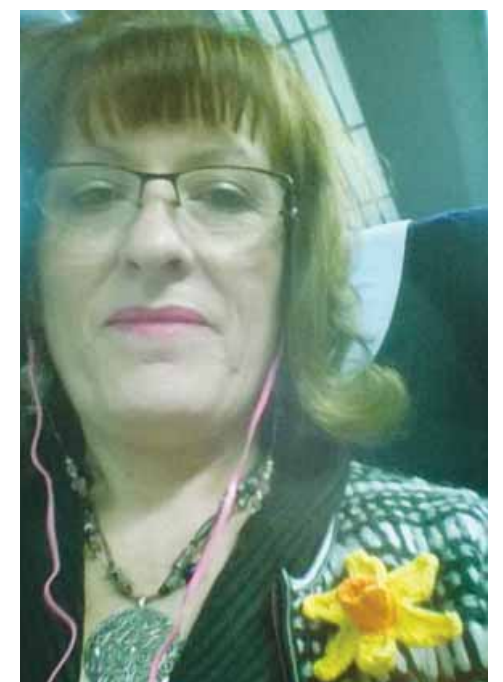
125g butter/margarine

2 egg yolks

raspberry jam.



Mix the dough ingredients together and chill for an hour. Make little balls and lay on a lined baking tray. Make little depressions in each ball and fill with jam. Bake at 180 degrees for 15 minutes approx.



On her way to UCM Wales Annual Conference the National President wasted not one minute – by the time she arrived she had completed a daffodil!

**Time To Buy Yours..**

FAIRTRADE

Meaningful Chocolate

PRICE £3.99

The Meaningful Chocolate Company

The UK's Favourite Fairtrade Easter Egg!

THE REAL EASTER EGG

LUXURY CHOCOLATE

Chunky Buttons

The real meaning of Easter...

Out of the 80 million Easter eggs sold each year, The Real Easter Egg is the only one with the Easter story in the box.

## Where To Buy

You can buy direct from us online at [www.realeasteregg.co.uk](http://www.realeasteregg.co.uk), from Traidcraft, EDEN, TLM and some independent shops. Original 150g egg available from selected supermarkets. Dark, Sharing box and Premium available direct.



Waitrose



Find your nearest shop at [www.realeasteregg.co.uk](http://www.realeasteregg.co.uk)

# Barbara Ward

## CWL National President 1948-50



Barbara Ward,  
CWL National  
President  
1948-50

Barbara Mary Ward was born in Heworth, a district of York, in May 1914. Her father was a solicitor and a Quaker.

The family later moved to Felixstowe where she attended the Catholic school nearby as her mother was a devout Catholic. Being intelligent and keen, Barbara had planned to study modern languages and spent time at a lycée in Paris and some months at the Sorbonne before moving on to Germany. Her focus changed, however, and she developed an interest in public affairs, taking a degree in politics, philosophy and economics at Somerville College, Oxford, graduating in 1935. Her post-graduate work was concentrated on Austrian politics and economics. When she became aware of the rise in Nazi Germany of anti-Semitism she began helping Jewish refugees to leave Europe and mobilised Roman Catholic support for what would soon become the "War Effort".

In 1940, in Britain, many young people instigated a campaign of prayer, study and action to unite citizens to support the idea of future peace. This was partly in response to the former Bishop of Leeds, Cardinal Hinsley, whose radio broadcasts spoke openly about the evil of the times. He reminded listeners of the need for kinship and love in the face of the spread of Fascism in Europe. A group of young people decided to stand up for "the rights of God, of man, of the family, of the minorities of dependent peoples," and so an organisation the "Sword and The Spirit" came into being-calling Catholics and Anglicans to oppose Nazism- the first of many calls to ecumenism. Barbara Ward, co-founder of the organisation, wrote regularly in the "Dublin Review", their public voice.

In 1938 Barbara published "The International Share-out" whilst working for the Ministry of Information travelling extensively in war threatened Europe. During this period it is likely that she was a member of the Catholic Women's League and as such would perhaps later be involved in the League's Relief and Refugee war efforts between 1940-1946. In that year she became a Governor of the BBC. Known as a frequent broadcaster on Christian values all through the war years she wrote numerous articles on economic and foreign policy, printed and published by the "Sword and the Spirit" under the title of "Defence of the West". In September 1948 she was elected National President of the Catholic Women's League at the National Council which was organised by the Sections of the West Riding Branch. On February 18th, 1949 she again visited the West Riding Branch to speak at Leeds and spoke about the situation in Hungary, the influx of European refugees fleeing communism and the dreadful crime of the imprisonment of Cardinal Mindszenty. She exhorted all members to write condemning these sacrilegious acts, as was reported in the Catholic Herald, the Catholic Times and the Yorkshire Post. In 1950 she married Australian Commander Robert Jackson, administrator for the United Nations, and regretfully resigned from the Presidency. Their son, also Robert, was born in 1956 and although in that same year her husband was Knighted she continued to use her own name, Barbara Mary Ward, professionally. She was so well known as a frequent public speaker and university lecturer, gaining respect in Canada, Ghana and India, that some of her lecture series were published in book form.

She and her husband moved to live in West Africa for several years and over the next 20 years they each travelled a great deal. Her travels in India and Africa convinced her of the need for Western nations to contribute to the economic

development of the poorer nations. This was based on her deep sense of morality and Christian values; she was convinced that the well-being of all humankind and care for the environment were a "dual responsibility" especially for those sharing her religious outlook. She saw close connection between the distribution of wealth and the conservation of planetary resources. It was during this time that she was diagnosed with cancer but recovered, believing firmly that it was due to the spiritual support of Padre Pio.

In the early 1960s Harvard University awarded her an Honorary Doctor of Law; she was also a Carnegie Fellow. In 1966 she was elected a Foreign Honorary Member of the American Academy of Arts and Science, meeting with such influential policy makers as John F. Kennedy and working as an advisor to Lyndon B. Johnson. Sadly her marriage to Lord Jackson suffered and in the 1970s they agreed on a legal separation, as a Catholic she would not contemplate a divorce.

In the 1970s Barbara was the first woman actually to address a Synod of Roman Catholic Bishops at the Vatican and she helped to set up a Pontifical Commission for Justice and Peace. Pope Paul VI also appointed her as lay-consultant attached to the Special Secretary of the Synod of Bishops in 1971, dedicated to the theme of justice. She wrote a small valuable book published in 1971, entitled *The Angry Seventies*, written at the request of the Pontifical Commission for Justice and Peace, an organization of which she was a member for almost a decade. One of her proposals at this time was to aid developing nations in the world by richer countries contributing a certain proportion of their Gross National Product (GNP) as well as the need for institutions to manage and enable "aid and trade", an ethical but also practical proposal, which could encourage stability and peace. During this period her links to the "Sword and the Spirit" continued and she was also involved in their work behind the scenes to help establish CAFOD as a grant giving/fund raising arm of the Catholic Church in England and Wales.

Barbara Ward was co-author of a document "Only One Earth-the Care and maintenance of a Small Planet", written in time for the 1972 United Nations Stockholm Conference on the Human Environment, having herself founded the International Institute for Environment and Development being President from 1973 and Chairman from 1980. She was made a Dame of the British Empire in 1973 and a life peer in 1976 taking the name Baroness Jackson of Lodsworth.

To the last she had concern for the dwindling resources of this small planet of ours which were and are being used up too rapidly by the wealthiest countries versus the needs of the poorer parts of the world. Her final book, "Progress for a small Planet" was published in 1979, just two years before her death, from recurring cancer, in 1981. Pope John Paul sent a Cardinal to attend her Requiem. Even after three decades governments, industrial giants and wealthy countries continue draining the resources of poorer continents to satisfy greed for wealth and consumerism. In relatively recent times Barbara Ward has been described as one of the major, most influential visionaries of the twentieth century and the most admired visionary of her generation.

It is fair to say that she was a prophet in her perception of the bleak future facing this small planet should humankind not take heed of dwindling resources. She did her work with dedication, honesty and concern for Christian ethics. We should be proud to know that she was once President of the Catholic Women's League of England and Wales.

Barbara M. Stitt.



Renowned economist and broadcaster Barbara Ward, who was born in York, has been included in Royal Mail's latest selection of individuals for their 'Remarkable Lives' stamp issue. The new stamps were available this time last year and commemorate individuals whose centenaries of birth fall in 2014 and who have all made a major contribution to British society.

**www.catholicdirectory.org**  
Est. 1997

**Celebrating 18 years of the Online Catholic Directory**

Nearest Church    Nearest Mass    Map    Search  
Schools    Religious Orders    Charities  
Adoration    Confessions    Prayers

Part of the **CathCom Group**

# BRANCH NEWS

## ARUNDEL AND BRIGHTON BRANCH

In recent months, Sections have held events to raise funds for the Branch President's chosen charity, Winston's Wish, and raised over £1400. Winston's Wish is a small charity which provides help to children who have lost a parent or person near to them. Through counselling, fun days, outings, etc. the children are able to join others with similar problems. Sue Dove from the charity attended a Branch meeting and gave a very moving talk about their work.

Over the Christmas period all Sections have enjoyed the usual festivities. Other events included a craft evening for decoration making which was a very social occasion with much chatter and laughter, and a talk on flower decoration from a lady who had won a first prize at Chelsea. Our congratulations to Maura Hudson, a Direct Member, who celebrates her 90th birthday on 14th February and still attends Branch meetings, travelling by train.

## BIRMINGHAM BRANCH

Last October members of **South Warwickshire Section** and parishioners filled a record number of 53 Shoe Boxes to send to communities, via Link to Hope, in Eastern Europe.



On the 9th November, to commemorate 100th Anniversary of World War 1, Julia Webster, Chairman, placed a wreath with Kaye Shilling, Christine Jarvie and Christine Biles, in 'Thanksgiving' for the CWL Voluntary Corp 1914-1918 and all the forces personnel, at the War Memorial, Shipston on Stour and afterwards attended the Remembrance Service in St Edmunds Church.



## CARDIFF BRANCH

At the beginning of December **Cardiff Section** held their annual Christmas Dinner at Cardiff Golf Club. Members were joined by our two priests from the parish, plus friends. A pleasant evening was enjoyed by all. Our Charity of the Year for 2014 was The Cornerstone at St. David's. This is a former chapel opposite St. David's Cathedral in Cardiff which was bought by the Archdiocese a few years ago. It is a large building and the basement was refurbished at the beginning to help run a soup kitchen for the homeless. We raised £300 from four of our coffee mornings during the year. This year's Charity of the Year is The Medaille Trust which helps people trafficked into this country for immoral purposes. Our first coffee morning

raised over £160. Our coffee mornings are held after Mass on the first Friday of the month and usually include local charities. On Sunday, 8th February, four of our members went to a Catholic Mass at Llandaff Cathedral to celebrate the feast of St Teilo (pronounced Tylo) and it was very well attended. The Abbott of Belmont Abbey, Hereford, the Rt. Rev. Dom Paul Stonham said Mass and afterwards the Dean of the Cathedral joined the procession to the tomb of St Teilo which is in the building.

**Briton Ferry Section** members attended an ecumenical Remembrance Service at the local Anglican Church. It was very uplifting especially as we were surrounded by uniformed soldiers and officers. We all later proceeded to the cenotaph. An Advent Service was held at which we had a speaker, Sue Paige, from 'the Faith and Light Group'; Sue's husband, a local doctor, attends our church. Also before Christmas we were invited to attend Bishop Vaughan Catholic Comprehensive School in Swansea to commemorate the Holocaust. All local dignitaries were present. Norma Glass, a Jewish lady, gave memories collected from family friends and relatives and showed slides of the atrocities. Christmas parcels were also contributed to and delivered by 'Mr X' for needy children. The Section held a party at Christmas which included a very comical rendition of Cinderella. Following Midnight Mass, hot chocolate and mince pies were served in the church porch. In January a bus transported members and friends to Cardiff Millennium Centre to see the 'Lion King' musical. Some of our members and our Parish Priest attended a Quiz Night, another ecumenical occasion, held in a local chapel. I must say it was pretty hard - more like Countdown on television.

## CLIFTON BRANCH

Sections within the Branch were working hard in their parishes in the build up to Christmas, helping out with Christmas Bazaars and Carol Services. **St. Augustine's Section** held their annual Carols By Candlelight which was followed by the Section inviting everyone to the parish hall for a mince pie and refreshments. This has become a bit of a tradition at St. Augustine's and last Christmas the retiring collection was for Let The Children Live, a charity that helps the street children of Brazil. Two Branch officers attended the Annual General Meeting of the Union of Catholic Mothers at Clifton Cathedral. All Clifton Branch members were recently asked to complete a questionnaire and give their views on how Clifton Branch is run and how we can improve on what we already do. It was a very interesting exercise which highlighted, among other things, that our members are getting older and many can no longer travel to Branch or National events. Members attended the first Branch meeting of the year at Frome on St. Valentine's Day and we were treated to delicious homemade soups by **Frome Section**. Sadly we are to lose **Bridgwater Section**. After 80 years within the League their members have decided to become a parish based group. Due to an ageing membership and illness within the Section the members feel they can no longer take part fully in the activities of the League. I would like to express my thanks to all in Bridgwater Section for all the hard work they have done over the years to promote the Catholic Women's League. They will be missed.

## CORNWALL BRANCH

celebrated Founder's Day, starting with Mass which was followed by a sherry reception, a pasty lunch, raffle and many games of bingo. Many thanks to the ladies of Camborne Section who hosted the day.

## DEVON BRANCH

### Ecumenism in the Devon Branch:

There have been several ecumenical events in the Branch in the last few months. Exeter Section held its annual ecumenical tea. This is the one event which concentrates on companionship and fellowship. It was very well attended, about 60 people from several faiths including Buddhists and Jews as well as all the mainstream Christian denominations. Each group receives personal invitations and no charge is made and no donations requested.

**Ottery St Mary Section** held their annual Ecumenical carol service held in the parish room of St Anthony's Church at Ottery St Mary. The evening began with carols which are sung to the accompaniment of Dominic, a young parishioner who plays the violin. There was then a very interesting address by Angela Phillips, Manager of East Devon Hospice Service. This service gives support to the terminally ill and their families in their own homes. A cheque for £180 was handed over. There were then Christmassy refreshments. The evening ended with more well loved carols.

The Plympton Section was involved in two ecumenical events. The first was a Devon Ecumenical service held in the cathedral led by Bishop Mark, to celebrate 50 years of Vatican II. This was followed by a reception attended by 200 people organised and provided by members of the Section under the leadership of Joan Screech. The second occasion, quite soon afterwards, was an ecumenical service followed by light refreshments in Our Lady of Lourdes Church. Members from 22 churches were invited and the church was full. As well as readings, hymns and prayers prepared by members there was an address by someone from Riding for the Disabled and a collection raised about £170. This was a lovely occasion and several people commented on how welcome they felt.



## EAST ANGLIA BRANCH

The Branch President, Teresa Wiseman, and Treasurer and Secretary, Shanthini Gunaratna and Jenny Birchall, have started visiting Sections on an informal basis. They are finding the visits very interesting and helpful, and they seem to be appreciated by the members.

During her three year term of office Teresa has decided that Branch will promote the Diocesan Camps which are held annually here in East Anglia. It is not just about fund raising but raising awareness of the value of these camps.

We are looking forward to a Spiritual Day in

the summer but at present it is still in the planning stage.

Peterborough Section recently celebrated its Diamond Jubilee with a Thanksgiving Mass at St Peter and All Souls Church which was concelebrated by Fr Waldi Smialek and Fr Damian Karmarz who spoke of the work which Section members undertake within the Parish and the Community. The Cheese and Wine Party which followed was attended by over 70 people. Guests included Teresa Wiseman, the Branch President, Alison Love, the previous Branch President and Section members from Cambridge, Lowestoft and Wymondham. Music was by The Shades of Green. The celebration cake, made by Catherine Duckworth a Section member, was cut by Hilda Lee, Chairman, assisted by Jan Dardis, Secretary and Margaret Cianni, Treasurer.

With apologies to Peterborough Section for the confusion in their report in the last edition.

## HEXHAM AND NEWCASTLE BRANCH

tried something new this winter to save on travel and hall expenses. The Officers decided to amalgamate the December Branch Meeting and the Branch Christmas Social. To this end, a meeting was held on the 6th December and it seemed to work: more members at the meeting and everyone enjoyed the social. The meeting was kept short and after a shared table lunch the party began. The highlight of the afternoon was the Cinderella Pantomime (thank you Region 4 for sharing it with us). Now the members have asked for an encore, so the officers are looking for something new for the next social. If you have any ideas please get in touch.

**Morpeth Section** Like all Sections, this has been a very busy year; however, instead of saying what we did for others, we have decided to report a couple of things we did for ourselves!

Saints Galore!! St Andrew's Day was also the First Sunday of Advent, so 'shared' its' occasion with St Robert's CWL Advent Service. It was especially poignant for us because we had a wonderful speaker (a 'living saint'??), Father Mamdouh Abusada, founder of the School of Joy for special needs children in Bethlehem - very often abandoned by their families because of some handicap. Not only do they receive education and learn skills, but find self-esteem by making beautiful olive wood Holy Land religious artefacts to sell. It was wonderful to have such a Good Shepherd with us for Christmas.

Our other special guest was the Mayoress of Morpeth, Mrs Joan Howard. Christmas Meal, but not THAT Cake!! Many of our ladies enjoyed a lovely Christmas Meal at one of our local pub/restaurants. When it came to the 'afters', a special BIRTHDAY cake appeared - to celebrate Mrs Alice Anderson's Special Day - 90 years young! Alice has been a member of CWL for 53 years and is still a very active member.



Scotland - Again!! Following on from St Andrew, we continued our Scottish theme with a Burn's Night Supper. The traditional Haggis, Neaps and Tatties were respectfully 'piped in' and accompanied by three special beverages (IRN BRU, mulled ginger wine and Whisky Mac – ginger wine with a dash of Guess??). After this, we were quite ready to tackle the Scottish quiz – or thought so, till the results were announced! Our Highland Dancing was much better, however, and proved just how fit we all are – even after all that food and drink. For Auld Lang Syne.....

**LANCASTER BRANCH**

Christmas was observed with due reverence and celebration by many Sections within the Branch. Some went out for shopping jaunts, (see St Catherine's, Penrith, below) and many enjoyed festive lunches and dinners. January brought a Branch Meeting to which a good number of members came. We are not the largest Branch but travel is still something of an issue for those in the far-flung corners of Cumbria and Lancashire. We are lucky in that we can congregate at a very pleasant hotel, central to most of us, who give us a large room, coffee/tea and a lunch for a very reasonable all-inclusive price.



Branch meetings are very important and we encourage as many ladies as possible to attend. It is a time for the giving out of information, of receiving reports from the Sections and for the sharing of ideas, friendship and fellowship; not to mention the delights of winning the raffle prizes and the 200 club! Of great encouragement at these meetings is the reflection given by our Spiritual Advisor, Fr. Philip. He always has something to say that is pertinent and encouraging. He has spoken to us about 'Living Wills' and brought a lawyer's keen mind to issues that many of us had not considered. There is always matter for reflection and prayer in his words. The Sections give verbal reports at these meetings and from these we are aware that members continue to work quietly and conscientiously at many tasks vital to keep their parishes 'ticking over'. There is no need to mention them all here because we are all undertaking these parish works – where would the parishes be without us! We also work to raise money for local and national charities – Diabetes UK, MIND, Hospice at Home, Cumbria Air Ambulance, to name only a few. One member – young and sprightly – walked 92 miles as part of a pilgrimage to Compostella – congratulations to her.

We have also put in place, with the help of a local deacon (who happens to be a Librarian) a system for the collection, sorting and safe storage in the Diocesan Archive, of Section archives. As someone with an interest in archives I am relieved that these valuable documents will be stored safely and, who knows, some member may be encouraged to write a history of the League.

We are looking forward to our AGM in May and to another year of Charity, Work and Loyalty.

**LEEDS BRANCH**

Members of the **Wakefield and Harrogate Sections** celebrated Founder's day on 5th December with Mass in Leeds Cathedral, followed by lunch in a nearby restaurant. They also had a combined Christmas Lunch with guests from the UCM on 12th December.

**Harrogate Section** will be providing a series of Lenten Lunches on Thursdays in Lent, like the original Fast days years ago: a bowl of soup, roll, a small chunk of cheese. Monies are to go towards the St. Robert's Parish Lenten Projects - SVP in Leeds' centre needs new kitchen and cafeteria refurbishment; and the salary for St. Robert's Youth Ministry and to provide equipment for their activities and outings. We have a Parish youth officer, a young woman of Philipino origins who is doing fantastic work with the youth of the parish (ages 11 to 18) in organising Folk Masses, Youth Masses, choir, retreats, etc.

**MIDDLESBROUGH BRANCH**

held its January meeting in York. Samantha Baxendale came to speak about the Medaille Trust. She is a Team Leader in a safe house for vulnerable trafficked persons. It is a while since the League had its National Project for the Trust, when it was in its infancy. There are quite a few safe houses, mostly given by religious orders. We thought it was appropriate to remind members of the Trust's work, bearing in mind that human trafficking was one of the Resolutions passed at the WUCWO World Assembly in Fatima last October. It also showed us how the Trust was developing and how various agencies were all working together. In thanking Samantha for coming (from Bury and back), we presented her with a cheque for £100 for the Trust.

At each Branch meeting, the Secretary gathers in a brief account of what the Sections have been doing since the last meeting. These activities include: a Children in Need event; supporting Food Banks; a Harvest Supper (proceeds to a human trafficking campaign); a Fish and Chip Supper for members and parishioners; an annual appeal, this time for HHARP (a homeless and rootless project) raising over £1,000; sent Christmas cards to prisoners; a donation to a baby Hospice in lieu of sending each other cards. The Archbishop of Minsk visited one Section's parish, he was celebrating 25 years as a Bishop. Funds were raised by our Small Section, for the Catholic Mission in Freetown, Sierra Leone, to help in the fight against Ebola. Some Sections had joined other Sections e.g. for a Pilgrimage to Walsingham, for a Quiet Day. Our newest Section organised a Remembrance Wreath with one of the CWL's centres. It was placed on the altar with the parish wreath.

Lilian Finch, one of our members, attended the WUCWO World Assembly and spoke about it at the Branch meeting. Lilian has attended quite a few of the World Assemblies.

Congratulations to Elizabeth Rodgers, Branch President, who received the British Empire Medal (BEM) in the New Year Honours. The photo was taken at our January Section General meeting, when she was congratulated by members and our parish priest, Father Frank Gallagher. Elizabeth is seated in the centre of the front row in pink!



**PORTSMOUTH BRANCH**

**Hayling Island Section** celebrated its Golden Jubilee over the weekend of the 29th - 30th November. On Saturday 29th, Canon Mahy, our Branch Chaplain, concelebrated a Mass of Thanksgiving with Fr Abraham, PP of St Patrick's, which Branch Officers, and past and present members attended. Following the Mass everyone enjoyed a celebratory tea party in the hall. June Brunswick and Nelly Chester, who were both founder members and still part of the Section today, cut the beautiful celebration cake. June said a few words about how it all began. Sheila Butler, the present Chairman acted as MC for the afternoon and also spoke of the various activities and Pauline Brice, the present Secretary spoke about how things are now. All present enjoyed the afternoon and seeing the display depicting 50 years of CWL activity at Hayling. The afternoon ended with a toast of alcoholic and non-alcoholic "bubbly" and a slice of the lovely cake. The following day, after the usual 10 am Sunday Mass which was offered for deceased members of Hayling CWL, all parishioners were invited into the hall for home-made cake with their coffee and to see the display.



**Jersey Section AGM** took place on Monday 2nd February and we were delighted to have as our special guest Elizabeth Upsher, our National President. Elizabeth had an extremely busy day with us, as you may have seen in her Blog. It started at 8.30 am when we took her out to breakfast! Then we paid a visit to our Municipal Parish Hall to view a tapestry which was made to celebrate the 50th Anniversary of the Liberation of Jersey from five years of Occupation by the Germans. Then we visited the Church of Our Lady of the Annunciation and the Martyrs of Japan, our headquarters, where she saw the banner made by one of our retired members, Mary Doublet. Elizabeth particularly requested a visit to the grave of Lily Langtry at St Saviour's Parish Church, where her father was Rector. 2nd February was the feast of the Consecrated Life, a celebration requested by Pope Francis. The Island Parish celebrated with a Mass in the Chapel at the Little Sisters of the Poor, Jeanne Jugan Residence, concelebrated by all the Island's Priests and Deacons. Instead of having our own Mass to start the AGM we all gathered at the Little Sisters of the Poor for a beautiful celebration. After Mass we adjourned to the St Brelade's Bay Hotel for lunch and our Meeting, where we were joined by our fellow members from Jersey West Small Section. Elizabeth Etienne completed her term of office as Chairman, and Barbara Le Troquer was elected in her place. Elizabeth recalled the highlight of her term of office was our Golden Jubilee Celebrations in 2012. On that occasion we welcomed National President Margaret Richards as our special guest. The Secretary and the Chairman's reports both revealed a very busy year of social events and fundraising. There was a very interesting visit behind the scenes of the Jersey Heritage Trust, followed by dinner and after a talk about the local Women's Refuge, our Annual Charity Bingo raised much needed funds for them. Following the meeting we gave the National President a whistle stop tour of the Island and in the evening we enjoyed a 'bring a

plate' social evening at the house of Carole Jordi one of our Committee members. Elizabeth Upsher was delighted at the view from the conservatory of the floodlit Mont Orgueil Castle towering over the



picturesque Gorey Pier at high tide with the boats twinkling in the harbour, a truly fitting finale to her visit.

**SALFORD BRANCH**

meetings are always entertaining for the members who attend and the last few have been extra special. There had been a special ceremony when the money raised by Salford CWL, UCM and the Mothers' Union was presented in a cheque both large in size and content to Christie Young Oncology Fund. This was displayed at our last open Branch Meeting and members could see the result of their fundraising. Following the business meeting the President surprised members by producing mince pies and wine for everyone and announcing that entertainment had been prepared. Highlights included, a hilarious game of pass the parcel, where the parcel was supposed to keep changing direction, several comical monologues were recited, and, because Christmas wasn't too far away, we had the pantomime Cinderella, where each character speaks only two word lines. Our Chaplain, Fr. Gerard Byrne gallantly played Prince Charming and his final line brought shouts of laughter when he stood up and announced, "I'm married". We continue to work with the UCM and Mothers' Union under a title United in Support, and also to raise funds for our Branch Project, Grace's Place, a children's hospice which serves North East Manchester.

**SOUTHWARK BRANCH**

On Ash Wednesday the **Beckenham Section** hosted a 'Lenten Lunch' for the parish, in aid of CAFOD. We served about 50 parishioners with homemade soup, bread and cheese and coffee, all for £5:00 a head, and are able to make a generous donation to CAFOD.



Other than that it has been rather quiet in Southwark, apart from the usual Christmas parties etc, but we are looking forward to getting together for our Day of Reflection in March, our AGM in April when the National President will be with us, and our outing to Polesden Lacey in June.

# CWL at work

## Margaret von Speyr, Public Relations Officer

I recently attended a Section meeting, held on a Monday evening at 7.30pm. Enthusiastic Members, young and old, many who work, mothers with children, retired ladies who are busy volunteering for Foodbank, Talking Newspaper, school governors, those heavily involved with Parish life, all attended this annual recruitment evening. Each member had been given printed invitations to hand out to friends and other Parishioners. Regular notices were placed in the Parish bulletin. Several guests turned up for the evening and were warmly welcomed for a cheese and wine party, some have signed up as new members, others are thinking about it. Business was kept to a minimum as members are contacted by email and an interesting talk and demonstration of reflexology and massagerounded off the evening.

How does this Section attract new members? Over the last two and a half years I have looked at various ways to help and encourage Branches to start new Sections and Sections to attract new members. I have put together a brief run-down of ways to help all Branches and Sections increase their membership as follows:

1. Look at your present membership – are numbers falling?
2. Change to evening meetings. If this is not possible start a new Section in the evening.
3. Have a mixed programme: spiritual, social, fund-raising, parish events.
4. Personally invite (by written invitation) to an evening meeting or

5. better still an event. Hold your meetings at the same time and place every month. Don't close down during the Summer months even if only a few members attend. Hold your outings on days other than your regular meeting day.
6. Show that husbands and children can be included at certain events.
7. Ask members to bring along a friend/other parishioner.
8. Offer to collect non-drivers.
9. Have a display somewhere in the Church - even a portable board can be held up after Mass.
10. Liaise with your Parish Priest.
11. Give a talk at Mass.
12. Put a notice in your bulletin advertising your meeting and or event.
13. Contact the Parish Priests in adjacent parishes and put a notice in their bulletins.
14. Hand out extra copies of the CWL News to non-members.
15. Ask your Branch and National Officers for help.
16. Use the Recruitment Pack.
17. Wear your badge.
18. Let your enthusiasm for the

Catholic Women's League shine out. I hope that in 2015 we can all work towards increasing our numbers. If everyone introduced someone new to the League we would double our membership overnight.

## Jane Dawson, Relief & Refugee

World Day of Migrants and Refugees, 18th January 2015

"More decisive and constructive action is required", says Pope Francis and Bishop Lynch, Catholic Bishop for Migrants, calls on UK and European governments to find a way to receive refugees.

To mark the World Day of Migrants and Refugees, Bishop Patrick Lynch celebrated Mass at St George's Cathedral, Southwark. In his homily he appealed to the UK and European governments to receive people who are refugees, especially unaccompanied children who are forced to leave their homes and their country because of violence, war or persecution. Bishop Lynch also spoke about the lack of awareness of the reality of modern day slavery and the practical help that is available especially to victims. The new Anti Slavery Commissioner, Kevin Hyland said that this is an occasion that should prompt solemn reflection on modern slavery. "There is no typical modern slave but perpetrators of this crime frequently target those who are socially isolated and marginalised. Vulnerable migrants, and particularly unaccompanied minors, all too often become ensnared by organised criminals into exploitation and slavery." The day coincided with the Feast of Santo Nino – a special day for the Filipino community when Pope Francis celebrated Mass in Manila.

Bishop Lynch gave thanks for the wonderful contribution that Filipino migrants, also those from other countries, have made to our parishes and schools, local communities, hospitals and care homes. The International Catholic Migration Commission highlighted two urgent challenges faced today:

- The need for more international cooperation and collaborative governance and the need to establish new models of diverse, yet stable, societies in which social and economic development can take place.
- The need to respect diversities and build a common space where people can live together in spite of their differences, whether cultural, religious, social, or economic. Any failure in truly recognizing "the other" impedes true human development, social cohesion and progress.

Pope Francis has said that international cooperation and more decisive and constructive action is necessary to deal with the phenomenon of migration, based on safeguarding the dignity and centrality of every human person.

Lebanon has the highest proportion of refugees in the world, mainly women and children. To enable us to understand this emergency, AA Gill (Sunday Times reporter) has reported on his visit to the camps. He gave an example of the numbers of refugees living in the camps would compare with the populations of Norway, Nicaragua, Denmark and Croatia arriving in the south of the UK destitute. Please pray for the refugees and for the cooperation of governments' action to address this human catastrophe.

## Sue Andrews, Our Lady's Catechists, Secretary

OLC trained catechists continue to work untiringly in their parishes and beyond, fulfilling a number of roles for example, preparing children for the sacraments of First Holy Communion and Confirmation,

## J & M SEWING SERVICE LTD

By Appointment to HM The Queen,  
Manufacturers of Church Robes

High Quality Church Robes  
- Made in England and individually  
manufactured to order in our workshop

We make a wide range of items - for example :-

**CLERICAL SHIRTS,  
CASSOCKS, COTTAS,  
ALBS, CLOAKS, BANNERS,  
FRONTALS,  
VESTMENTS** (including Diocesan Vestments)

you name it,  
we probably make it

**OUR MOTTO ...  
"THERE'S ALWAYS TIME  
FOR COURTESY!"**

Order online at [www.jandmsewing.com](http://www.jandmsewing.com)  
or ask for our free Catalogue

Tel: 0191 232 9589

Fax: 0191 230 1215

Email: [jandmsewing@btconnect.com](mailto:jandmsewing@btconnect.com)

1 Charlotte Square, Newcastle upon Tyne NE1 4XF



Find a Church  
this Easter...

[www.catholicdirectory.org](http://www.catholicdirectory.org)



running Children's Liturgy of the Word, working with adults on RCIA programmes and many more.

There are a steady stream of students working on OLC Courses. The Foundation Course currently has over 30 students working and many of these will go on to take the final assessment and become catechists.

Catholicism Made Simple continues to be a popular introduction to the Faith. At present, students on this course include 18 prisoners and this is a wonderful ministry as it gives them a sense of purpose and helps them to cope with a very difficult time in their life.

Our new course Mysteries of the Christian Life has generated interest, especially from groups. Would your Section be interested in joining this course, based on the Rosary? It is a great way to share in this devotion. A big thank you goes out to all our tutors and assessors who devote many voluntary hours to mark student's work, to encourage, advise and generally to pass on their faith to others.

At the moment we are looking forward to our weekend conference and AGM taking place at Kings Park Conference Centre, Northampton, from 10 -12th April. The theme is 'Religion Through Art' and the speaker will be Harold Riley an artist who has worked on several religious art projects.

Our Autumn Study Day will be held in York on 3rd October at St Wilfrid's Church. Speaker is to be confirmed.

Look out for Notes and News, our annual magazine which will be published later in the Spring and is a great way to catch up on all OLC news.

For more information on our courses, if you feel that you could work as a tutor for OLC, or for more details on our AGM or Autumn Day please contact me at:

suem.andrews@hotmail.co.uk

### Alison Love, Health & Family

As promised, Wellbeing is what I would like to explore with you this year. You will be familiar with this term because the medical profession have started using it a lot in recent years.

It is important to our Health Service, that we stay as healthy as we can, especially those of us approaching our senior years. I am sure that your GP surgery will have been offering you Blood Pressure checks, Blood tests for cholesterol and Diabetes as well as reminding you to attend screening for all sorts of things. All good, as prevention is better than cure, but what about the rest of me? My mind and my spirit, what about their wellbeing?

We are always being encouraged to eat our 5 portions of fruit and veg a day and I know that we all try. So is there a 5 a day for mind and spirit? A group called the New Economics Foundation, have come up with your 5 a day for the brain. I will run through them with you but with a few additions, to make them more relevant for our spiritual selves.

**So First, is Connect.** That is with the people who surround you - family, friends, work, church, community. They are the folk you usually talk to. Maybe it needs just a little more than just 'Hi, how are you? Good, see you later.' The same is true with connecting with God. We are very good at having a prayer for all occasions that we can recite quite easily. I know sometimes when I pray familiar prayers, my mouth can start and then my brain can wander off in to all sorts of places. Dear Lord. I need more words to share with you or maybe none at all.

**Second, Be active.** We all know that exercise makes us feel good. So it is good to do something, even if it is a bit of gardening or dog walking. I recently did some chair based exercises with a group. The stretchy balancing toning exercises I

did, were just what I needed. And it was fun to be with a group just like me. So give it a go. You could stay active delivering parish newsletters to the housebound or even the CWL News. It is all about what suits you and maybe an idea for a Section meeting or activity. There will be a stretchy balancing toning person near you, happy to put you through your paces.

**Third, Take Notice.** Anyone had a 'wow' moment recently? That is when you notice something in nature for the first time. Have you noticed the spring flowers beginning to make an appearance? The birds beginning to sing again? Living, like me by the sea I can be guaranteed a fabulous sunrise.

Lowestoft even has a small murmuration of starlings over the harbour just before sunset. Wow! Yet so many pass by, intent on getting somewhere that they have not given themselves time to stand and stare. I always have a big wow for birds, for you it may be flowers, landscapes, animals, music. That goose bump moment. Whatever it is, it is part of God's wonderful gift of creation and what a gift! Take time to enjoy and give thanks. Reflect on your experience as this will help you appreciate what matters to you.

**Fourth, Keep Learning.** What are the most successful TV shows? Bake off. Strictly, soon to be joined, I suspect, by Sewing Bee. Quizzes? What they have in common is that they all act to inspire us to take up baking and dancing and sewing. Look how popular knitting has become and how lovely that people are knitting in groups. There is also those who have an, 'I wish I could have done that at School', moment. That includes, computers too.

We are never too old to learn. That is also true of our faith and the Church offers us many ways to carry on learning. I enjoy Magnificat. It allows me to enjoy morning and evening prayers, daily Mass, as well as reflections and stories of the saints. There is also 'the Word Amongst Us' which shares the daily mass readings. There are so many. Use your computer and lap top and tablet. Get together to share and explore interests.

**Last, Give.** I think we are all pretty good at this already. That is why we belong to the CWL. So all I will suggest is, Smile more. Especially at Our Lord. Especially on the Bus or Tube. At Mass. At meetings. Keep smiling!

Web site. [www.neweconomicfoundation.org](http://www.neweconomicfoundation.org)

### Frances Canning, Parliamentary Officer

Mitochondrial Donation:

There are a great deal of complicated explanations of what is involved in Mitochondrial donation and the benefits that will be derived. However, for us the problem is quite simple. The first stages of the procedure involve the destruction of fertilised embryos and therefore we must oppose it completely. I am sure in time a method which does not destroy embryos will come into being and which we will be able to support, as has happened with certain stem cell therapies.

You may ask Why do we not need an Act of Parliament? The reason is that the 1990 Embryology and Fertilisation Act, as amended in 2008, made provision for permission for transfer of DNA to be introduced by regulation approved by both Houses of Parliament. These regulations have been passed by the Commons and on Tuesday 23rd February were passed by the Lords - so, we await an implementation date.

#### Abortion

There have recently been 2 Bills associated with abortion. Both are private member's Bills one the Abortion (Sex-Selection) Bill was a pro-life measure to outlaw selecting embryos on grounds of sex. This is in fact illegal under the present law unless having a girl or occasionally a boy might be detrimental to the physical or mental health

of the mother. The Bill would have put the matter beyond doubt. Ms Fiona Bruce, Chair of the Parliamentary Pro Life group, withdrew the Bill, but tried to introduce it as an amendment to the Serious Crime Bill. This was defeated.

The second Bill was the Abortion Act 1967 (Amendment) Bill [House of Lords] 2014-15. This is a Bill to amend the Abortion Act 1967 in order to make provision for the termination of pregnancy following certification by one registered medical practitioner.

This Bill had its first reading and was ordered to be printed on 13 June 2014 but as at 17th January it had not been printed and no time has been allocated for a second reading.

#### Modern Slavery

The Modern Slavery Bill which is aimed to strengthen the law on grooming, trafficking and retaining people against their will is presently going through detailed scrutiny. I will provide a report when this is complete.

#### Assisted Dying

The same is true for the Assisted Dying Bill. A whole session of Committee stage only discussed Clause 2 "Definition of Terminal Illness".

#### Food

Finally, the food Information Regulations came into force on 13th December. The effect is that when food is being sold, whether privately or publicly, and whether for profit or not, consumers must be told if the ingredients contain one of the fourteen allergens listed in the Regulations. The ones which are likely to affect members are flour, dairy and eggs. A notice intended for use at the National Coffee Morning and

similar events is being produced and will be emailed to Branches.

### Margaret Valentine, International & Liaison with WUCWO

In November I attended a Seminar hosted by The National Council of Women of Great Britain. The subject was a Bill of Rights for Women & Girls put forward by CEDAW (The Convention on the Elimination of all Forms of Discrimination Against Women and Girls). The seminar was held in Darlington.

The Keynote Speaker was Cris Curley. Cris is a panel member of the International Child Abduction and Contact Unit and has developed a specialism in working with victims of trafficking.

It was the first time that I had attended a meeting held by the National Council of Women of Great Britain and was made to feel very welcome. What I was most impressed by was the number of YOUNG women attending. After speaking with a number of them during the lunch break it appears that the National Council of Women of Great Britain have started in the past few years THE NATIONAL COUNCIL OF YOUNG WOMEN (NCYW).

They go into Six Form colleges and recruit these young people who do not pay any subs but are included in all activities. The young members who were at the seminar are now all students at York and Durham Universities and were indeed a breath of fresh air, putting forward their ideas.

I was very impressed by the day and certainly would attend another study day if invited.

Claire Myers-Lampthey, Social Media Officer

## What is Social Media?

Websites, Internet based platforms and Mobile Applications (Apps) that create communities which allow real-time communication and interaction between individuals, groups and the world.

Can you name the sites below?



**Answers:** (left to right) Facebook, Skype, Pinterest, Twitter, YouTube, LinkedIn, Google+, Instagram, WhatsApp, Snapchat, Blogger

#### How does CWL use Facebook?

You can reach the CWL Facebook page by entering the following URL and you don't have to be a member to view our posts [www.facebook.com/CWLEngWales](http://www.facebook.com/CWLEngWales). If Facebook was a country it would be third largest in the world, after China and India. With one billion users, 1 out of 7 people in the world are on this platform. It represents every major brand, relevant company, charity or organisation, celebrities, politicians, professionals and individuals.

The CWL Facebook page is mainly used for Catholic news reporting, CWL updates from our President and the sharing of events between Sections, Branches and Members. We are pleased to report the following:

- Over 300% increase in the number of fans between February 2014 and February 2015
- Popularity of our Facebook page has risen from 63 to 246 fans in one year
- 86% of our fans are women 14% are men
- Our biggest fan base is aged 65 years+ (22%)
- Our smallest fan base is aged 18-34 years old (6%)
- 59% of our fans are from the UK, the largest fan base is from London, followed by Southend, Manchester, Chelmsford and Bristol and Isle of Man
- We have active fans in the Philippines, Zambia, South Africa, Canada, America and Australia

Our most popular Facebook post to date, reached 1,278 people during National Marriage Week! The use of Social Media is essential for CWL, it helps to raise our profile, attract new members and engage with the youth (18-34 year old category) our future.

#### Our Social Media Focus for 2015

- Promote the President's Blog and move to Blogger
- Grow our Pinterest community [www.pinterest.com/CWLEngWales](http://www.pinterest.com/CWLEngWales)
- Teach all Officers how to use Skype
- Host regular IT and social media workshops for Officers and Members via Skype
- Increase engagement within the 18-34 year old category
- Produce CWL Branding and Social Media Guidelines to include Twitter
- Video our conferences for Youtube

I would love to hear from you and look forward to your comments and suggestions!

**CathCom are very proud to be the publishers of the CWL News**

We practise and teach Christian contemplative meditation at residential and day courses at our centre in Dorchester and at other retreat centres in the UK.



The Fellowship of Meditation  
a Christian-based organisation

We use meditative sentences to still the mind, to focus our attention on God, and to serve as channels through which the power of the Spirit can enter our hearts. Our members also gather in local groups throughout the UK.

For further details please contact:  
The Secretary, The Fellowship of Meditation  
8 Prince of Wales Road,  
Dorchester DT1 1PW  
Tel: 01305 251396  
E: fellowship.meditation@virgin.net

**LOURDES** | DAILY BREAKFAST LUNCH & DINNER

Joe Walsh Tours

from **£629** pp

SPECIAL DEPARTURE  
**27 MAY | 5 NIGHTS**  
From Liverpool

MORE DEPARTURES:

- 23 MAY | 6 NIGHTS From Exeter from £695 pp
- 3 JULY | 6 NIGHTS From Leeds Bradford from £649 pp
- 6 JULY | 7 NIGHTS From Glasgow Preswick from £679 pp
- 10 JULY | 7 NIGHTS From Edinburgh from £699 pp
- 17 JULY | 7 NIGHTS From Glasgow International from £719 pp

BOOK ONLINE & SAVE £10 PER PERSON\*  
\*T&Cs Apply

**MEDJUGORJE** | DAILY BREAKFAST & DINNER

TRAVEL TO MEDJUGORJE ON THE MONTH OF OUR LADY

9, 23 & 30 MAY | 7 NIGHTS  
From Manchester from £539 pp

www.joewalstours.co.uk | info@joewalstours.co.uk  
0203 468 0617 | 0161 820 8790 | 0151 909 2871 | 0292 000 3865 |  
0141 530 5060 | Joe Walsh Tours Pilgrimages @JWTPilgrimages  
Bundled and Licensed by the Civil Aviation Authority in the UK | ATOL 5163

**Craig Lodge Retreat Centre**



**Retreats  
Prayerful Breaks  
Spiritual Holidays**

Full details of retreat programme at [www.craiglodge.org](http://www.craiglodge.org)

Parish groups, families, young people, clergy - all welcome!

Craig Lodge Family House of Prayer  
Dalmally, Argyll, PA33 1AR, Scotland  
T: 01838200 216  
E: [mail@craiglodge.org](mailto:mail@craiglodge.org)  
[www.craiglodge.org](http://www.craiglodge.org)

To advertise please contact  
**Caroline Gonella** at  
CathCom on  
**01223 969506**  
or email  
[carolineg@cathcom.org](mailto:carolineg@cathcom.org)

# May they rest in peace

**BIRMINGHAM BRANCH**


Bernadette Mzimba , Small Heath Section.  
Josephine O'Sullivan, Olton Section.  
Mary Fearon, Olton Section.  
Margaret Rutter, long serving member.  
Patricia Margaret McAllister, Alcester Section.  
Phyllis Winifred Brookes, Studley Section. Phyllis will be remembered for being an excellent league treasurer and a loyal and hard-working member. She would have been 100 in August.  
Rose Mary Purnell, Olton Section.

**BRENTWOOD BRANCH**


Angela Bird's husband, David, Angela is a Direct Member.

**DORSET BRANCH**

Tina Marlow, Branksome and Parkstone Section.  
Barbara Barber, Branksome and Parkstone Section. Barbara died in April after a long illness. She was an accomplished flower arranger and often gave entertaining talks and demonstrations of flower arranging for the Section. One Christmas she showed members how to make a Christmas decoration to hang on the door based on half a raw potato. Not all of us managed to make a thing of beauty despite her attempts to help!



**OFFICERS' ANNUAL MEETING 2015**  
*27th February to 1st March*



**NATIONAL PROJECT**  
Support your local Women's Refuge

**WATCH ON FACEBOOK OR YOUTUBE**

# We are asked to remember in our prayers the following members who have died

## EAST ANGLIA BRANCH

Johanna Emson, Peterborough and Ipswich Sections.  
Muriel May. A stalwart member of the League for 64 years.  
Jean Wright, Ipswich Section.

## MIDDLESBROUGH BRANCH

Daisy Goodwin, York Section and Branch Treasurer.

## NOTTINGHAM BRANCH

Marie Hare, Stamford Section. Marie had a wonderful voice which I heard for the first time when we were at Warwick the first time round. She entertained our small band of members, in the kitchen of our block, with her singing.

## PORTSMOUTH BRANCH

Pam Massey, Farnborough Section. It is with deep sadness that Farnborough Section announces the death of our dear friend and long standing member, Pamela Massey. Pam was in her 93rd year and had led a full and interesting life. For Pam her faith was her life and she was a great example to us all and an enthusiastic fund raiser for charity especially the Matercare charity. Pam was passionate about the Catholic Women's League and rarely missed a meeting and her lovely smile and gentle nature welcomed all. Pam suffered toward the end of her life but rarely complained about her severe pain. Pam's Requiem Mass was a beautiful service and we were all proud to hold a guard of honour as her coffin was carried out of the church and our Chairman held our banner high for Pam. Goodbye, Pam, dear friend. Eternal rest grant unto Pam oh Lord and let perpetual light shine upon her. Amen.

## WESTMINSTER BRANCH

Patricia Crawley, Welwyn Garden City Section. Patricia was a longstanding member of Welwyn Garden Section who was involved in setting up the Section in 1955. She held various roles including Chairman up to 2002. Pat was very knowledgeable about the League and always made sure the League objectives were upheld. She helped to promote new members and made sure good practice was adhered to during meetings and in dealings with Branch. Pat will be greatly missed by the members and remembered with much love and respect. Our picture shows Pat at the Brighton AGM in 2006 - celebrating 100 years of the CWL.



**Madeleine Sawle, Welwyn Garden City Section. Madeleine joined WGC**

about four years ago when she moved to the area from Edgeware. She brought new ideas and skills to the Section. She was particularly skilled in baking and she showed this when she baked a cake to welcome Bishop Sherrington to WGC. She was a "gamesmaker" in the 2012 Olympic Games and she gave the Section a talk on her experience. Madeleine bravely offered to take on the role of Westminster Branch President but she became ill and was unable to take on the position. Madeleine is missed by the members.



## LATE AVAILABILITY Assisi Icon Painting Retreat

11th- 22nd May 2015  
0203 673 6417

email:  
info@iconadventures.co.uk  
www.iconadventures.co.uk



12 days in the steps of St Francis



## Boarbank Hall Canonesses of St Augustine of the Mercy of Jesus

"You desire to be builders of peace,  
possess it yourselves first" - St Augustine

A Warm Welcome to Everyone

Prayer • Community • Hospitality  
• Care of the poor and sick

Contact: Sr Anne Donockley  
Boarbank Hall, Grange over Sands  
Cumbria LA11 7NH  
Telephone: 015395 32288  
Website: www.boarbankhall.org.uk



## Our Lady of Fidelity

The church needs religious sisters URGENTLY to bring Christ to others by a life of prayer and service lived in the community of Ignatian spirituality. Daily Mass is the centre of community life. By wearing the religious habit we are witnesses of the consecrated way of life. If you are willing to risk a little love and would like to find out how, contact Sister Bernadette. Mature vocations considered.



**CONVENT OF OUR LADY OF FIDELITY.**  
Central Hill, Upper Norwood, LONDON SE19 1RS  
Telephone 07760 297001 Fax 0207 766 6579

## Church Pews Uncomfortable?

Why not try



top quality upholstered foam pew cushions?  
Safeoam, Green Lane, Riley Green,  
Houghton, Preston PR5 0SN  
www.safeoam.co.uk

Freephone 0800 015 44 33  
Free Sample Pack of foam & fabrics sent by first class mail  
When phoning please quote MW101



# Is there a job here for you?

Are you able to use your skills and talents for the League?

### CATHOLIC WOMEN'S LEAGUE: ELECTION OF NATIONAL PRESIDENT

Mrs Elizabeth Upsher will complete her term of office as National President at the Annual General Meeting 2016.

Therefore, nominations are now invited for the next National President. Please ensure that the nominee is willing to stand for election and is aware that the term of office is normally 3 years.

The candidates will be announced at the National Annual General Meeting 2015 where they will make a short presentation. The election will take place before Officers' Annual Meeting 2016 and the result announced at that meeting.

### ELECTION OF REGIONAL REPRESENTATIVE REGION 7

To the Officers of Cardiff and Clifton Branches  
At the Annual General Meeting of the Catholic Women's League at Torquay in October 2015 the National Executive will wish to introduce the Regional Representative for Region 7 as a trustee of the Catholic Women's League. Cardiff and Clifton Branches are therefore requested to propose a nomination for this position. If there is more than one nomination from a Branch then that Branch will hold an internal election to secure only one nomination to be put forward. Should there be more than one nomination from the Region, an election will be arranged as soon as possible after the closing date.

Nominations are now requested. Please return nomination form to CWL HQ by June 30th 2015

### ELECTION OF REGIONAL REPRESENTATIVE REGION 2

To the Officers of Lancaster and Salford Branches  
At the Annual General Meeting of the Catholic Women's League at Torquay in October 2015 the National Executive will wish to introduce the Regional Representative for Region 2 as a trustee of the Catholic Women's League. Lancaster and Salford Branches are therefore requested to propose a nomination for this position. If there is more than one nomination from a Branch then that Branch will hold an internal election to secure only one nomination to be put forward. Should there be more than one nomination from the Region, an election will be arranged as soon as possible after the closing date.

Nominations are now requested. Please return nomination form to CWL HQ by June 30th 2015

### ELECTION OF REGIONAL REPRESENTATIVE REGION 4

To the Officers of Cornwall, Devon and Dorset Branches  
At the Annual General Meeting of the Catholic Women's League at Torquay in October 2015 the National Executive will wish to introduce the Regional Representative for Region 4 as a trustee of the Catholic Women's League. Cornwall, Devon and Dorset Branches are therefore requested to propose a nomination for this position. If there is more than one nomination from a Branch then that Branch will hold an internal election to secure only one nomination to be put forward. Should there be more than one nomination from the Region, an election will be arranged as soon as possible after the closing date.

Nominations are now requested. Please return nomination form to CWL HQ by June 30th 2015

### PUBLICITY and PROMOTIONS OFFICER

The Officer will be appointed by the National Executive and her term of office will normally be 3 years. She will be responsible for maintaining a range of publicity and promotional material and will maintain an up-to-date, portable display for exhibitions, conferences and meetings and also for members to use in their Branches.

When requested, she will assist with Recruitment Drives in established Sections and speak in Parishes considering opening a Section. Please contact Margaret von Spey for further information. Her details are on page 2.

**The National Board of Catholic Women Annual General Meeting 2015** will be in London on Saturday 27th June. At the meeting we will be electing a new President, and also a new Secretary, a new Convenor for the Women in the Church Committee, and a new Convenor for the Marriage and Family Life Committee. To share the work more evenly, we are also seeking nominations for two new posts, Membership Secretary and Minute Secretary. Nomination papers are attached for you to put forward candidates for these posts. Candidates must be nominated by an internal election to secure only one nomination from the Region, and seconded. Candidates must indicate that they agree to be nominated by signing the form. If more than one person is nominated for a post there will be a vote at the AGM. For organisations or diocesan links unable to be present at the AGM there will be a postal vote. The closing date for nominations is 30th April 2015.

Our Lady's Catechists are seeking a new Chairman. Please contact Beryl Wakefield for more information. Her details are on page 2.

## LOGSDIRECT

Working hard to keep you warm



Whether you are looking for kiln-dried crates, heaps of wood or simply a few bags of seasoned timber or bags of coal, Logs Direct are guaranteed to have a solution for you! From their base in Halton Nr Lancaster and through distributors across the country, Logs Direct Ltd offers free delivery throughout mainland UK.

Normal Delivery Terms: 5-7 Working Days or Next Day Nationwide, if needed

www.logsdirect.co.uk

Telephone 01524 812 476

## www.catholicdirectory.org

The Online Catholic Directory since 1997



Mobile Version!



Find Mass on the go

Nearest Church    Nearest Mass    Map    Search  
Schools    Religious Orders    Charities  
Adoration    Confessions    Prayers

For fundraising ideas which engage the whole parish, the Grays Section of Brentwood Branch would like to share with members, information on our successful Tango and Tapas Night. Held on Friday 13th February with a Valentine theme, the event raised £200 with 70 people in attendance. Tickets were charged at £5 adults and £3 children. As usual, the tradition of holding a raffle boosted funds further.

Our fantastic Ballroom dancing teacher charged £40 for two 45 minute dance lessons, broken up with our Tapas buffet, which worked out at £1.50 per head. The menu included: Spanish meatballs in tomato sauce, patatas bravas, Spanish omelette, salad and profiteroles with chocolate sauce for dessert (not so Spanish but cheap and convenient). Most of the food items, including the disposable service trays, plates and cutlery were purchased from our local food wholesalers, Costco. The meatballs were already precooked and just heated through with a jar of Dolmio Bolognese sauce poured over (on special from The Cooperative). The omelette was cooked in disposable foil trays directly in the oven (using 48 eggs!). Our patatas bravas (potato wedges) were made from a 7.5kg bag of potatoes at £2.50, quartered with skins still on and drizzled with olive oil, garlic and herbs before being cooked in the oven. Salad was straight from the bag and the profiteroles (four each) were put straight into disposable balls and left to defrost 1-2 hours before serving. The ease of the menu meant that apart from shopping time, preparation took only two hours. For decorations, the children of our members cut out lots of tissue paper hearts which were sprinkled over our tables, complimented with little vases, each filled with 3 carnations. Thank you to everyone who helped make the night a great success, it was a fun, safe and affordable night for families, both young and old, with demands for more.

Claire Myers-Lamptey  
Chairman, Grays Section  
Brentwood Branch



# Caldey Island

off Tenby Pembrokeshire

Monastery  
Old Priory  
Ancient Churches  
Tea Gardens, Video  
Post Office/Museum  
Gift Shop, Perfume Shop  
Chocolate Factory  
Lighthouse, Beach  
Cliff & Woodland Walks

Frequent Boats  
from TENBY HARBOUR  
Easter to October

phone 01834 844453 / 842296  
www.caldey-island.co.uk

and facebook

or call in at  
The Caldey Shop  
Quay Hill, Tenby

Take a boat to a different world

## CathCom Reach

Quarterly newspaper for Catholic parents & children

### Turn over a new New Beginning

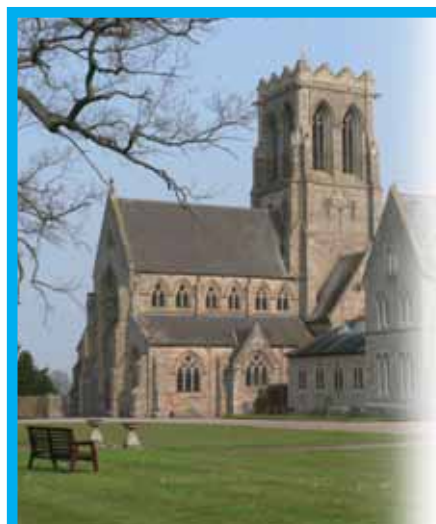
Lent is a time for New Beginnings – see for a new angle on what to give up this year to take on and how to spring clean your life to live life to the full!

£29

Sponsor 300 copies of the Easter issue to go to ALL the parents in a Catholic primary school near you!

Reach is designed to appeal to parents that go to Church and those that don't.

If you would like to pay for your local school to receive 300 copies of the Easter edition - contact us before 18th March:  
Phone: 01440 730399  
E-mail: schools@cathcomreach.com



### Organising a Conference, a Parish Retreat or Holiday?

Come to Hedley Lodge, Belmont Abbey's Guesthouse

**Hedley Lodge**  
Set in the magnificent grounds of Belmont Abbey, on the rural outskirts of the ancient city of Hereford, Hedley Lodge has accommodation for 35 and conference facilities for up to 200, with full bespoke catering. All rooms are en-suite. WIFI is available and the parking is excellent. Hedley is a popular venue for groups, large and small, from parishes, Orders, charities and inter-diocesan organisations.

**While here**  
Join with the resident community of Benedictine monks in their daily round of prayer, or buy the Abbey's own CDs of Gregorian Chant, hymns, motets and organ preludes, or visit the unspoilt countryside of the Welsh Marches, with its ancient churches and castles, such as Tintern, Goodrich and Kilpeck.

**Getting here**  
Hereford is only a little over an hour from Birmingham and two and a half from London and easily accessible from the North West. Direct trains run from South Wales, London, the Midlands and the North West to Hereford and transport to Belmont (10 minutes) can be arranged by Hedley Lodge.

Telephone 01432 374747  
Email: hedley@belmontabbey.org.uk Web: www.belmontabbey.org.uk