



QUEEN'S BIRTHDAY



NATIONAL PILGRIMAGE



COFFEE MORNING



Celebrating 110 Years of Charity Work and Loyalty



Two Margarets in the Oxford Oratory



CWL Celebration at Westminster Cathedral



Banner Procession at Walsingham



Enjoying Afternoon Tea

National Pilgrimage 2016 to Westminster Cathedral, celebrating 110 years of Charity, Work and Loyalty
His Excellency, Cardinal Vincent Nichols will concelebrate Mass with Bishop Peter Doyle, Bishop of Northampton and CWL Ecclesiastical Advisor.

The National President, Elizabeth Upsher, looks forward to seeing you at Westminster Cathedral on Saturday 16th July

2012 National President, Margaret Richards, led 400 members on a pilgrimage to the Oxford Oratory, St Aloysius Church where our founder, Margaret Fetcher, worshipped. Mass commemorated her birth 150 years ago.

2009 National President, Doreen Pooley, welcomed over 1000 members on a pilgrimage to Westminster Cathedral, celebrating the links between the Cathedral and CWL. The Crucifix, made from wood of a Forces Hut built next to the Cathedral, was processed to the Great Door where the 65th Anniversary of D-day was remembered.

2006 CWL Centenary National President, Sheila Jennings led members on a pilgrimage to Walsingham. A wonderful weekend of prayer, joy and thanks. Members, apart from reciting the Rosary, even managed to walk the mile from the Slipper Chapel in silence.

Adeyfield Section Celebrates with an afternoon Tea Party

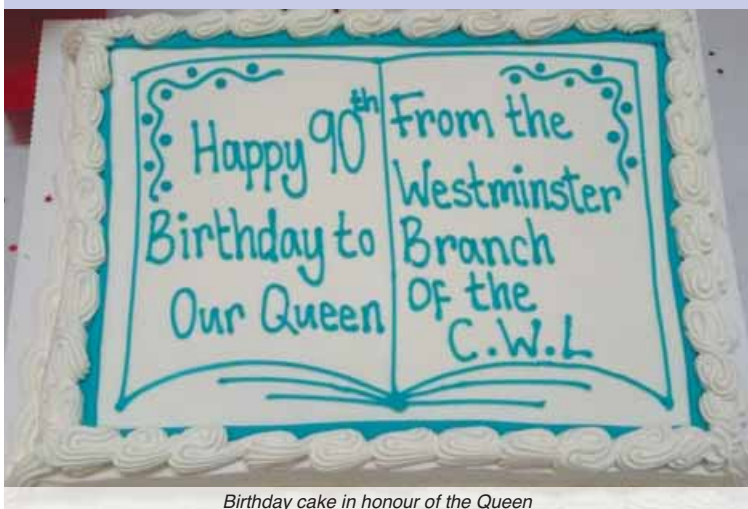
Adeyfield Section, Westminster Branch, organised an afternoon tea party in honour of the Queen's 90th Birthday and although Her Majesty was not invited there were plenty of parishioners and CWL members who attended the event and had a great time.

As well as delicious sandwiches, cakes & scones (in true CWL style) the entertainment was supplied by "Just A Cappella" - a local singing choir who also ensured that there was audience participation with a few old time singalong songs. It was a great fundraising event for our various charities and we raised over £550.



a celebration cake

CWL sends her best wishes for a very special 90th birthday



Birthday cake in honour of the Queen

Her Majesty Queen Elizabeth II
Buckingham Palace
London
SW1 1AA

Your Majesty, Mrs Elizabeth Upsher, the National President of the Catholic Women's League, together with all the members, extend their warmest congratulations to you as you celebrate your 90th birthday. The members of the League send loyal greetings and prayers of joy and happiness and beseech God's blessing on yourself, Prince Philip and your family.

May you continue to know the joyful love of God. May God bless you.

Jean Clarke (Mrs)
National Secretary

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COPY DEADLINE DATE

26th September 2016

Any amendments to distribution,
notify the National Secretary

National President's Blog

So here is my blog – the last one before I stand down as your National President at the AGM in Southport. You can see that the last few months have been busy, as have the last three years of course! I would like to thank all the members for their support and friendship during my time in office. Also a huge thankyou to all the members I have worked with on the National Executive - their commitment and stamina is outstanding. I wish my successor, Margaret Valentine, all God's blessings for the years to come and ask the Holy Spirit to guide us through this period of change for CWL. May the Spirit give us all the courage to embrace change and grow. I thank you all. February started with a meeting of National Board of Catholic Women Trustees – via skype. It is a most useful way of meeting and saves all the travelling and allows us women to multi task as well! One member had the plumber calling and another the electrician so they were able to break off for a few minutes to let them in- we busy women have to juggle our lives as best we can!

10th and 11th February saw the National Executive discussing the results of the vote on changes to our structure. Readers will remember the vote was overwhelmingly for the changes but there were many comments to take into account and it was from that meeting that the format for the Officers' Annual Meeting at Swanwick was planned. The Officers' meeting was a hard working weekend with all Officers involved in the decision making. We finished the weekend with a structure which has been sent to all Sections and the Executive will seek members' approval at the AGM in Southport. Here we are working hard!



National President leading the discussions



Members gathered to take full part in the weekend

We were very pleased to be visited by Marion Jones from Lactation Consultants of Great Britain. Marion dropped by to collect the "knitted boobs" made by members which will be used to assist young mothers to practise breastfeeding before the birth of their babies. Marion was very appreciative of the donations so far. If you would like to help please contact the office for the pattern. For more details of the work of LCGB please go to their website www.lcgb.org



Knitted Boobs

On 1st March my husband accompanied me as I represented CWL at Lambeth Palace for the re-dedication and installation of the Worldwide President and Trustees of

the Mothers Union. It was a really lovely occasion.

Friday 4th March was Women's World Day of Prayer prepared by the women of Cuba on the theme Receive the Children. I would like to thank all who attended our service, especially pupils from St Helen's Primary School.



Pupils from St Helen's School, Westcliff-on-Sea

On 5th March I attended the Brentwood Branch Retreat, held in Canning Town Section. The members were so welcoming and as always it was a thought-provoking day.



On Retreat with members of Brentwood Branch

After a very busy time at church leading up to Easter, I began the Easter season with Our Lady's Catechist AGM weekend in Northampton. There were several speakers. Fr Harry Curtis told us of the changes to the Order of Service for Weddings and Confirmation. He then posed the members two questions that they had to consider - What can you do as a catechist in the Year of Mercy? and What can OLC do to assist efforts for the Year of Mercy? Fr Minh reminded members to give a little more time to show humanity to each other and a little less time teaching about God. He encouraged us to open our arms to each other. Bishop Peter Doyle spoke on the Synod of the Family as he had at our Officers' meeting in February. He emphasised that Family is the home for the wounded heart. He gave a definition of Synodality – speak honestly, listen with humility and welcome with an open heart.



Bishop Peter

Canon Michael Cooley, 34 years at Our Lady of La Sallette and St Joseph, Bermondsey Parish, spoke about his individual approach to parish life and the teaching of the sacraments. He spoke about where the needs of parishioners have to come above the strict guidelines of the church – a little leeway is needed.



Canon Michael Cooley

I visited Middlesbrough on 9th March for their AGM, celebrating their 60th year as a Branch. That special Celebration Mass will take place on 18th June. I heard of much wonderful work done by the members – where would the church be without you?



Middlesbrough Branch AGM

I then had a most enjoyable visit to Dorchester on Saturday 16th April. Members made me very welcome and once again their hard work was apparent to all. It was so good to see a Branch maintaining the membership numbers – well done Dorset!



Dorset Branch Officers

23rd April saw me at Hexham and Newcastle Branch AGM - the last of my April visits. Another Branch of members who work so hard for the League. Well done to all and thank you for the invitation to attend.



Branch President Elizabeth Dixon with Bishop Seamus Cunningham, Fr Pat O'Connell and Fr Michael Brown

On 29th April I was privileged to be invited to attend Solemn Vespers at Westminster Cathedral to celebrate 800 years of the Dominican Order. It was a wonderful occasion with much plainchant which I managed to sing to a fashion. The service was followed by a reception in Cathedral Hall.



President Elect Margaret Valentine with Past President Doreen Pooley and Michael Valentine

And so to May when I attended the AGM of the National Board of Catholic Women Trust.



Trust Treasurer, CWL National President, UCM National President, NBCW Secretary, NBCW Trustee and NBCW President

And so finally I look forward to seeing you at the National Pilgrimage in July and thank you all for the wonderful contribution you have made to the National Project. Have a super summer, I hope the weather is glorious and you have time to refresh yourselves for the months ahead.

Full versions of my blog can be found on

www.catholicwomenleague.org

and photos etc on the facebook page
<https://www.facebook.com/CWLEngWales>



Please seriously consider this wonderful opportunity to be part of the new CWL Structure - as a Trustee or a member of the National Executive.

THE LEAGUE NEEDS YOU!

Applications are available from the National Secretary.
Closing date – 30th June 2016

Trustee of the Catholic Women's League

The National President and National Treasurer will be Trustees of the League.

There will be 5 other Trustees, of whom 4 shall be members of the League and 1 other Trustee may not necessarily belong to CWL although they will demonstrate empathy with the ethos of the League.

All Trustees will show some experience of Trusteeship and accept the duties and liabilities of being a charity Trustee. Trustees will show a willingness to learn and work as a team and ensure that the running of the League complies with the Objects as stated in the League's Constitution.

Trustees will oversee the finances of the League, particularly with reference to Grant Allocation, monitoring of Budgets and ensuring the Accounts and Annual Return are submitted on time.

In ensuring the efficient administration of the organization the Trustees will appoint and support the employees and monitor their performance.

National Officers will remain as Trustees for the duration of their tenure of office.

The 5 other Trustees will serve 5 years (in the first instance a rolling calendar of tenure of office will operate to ensure continuity).

Trustees will be available for meetings via Skype at least 4 times a year including at least one face-to-face meeting which will normally be the AGM.

Trustees will undertake to monitor and respond to emails promptly.

A Trustee will use reasonable care in her duties as a trustee for the efficient running of the League.

Although it is desirable that applicants should have some experience of trusteeship this is not essential if other relevant experience is offered.

The Trustees will appoint a paid National Secretary and Book Keeper. The National Secretary will attend meetings but has no voting rights.

Please note:

Trustee Training/Awareness will take place prior to appointing the Trustees. Such training will include knowledge of the machinery of the Charity Commission and CWL Risk Management Plan.
Trustees Liability – CWL indemnity insurance covers this at present.

Guidelines to the role of Member of the National Executive

Taking up a position on the executive of any organisation is usually accompanied by a role or job description and when that person's term is over, the current guidelines then apply to her successor to ensure continuity.

The role of Executive Member of the League is a vital one for the furtherance of the League affairs and a vital link with the membership.

The term of office of all members (other than the National Treasurer and National Secretary) will be 3 years with the provision to serve for a further year on review.

The Executive usually meets four times a year. All matters discussed at National Executive meeting are confidential, only conclusions reached are passed on by the National Secretary to the Branch and Section Officers.

Executive members liaise with Sections and Branches to inform decision making but do not represent any particular region. Attendance at Section and Branch meetings (other than one's own) is not necessary.

A member of the Executive could be asked to represent the League on various bodies and report back to the Executive meeting.

An Executive member may be asked to represent the National President at various meetings if she is unable to attend.

Although the use of emails and Skype is the preferred and most cost effective method of operation expenses incurred in attending meetings, postage and phone calls can be claimed from the National Treasurer.

Costs of attendance at the Officers' Annual Meeting and National AGM will be met by National Expenses. The following areas of work will be undertaken by all members of the Executive.

- International and liaison with WUCWO
- Health & Family matters
- Publicity/ Promotions
- Parliamentary matters
- Social Media/ CWL News
- Relief & Refugee
- CWL Services
- Our Lady's Catechists

Re-structuring of the League

The Editorial Team

Northampton Branch members had the pleasure of editing this edition of the CWL News. We thank all those who have contributed. Many items have been edited to allow for all contributions to be included. We hope that

you've learnt something, been amused by the articles and are now willing to 'have a go' yourselves. We've all burnt the midnight oil and even written articles and now appreciate the hard work of previous editors and co-

editors, especially Southwark Branch members who edited the Spring edition of CWL News.

Sue Arthur, Louise Dance, Jane Dawson

LETTERS TO THE EDITOR

Dear Editor,

Every year thousands of people receive a wide range of help and support from Catholic organisations. Much of this work is only possible thanks to the gifts left to our work in supporters' Wills.

'Your Catholic Legacy' brings together a group of 26 Catholic charities who are working to inspire and encourage the Catholic community to consider leaving a legacy.

On 11th June Mass is being celebrated by Archbishop Peter Smith at Southwark Cathedral and will be followed by a lunchtime reception celebrating the work of Catholic charities and the difference they make. We will be joined by inspirational guest speakers, Barry and Margaret Mizen. Barry's and Margaret's son, Jimmy Mizen, was murdered in 2008 and they set up the For Jimmy charity to build a legacy of hope and peace in his memory. Come and hear their story, be encouraged by their determination to build a better society and consider what you could do to transform the future.

Mass is at 12.30 - 3.30 pm at St George's Cathedral, Lambeth Road, Southwark, London SE1 6HR

Christine Punter, Project Manager
Christinepunter@hotmail.com

Dear Editor,

I thought you would all be interested in seeing what CAFOD, jointly with CSAN and the Jesuit Refugee Service, are promoting as Year of Mercy resources - a Refugee Pilgrimage and a Lampedusa Cross Action Card. You can see pilgrimage resources on the CAFOD website.

At CAFOD we are hoping that CWL members might be interested in organising or taking part in the Year of Mercy Refugee Pilgrimages that will be taking place across England and Wales.

We have also purchased some Lampedusa crosses - one of which will be sent to all Catholic cathedrals in England and Wales which we hope will be placed near to their Door of Mercy.

The Lampedusa Solidarity Action Cards can be ordered from CAFOD.

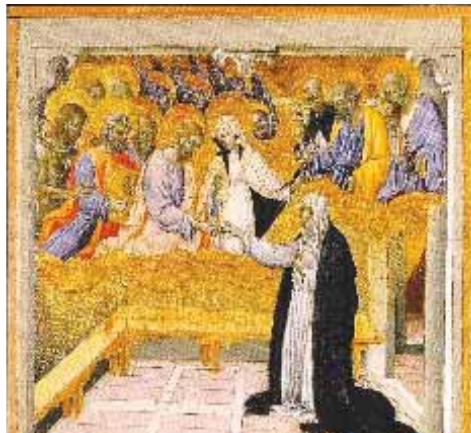
If you have any queries about these new Year of Mercy resources, do please let me know.

I hope to see you many of you in Birmingham at the National Board of Catholic Women AGM in July.

Maria Elena Arana, Campaign Coordinator, CAFOD

800th Anniversary of the Order of Preachers

The National President and husband John, National President Elect Margaret Valentine



St Catherine of Siena

with husband Michael and Doreen Pooley, Past National President were invited to Solemn Vespers for the Feast of St Catherine of Siena at Westminster Cathedral on 29th April 2016.

The Dominican family celebrated Solemn Vespers with his Eminence Vincent Cardinal Nichols and in the presence of the Most Reverend Bruno Cadore, Master of the Order of Preachers. 1100 people gathered in the Cathedral with 55 friars, 70 sisters and 90 lay Dominicans. Also present were the Abbots of Buckfast and Farnborough. The Most Reverend Malcolm McMahon, Archbishop of Liverpool, delivered the homily which told the life of St Catherine of Siena.

Father Bruno Cadore, Master of the Order, gave a short homily and Father Martin Ganeri, Prior Provincial, thanked everyone who had contributed in making the day such a success. He mentioned that all benefactors are in their prayers daily. The choir of Westminster sang a beautiful arrangement of the Magnificat which was written for the occasion by Sir James McMillan CBE. After Vespers guests were invited into Westminster Hall where refreshments were served.

President Elect Margaret Valentine

Yesterday, Today and Tomorrow – a Branch President's View

YESTERDAY

The Catholic Women's League was founded in 1906 and the CWL has seen many world events since - World Wars I and II, Vietnam, Korea, Cold War, Berlin wall was built and torn down, '9/11', Man landed on the moon, Women's Rights, Civil Rights, invention of the TV, turn of the millennium, Rock & Roll, all the Saturn voyages, Great Depression, all of C.S. Lewis's books, the internet was invented, Israel became a country and Titanic sinking - to mention but a few.

All these events have happened, some are still here e.g. Women's & Civil Rights, television and the internet and Man walking on the moon is an ongoing event but other events have changed.

Yet we, the members of the League, are still here. Granted, not as many as we were before but nothing is impossible with God. This reminds me of a passage in the Bible, in the Old Testament, Gideon's army is reduced from 32,000 men to 300 men in number but they fought the Midianites and won. (Judges 6:36-7:23) This is definitely less is more.

Don't get me wrong. There are family and friends we have lost along the way and they will be sadly missed and rightly so but that is even more reason for us to rejoice and be happy because we stand on the shoulders of Women who have been through and seen a lot of things, be it good or bad.

TODAY

We are still doing what we are called to do - Shelter the Homeless, Feed the Hungry, Care for the Sick, Clothe the Naked (The Fish & Chip Babies), Befriend the Lonely and Help the Heroes.

As we all know we are going through a Structural change. This may seem scary for some, for others a challenge, but who knows what the future may hold? Our building block today is as it was for the many women before us. As women we are challenged everyday as to how much we

can do in a day. For example, a woman tells her husband she is going to bed. She gets off the sofa in the living room where they were watching TV and heads into the kitchen to wash the dishes, dry them and put them away. She then starts preparing for the next day by making the packed lunches for her children and husband ready for them to pick up in the morning. She checks on the children to see if they are asleep and comfortable. One of the children is still doing his homework so she tries to help him the best way she knows how. She then leaves her son's room and makes sure the house is secure and locked for the night. She then remembers that her husband wanted a specific shirt ironed for tomorrow so she does that as well before getting ready for bed. Then her husband decides to go to bed, and he does.

This is not a typical family situation because I left out the cat being put out and the dog being fed and let out too. We are all remarkable women who face everyday challenges.

TOMORROW

Our future depends on the generosity and willingness of members to take office at any level as well as working at the grass roots of the League. This is my 3rd term of office as the CWL Branch President for Westminster but I couldn't do any of it without the help of Vice-President, Veronica, who brings something fresh and new to the table. She brings a smile and always has something encouraging to say. If you look on Facebook you will always know what she is up to. I call her The GlobeTrotter because she is always doing new things and going somewhere new.

In the Branch we also have our fiery hot Spanish and talented money counting Treasurer, Teresa, who is sharp, intelligent and witty. Last, but not least, our Secretary Carole who is our right hand woman, keeping us up-to-date, letting us know what needs to be done, is structured, disciplined and wise.

We make a good team and that's what it is all about, Teamwork.

As for me, I call myself 'Jack of all Trades, Master of None'. If I was good at everything I did, I would not need anybody and therefore I would be alone in this world and nobody to share anything with. But in the Bible it says I can do all things through Christ who strengthens me. So we all need to try. Even if we don't succeed at least we know what we are good at and there is always someone who is willing to help you along the way. So don't be afraid to try new things and face new challenges because that is how we grow while making the world a better place. Yesterday is gone. We can remember what it

was but we don't live there anymore.

Today is here and I would like to thank you for all your efforts in working for the League and in supporting your parish priests, parishes and the wider community and our home, Planet Earth.

And tomorrow. I wish you all well for the coming year and I hope to see you all at the National Pilgrimage and/or the AGM and Conference in Southport.

Jennifer Hallal, Westminster Branch President

The Holy Door of Mercy

The Holy Door of Mercy is a door to freedom, to love, to justice, to forgiveness, to hope, to joy and a door to peace. If we are free we can fight for the freedom of others:

If we feel loved, it is easier to love others (even those we struggle with);

If we know justice, we can be fair and honest in our dealings with others; If we, who are often making mistakes, are forgiven, then tolerance towards others is the natural consequence;

If we have hope in our hearts, we can overcome the darkest of times together; If I am joyful, it can be infectious; If all of these occur, the pressure is off and we can share the peace that comes from knowing the person who brings all these, Jesus.

The Holy Doors, in Northampton Cathedral and at St Joseph's Church, Gerrards Cross in the south of the diocese, were opened by Bishop Peter Doyle. They are surrounded by bright colours and many people have asked the meaning of these. In early Christianity, Cathedrals were decorated with bright colours and in our church today we still see the symbolic use of colours throughout the Liturgical seasons. The Diocese chose the design and our door mirrors the Holy Door. The festive colours used are golden yellow (bounty of God), red (Holy Spirit) and green (hope). The door of your home is the door to a holy place where God is with you all. Take holy water there, and make the sign of the cross to bless you while you are at home and bless you on all your journeys. The Lord will guard your going and coming, both now and forever. Psalm 122:8

We have been asked to pray Psalm 50 – a psalm of forgiveness. This psalm, like many other psalms and prayers, rejoices that God is always merciful. He is always ready to forgive if only we will turn to him and ask.

Maureen Burrows, Gerrards Cross Section, Northampton Branch



St Joseph's Holy Door of Mercy, Gerrards Cross

Plymouth Summer Camps

Last year, at Buckfast Abbey, we successfully ran 3 Diocesan Summer Camps in July and August. 73 young people came from across Plymouth Diocese to share and explore the Word of God through our theme, Called to Serve. The theme for the Senior camp was explored through John's Gospel. Daily morning and evening prayer was enhanced by joining the Buckfast community for compline one evening, then walking by candlelight around the Abbey site, sharing prayer, finishing in the sensory garden. A new venture on camp was a Murder Mystery evening which featured in the positive feedback from the campers. Other highlights included a meditation at the Ten Commandments Stones on Dartmoor, reflecting on Blessed John Henry Newman's God has some definite purpose for me and a Glow in the Dark blessing and prayer on the top of Haytor. On Junior Camp the theme was explored through artwork, music, drama, discussion, sports and games and a Hawaiian Evening! The camp learned that they are the hands and feet of Christ in the world and that their talents need to be shared with everyone. The week was enhanced by our newly ordained Chaplain, Fr Jacek. We are lucky to have members of the CWL from Devon come in to make our lunch. It's wonderful that the CWL has continued to support camps, thank you all. No child is

turned away and more families need financial support towards the fees so your donations are most gratefully received. Some words from our campers, this time from the Senior Camp: "Senior Camp has helped me strengthen and improve my knowledge of my faith", "Camp is the highlight of my summer every year", "I cannot put into words how valuable these camps are to my life", "A great

experience that offers you various ways to get closer to God, from meditation to a friendly game of Rounders", "I love this camp; it feels like a big family". Last year, I received £500 from the collections at the National AGM. Camps committee would like to use this money to purchase some substantial flooring for our marquee to enhance the reflective environment we create inside.



The marquee was purchased a few years ago with help from an award from the CWL National Executive

National Coffee Morning, 17th April

Boxmoor Section, Hemel Hempstead, held a very successful National Coffee Morning. Members and parishioners enjoyed delicious cakes and pastries, provided for the event, after the two morning masses. All Parishioners were invited and, as well as raising the profile of the CWL in Boxmoor, £156.50 was raised for the local Women's Refuge.



Gerrards Cross Section held a coffee morning following the 9am and 11am Masses. A display of Section and National news was displayed and CWL News and bookmarks were offered to parishioners who enjoyed a selection of cakes with their coffee. Many cakes, large and small, were purchased and a raffle held. £305 was raised towards Section funds and our Local Refuge project.

Crewe Section held a Coffee Morning and to raise awareness of the CWL, a display board and their banner was on show with leaflets and copies of the Section programme. Many flyers were also printed. Members



Crewe members

looked very smart in their CWL tabards and aprons - these are now used when CWL is involved in Parish activities - a good form of advertising ourselves!

Dorchester Section hosted two coffee mornings. A parishioner made beautiful cakes - too good to eat! One gentleman bought one, not to eat but to display in his kitchen as it matched the colour scheme!



Too good to eat!

Weybridge Section held an Awareness Weekend including a Tabletop Sale with bricabrac stalls and a tombola. Bacon baps and a multitude of homemade cakes were available. Next morning, at the Coffee Morning and Left-over Sale, 100 cups were served over the two days and almost £200 raised for funds.

West Wycombe Section had a very successful morning with countless cups of coffee and loads of homemade cakes consumed. But the icing on the cake for us was our visitor, Rose Lule. Rose was visiting England from Uganda and West Wickham was the nearest Section to where she was staying so she joined us for our coffee morning. Rose is in the brown coat, centre of the picture. Rose and the ladies in her section in Uganda make bags to raise funds and we bought these so every time we use our bags we will remember Rose. As you see the bags are colourful and very practical!



Rose's bag

Fiji - Kelly Osborne reports on the devastation of Cyclone Winston



Damage to school buildings

Kelly's article in the Winter edition of the CWL News, told us of her volunteering experience in Fiji, teaching English at a Catholic Primary School in Yokou village. Her determination and a grant of £1500 from CWL, enabled her to repair a classroom in order to open a kindergarten in 2014.

Kelly now reports:

"You may or may not have heard that Fiji was directly hit in February by a category 5 hurricane, Tropical Cyclone Winston, the strongest hurricane ever recorded in the Southern Hemisphere. As an area that is neither used to or prepared for storms of this magnitude, there is widespread damage across the whole country, particularly in rural areas. Being situated on the coast and below sea level, my village Tokou school, Loreto Catholic Primary School and its church, were not only hit hard by the cyclone, but also experienced several huge tidal surges as a result of the extreme weather conditions. The entire population of the village took shelter in their community hall, standing waist deep in sea water all night holding their children up off the ground until the water started to subside. The high winds and strong waves destroyed most of the school, rendering it unusable for some time and swept away the majority of the houses and crops in the village, leaving many families homeless, hungry and many are still taking shelter in the village hall which has only one toilet and no washing facilities."

Please pray for the villagers of Tokou and other islanders whose homes, schools and livelihoods have been destroyed and will suffer the aftermath of the cyclone for a long time.



Damage to school buildings

A DAY OF REPARATION AND CONSECRATION

Our Lady of Mount Grace, Osmotherley

A Day of Prayer and Pilgrimage in Honour of Our Blessed Mother

SATURDAY 16TH JULY 2016

Pilgrims should assemble at 11.30am in St Peter's Anglican church, Osmotherley Village followed by a silent walk to the Shrine. To finish at 6pm approximately. Led by Fr James Benfield.

For further details, please contact:
Mrs Marie Bedingfield
01642 530739 or 07544 540464



BRANCH NEWS

ARUNDEL & BRIGHTON BRANCH 50 years of history

Arundel and Brighton Branch celebrated 50 years at their AGM in Lancing on 2nd April. Mass was celebrated by Branch Chaplain, Father Neil Chatfield, appointed two years ago following the death of Father Kevin Gaskin, who had been our much-loved chaplain for 28 years.

The Branch was formed in 1966, following the separation from Southwark Diocese. We then had 39 sections. In 1991 we celebrated 25 years with sung Mass at Weybridge with Bishop Cormac as the Principal Celebrant. The National President was an honoured guest. We then had 26 sections. Over the past 50 years we have provided a National President and a National Treasurer and at least four members of the National Executive and other National Officers.

Following the completion of her term of office Branch President, Margaret von Speyr, was not able to attend the AGM. It was also a sad day as no one came forward to take on the roles of President or Secretary. We thank Barbara Elms for remaining in post as Treasurer. During the meeting we heard a 'potted' history from the five sections remaining in the Branch. We still have direct members where Sections have closed.

At a Weybridge Section meeting, guest speaker Jane Bourgeois, Chief Executive of Walton, Weybridge and Horsham Citizens' Advice Bureau and North Surrey Domestic Abuse Service, gave an interesting presentation on their work supporting victims of domestic abuse.

Some frightening statistics emerged: since 2000, there have been 32 murders, 38 attempted murders and 4 cases of manslaughter in Surrey, all related to Domestic Abuse. On average, 2 women per week are killed in England & Wales by their partners or ex-partners. More than 1 in 4 women and around 1 in 6 men have experienced domestic abuse since the age of 16. We also learned about Clare's Law and the right to know about a previous history of violent behaviour.

The speaker for our April meeting was Sharon Westby, Diocesan Representative for the Medaille Trust, (a Charity founded by Catholic Religious Congregations to work for the eradication of Human Trafficking and support to those who have been trafficked). The Trust provides holistic healing and comfortable, well equipped, homes.

Traffickers are in small communes and large cities, now generating more revenue than drug trafficking. We are encouraged by Pope Francis to support victims of modern slavery.

The Medaille Trust is now about to open two more safe houses to welcome women and men who are desperate to rebuild their lives. Let us remember them in our prayers.

BIRMINGHAM BRANCH



Branch President with Chaplain Fr. Brendan Carrick

Members' Annual Pilgrimage, in May, to Our Lady of Evesham, was held in the church of St Mary and St Egwin. 60 members plus guests attended. Branch Chaplain Fr. Brendan Carrick led a recitation of the Rosary, followed by a procession with hymns to Our Lady. Mass was celebrated in honour of St Philip and St James. As it was close to the feast of Pentecost, Fr. Carrick chose this for his homily. He commented on how women had been written out of the Church's tradition. He had asked for a picture of Pentecost to be shown screen.

The picture showed tongues as fire on the heads of men and Our Lady, but no other women. Father found it embarrassing when, at formal religious events, a priest headed the procession with only a token woman included. 'Food for thought'. After the liturgy a shared tea was enjoyed by all.

BRENTWOOD BRANCH

Faith in Action, A Joint Initiative

Upminster Section facilitated placements for the Sixth Form Girls from the Sacred Heart of Mary School, Upminster Youth Group of the St. Vincent de Paul Society, to undertake voluntary work at the CWL Lunch Clubs. The aim was to give the girls an appreciation and insight of the work of Catholic Organizations and their contribution to the wider community. Attending the Lunch Clubs gave them an opportunity to engage in conversation with retired people and share experiences. As members of the Youth SVP Group, they helped to raise funds to provide Christmas hampers for those in need. Feedback from the girls and people attending the Lunch Clubs has been positive, worthwhile and enjoyable. Everyone involved with the Lunch Clubs wished them success with their forthcoming examinations.

Great Dunmow Section members thank the National Executive for the grant of £2,000 from the Marjorie van den Bosch fund. This will go to St. Columba's School, Kenya, now an academy. The Section has supported for many years mainly from 'after Mass collections', raising about £2,000 a year. The extra grant will give them a wonderful boost. Sister Clare keeps in close contact with the Section. Sister and her assistants save lives and give their pupils a reason to live. The National Coffee morning, plus a raffle which the Section ran for 2 weeks, raised about £400 which is also to go to St. Columba's School.

CLIFTON BRANCH



Granny Stoker, Newspaper cutting

Cheltenham Section, Cecelia Hamilton found, amongst her father's things, a cutting from the Universe in 1971 about her great Grandma on her mother's side of the family who was born in 1870. She died aged 102. The cutting states that she was a member of CWL which Cecelia had never heard of until she came to Cheltenham. Granny Stoker was a cousin of Cardinal Hinsley. It is good to think CWL is a link with past family.

DEVON BRANCH

Devon Branch Retreat, held St Rita's Retreat Centre Honiton, was an enjoyable annual event from 2nd - 4th February. As usual it was well attended, with most members attending on the second day. The Retreat Leader, Sister Benignus, Diocesan Archivist, spoke on the Psalms, Prayer and The Year of Mercy. Fr. Gerald welcomed the group with kindness and his inimitable humour. Members did moving drawings of what the Scripture passages meant to them. One member felt unable to draw, so composed a poem of equal intensity and interest. On the last day, time was spent in prayer including Morning Prayer and Mass and members departed, physically and spiritually refreshed.

The Devon County Show is suffused with a Christian ethic. Different denominations run the Churches Stand. The first day is managed by Catholics, including CWL members. A short service begins each day. This year Catholic Bishop of Plymouth,

Bishop Mark O Toole, preached the homily at a service led by Frances Canning CWL Parliamentary Officer. This is a real oasis in the midst of a commercial environment. There are exhibitors including CWL. The Devon Branch banner and CWL leaflets were displayed, as well as CAFOD, SVP and Catholic Children's Society literature. Jackie Crean, Devon Branch Treasurer, Virginia McGregor and Frances Canning (members of Exeter Section) served tea and cake during the afternoon.

Exeter Section members, proudly wearing their CWL aprons, have been helping out each month at the Mayor's Charity coffee mornings in the historical Guildhall. Many of the cakes served have been made by members. These coffee mornings have been very successful in raising money for the Exeter Leukaemia Fund.



Ivybridge members at the Priory

Ivybridge Section members support the Chernobyl Children's Helpline South West which brings ten children from Belarus for a one month stay in Devon. Staying with a local family they experience many different activities. Members organise a parish clothes collection so that the children take home 30kilos of clothing for them and their siblings. The Section also holds eight produce stalls per year, raising funds for their Christmas donations and the parish. Members also hold two soup lunches every year, supporting CAFOD and Action Aid. Members also continue to do a really great job in looking after the graves and gardens of St Austin's Priory.

DORSET BRANCH

Weymouth Section In this Year of Mercy and in response to the CWL National Project to support local Women's Refuges, Weymouth Section's April speaker was Rachel Carr from the charity The YOU Trust. Their programme in Dorset, focuses on providing support, advocacy, help and guidance for victims of domestic abuse. This can be physical, sexual, emotional, or psychological. Maybe a single incident or more occurring between people aged 16 who are family members or in a relationship. Section members were impressed with Rachel's commitment in delivering this programme. A donation for the Women's Refuge, Dorchester, was given to Rachel at the end of her presentation as there is no refuge in Weymouth. The Trust also works with other local agencies eg a local drug and alcohol abuse agency. In September Theresa Oliveira Meneses will be speaking to us about the role of the agency. A Section donation will be given to aid their work in our local community.

Wareham Section joined in the protest of the planned closure of the pedestrian crossing at Wareham railway station Dorset, effectively cutting Wareham in half. The footbridge is not accessible to mothers with prams, the disabled or infirm. Other plans have been presented. Dorset and Devon Branches started their Pilgrimage at Buckfast Abbey with a procession of



Pat Lockeridge, Region 4 Representative leads the procession at Buckfast

banners around the green to the West Door of the Abbey singing the Lourdes Hymn. Bishop Mark O'Toole was the chief celebrant with Fr. John Watkins of Exeter concelebrating Mass. In his homily the Bishop urged the members of the CWL to talk up their faith and not to hide it in the society of other people. Members and guests shared a cream tea before departing home.

EAST ANGLIA BRANCH

Held their AGM in Wymondham, starting with Mass then an excellent lunch. The mood was positive with all members pledging to do their best in helping take the League forward under the re-structuring plan. Please note: a chapel dedicated to the Far East Prisoners of War is worth a visit. (Our Lady and St. Thomas of Canterbury, NR18 0QE).



Wymondham Church Reredos includes St Margaret Clitherow

Lowestoft Section regularly has a cake stall after Mass (a good way to promote CWL) and Fr. Paul, parish priest, was presented with a cheque for £250. The Branch President, Teresa Wiseman and the Section Chairman Janet Brooks were pleased to welcome new member Margaret Blakeley at the AGM and present her with her badge and prayer card.

Felixstowe Section had a fun evening learning how to ring hand bells and some of the tunes were even recognizable! Possibly the world tour will have to wait until next year though! Ipswich Section's annual Valentine Day's Tea party helps to boost funds and so £100 was sent to the Fiji appeal. June and Henry Teuma have recently celebrated their 60th Wedding Anniversary and were presented with their Papal Blessing. June is a past Branch President of Arundel and Brighton, now living in Ipswich.

HEXHAM & NEWCASTLE BRANCH



Members of the Branch gather for a photo

The members of Hexham and Newcastle were delighted to welcome Elizabeth Upsher to their AGM in April. The next meeting will be the Summer Social in June followed by the Rosary Day in October. All members send best wishes to their very own Margaret Valentine for when she takes on her new role as National President and they thank Elizabeth Upsher for all that she has done in the name of the Catholic Women's League. Morpeth Section has 35 members but as there was a reluctance for anyone to take on the role as Chairman one of the younger members came up with the idea of having Co-Chairmen. This idea is being put into practice with Anne Beattie looking after the Spiritual aspect of the League and Gillian Snaith, the business. We're looking forward to seeing if this works.

MIDDLESBROUGH BRANCH

The AGM of Middlesborough Branch was held on 9th April 2016 at Holy Cross Cottingham, preceded by Mass which was concelebrated by Parish Priest, Fr. Frank Gallagher and Branch Chaplain, Fr. David White. National President Elizabeth Upsher

joined them. Members enjoyed Rosaria's Italian Meal. This taste of Italy has become a very welcome annual event.

NORTHAMPTON BRANCH



Northampton Branch Retreat

The Branch Retreat, held in May, was led by Sister Margaret O'Shea of the Poor Sisters of the Holy Mother of God. The theme was Bountiful Jesus (Women in the Gospels). Eighteen members took part and all enjoyed the interaction. Sister spoke of all aspects of the church, the Synod in Rome and women's place in the church today. The Holy Door of Mercy at St. Joseph's Church Gerrards Cross welcomed 100 pilgrims arriving by cars, bicycles and on foot on a pilgrimage around the church stopping to pray at ten different places of interest.

Gerard's Cross members provided refreshments advertising CWL. Twice a year, Burnham members work with St Vincent de Paul Society members to provide a special Mass with the Sacrament of Anointing of the Sick followed by afternoon tea. The parish serves three churches. CWL members assist by providing readers and Eucharistic Ministers for the Mass and tea and friendship afterwards. 80 people attended in April.

NOTTINGHAM BRANCH

Nottingham Branch held its 82nd AGM on the 28th of May – the last one in the present format, maybe? Members of Stamford Section hosted the day and provided an excellent lunch. Bishop Patrick McKinney concelebrated Mass with Parish Priest Fr. Simon Gillespie and blessed the recently remodelled Altar of St Joseph in St Mary & St Augustine's Church at Stamford. The League's National Secretary, Jean Clarke, was our guest and oversaw the election of Stephanie Crook as the new Nottingham Branch President and thanked outgoing President Elisabeth Cooper for her term of office. A donation of £600 was presented to Bishop Patrick for the Future Priests Training Fund. A group of members of Lincoln Section visited the Apostleship of the Sea mission at Immingham, in April. Fr. Colum Kelly, narrator and guide, gave a fascinating insight into the activities of the port together with the work of the mission. After lunch members were taken around the port area in the special minibus reserved for visitors and sailors coming on shore. Liz Aldridge has completed a 22 mile (length of English Channel) swim for Diabetes UK. She didn't do the swim in one go, nor did she once dip her toe in the sea! Sorry to disappoint you. The swim, completed in a month, was ahead of the permitted time of three months. Hearing about the Mayor of Derby's visit to Nepal with a team of orthopaedic surgeons East Leake Section donated £500 raised by the 2015 Christmas Fayre to the Mayor's fund for the Neverest Orphanage, following the severe earthquake earlier that year. The Mayor was presented with a cheque for £500 and gave an interesting and informative talk with many photographs which made a great impression on everyone.

PORTSMOUTH BRANCH

Portsmouth Branch AGM was held in the Cathedral Hall. Guests included Canon David Mahy, Branch Chaplain who celebrated the uplifting lunchtime Mass, representatives of the UCM and Mothers Union, Regional Representative, Kath Tomlin and Marie Potter, President of Southwark Branch. Guest Speaker, Fr Robin Ellwood, Diocesan Chaplain for the Deaf and leader of the Westminster Signing Choir, taught members some sign language during the meeting. The Cathedral's Director of Music played during Mass and the elected officers took their oath of office.

A presentation was made to retiring Treasurer, Elizabeth Etienne, with thanks for her hard work. The new President, Pat Guegan, nominated joint recipients for her charity. CLIC Sargent (Jersey) a children's cancer charity supporting young cancer patients and their families and Ronald McDonald House, Southampton which runs houses all over the world providing a base for young cancer patients and their families. If you know of any deaf people in your Church Community please email Fr Ellwood robinrellwood@portsmouthdiocese.org.uk



Glasses showing signs of sight impairment

Jersey East Section recently spent a Monthly Meeting at the local self-funded charity, EYE-CAN, formerly the Jersey Blind Society, the oldest registered charity in Jersey. The Centre has a high-tec computer room with voice activated PCs and iPods and new gadgets to make the kitchen a much safer environment. Approximately 20% of very premature newborn babies suffer sight impairment and so the Centre offers occasional baby sensory facilities and also activities for teens and siblings. 4% of members are in total darkness. Section members tried on glasses imitating varying degrees of sight impairment, including macular degeneration including macular degeneration and tunnel vision. Hayling Island Section Chairman, Sheila Butler, showed her art at the Island May Trail when arts and crafts artists show their original and inspiring art in St Patrick's Hall.

SHREWSBURY BRANCH

Held its AGM on 7th May. Mass was celebrated in St Columba's Church by Fr. Jonathan Brandon. Branch President, Julie Hindmarch, reported on Branch events, ensuring that we were all aware of all future proposed changes. Teresa Metcalfe gave a most inspiring talk on the Andante Conference which she had attended. Each Section sends in a full report which is then distributed to all sections. Interesting events or good ideas are reported. Altincham Section collected for the local Women's Refuge and gave a total of 500 gifts. Speakers from Trafford Abuse Service spoke at the recent meeting and an impromptu collection raised £115. Chester Section had their Afternoon Tea for the Queen during their AGM. A superb shared table was enjoyed by everyone with a raffle raising £168. The Isle of Man Section recently presented £202 and gifts to Women's Aid which is responsible for the Women's Refuge. The Chairman, Sandra Slann, presented £340 to GRAIH -the charity which looks after Homeless people. One member had a significant Birthday and held a quiz night which raised £700 for "Mary's Meals". Crewe Section organised a Coffee Morning after their Parish Sunday Masses to raise awareness of the work of CWL.

SOUTHWARK BRANCH

Beckenham Section of St Edmunds Church held an 'open weekend' in March as a showcase for all the parish organisations. The CWL's stall displayed a wide range of material to illustrate their activities and attracted a lot of interest. One new member was recruited. Orpington Section had a tremendous response from the Parish, to the appeal for items for Bromley Women's Refuge. Over 460 items were collected, including bedding and curtains. Chairman Gerry Fane was delighted to receive a letter of appreciation which has been put up in the Church. Gerry has also been working hard to interest younger women in the League and organized a meal out for them. They are keen to form a younger section so that is an answer to prayer. Bromley Common and Forest Hill Sections have also recruited younger members.

WESTMINSTER BRANCH

At the Branch AGM a celebration cake for the Queen was enjoyed by all attending. Adeyfield Section invited the manager and her assistant of the local Women's Refuge in Hemel Hempstead to talk about life at the refuge. The families in need of the refuge are never local as it would be too easy for the perpetrator of the abuse to track them down. The abuse these women suffer is not always physical. Psychological and controlling abuse leaves lasting scars and feelings of inadequacy which can also affect the children. Families often flee their homes and arrive with just the clothes on their backs, and on arrival the refuge supply them with toiletries and some toys for the children. Women are given a voucher for a supermarket so they can buy clothes etc. and a voucher for the food bank as they have to prepare their own meals. Adeyfield members collected unwanted gifts of toiletries and made a donation to the refuge.

St. Bart's Section enjoyed a lively Presentation from Liz Perry, who works in our local Women's Refuge. She was delighted to receive a cheque for £211 (the proceeds of our National Coffee Morning) and said it would be spent on giving the children a day out "to build happy memories for them." This usually meant a day at the seaside where the children could immerse themselves in simple childhood experiences like building sandcastles, paddling in the sea and eating ice-cream. Or it might be a day at an Ark Farm where the children were encouraged to be 'Hands-On' with animals. It was most interesting to hear how the Refuge copes with the demands made on its services and on the problems they face. All incoming ladies, with their children, are victims of abuse and are usually suffering from trauma. Once in the Refuge and shown their own room they are often moved to tears because the room would always look clean, attractive and welcoming with ironed bedding. Little touches like this were important because the incoming lady could see that somebody cared about her. Each family is allocated a key worker who would advise them on their individual needs, eg how to claim benefits, and how each family would be allocated "one job a day" – usually a cleaning or cooking job. The Outreach Service and the Dog's Trust which looks after the cats and dogs of the abused. The

age range of the clients is 16 to 70's with an increase in East European women clients. There are issues surrounding men who have been abused. Children are allowed to be children, they play and no longer have the responsibility of looking after Mum. A sobering thought is that there are 250 Refuges across the country compared to 1,500 Animal Shelters. In April, Boxmoor Section member Eileen, gave a flower demonstration on flower arranging using supermarket flowers. In May, members enjoyed a 'film night' watching The Best Exotic Marigold Hotel, inviting parishioners. Everyone is eagerly awaiting the next one, planned for the autumn. Hopefully, the section will have a picnic at Waddesdon Manor near Aylesbury, in June. Most months, members provide popular homemade soup and refreshments for residents, raising funds for different charities. On Friday 13 May Boxmoor and Adeyfield Sections held a joint WUCWO prayer service at St Mary and St Joseph's Church, also attended by both male and female parishioners. This was an uplifting experience of spiritual fellowship made more special by sharing the Pope's prayers for mercy. Cockfosters Section plays a part in the Welfare Retreat Day for the Elderly and Housebound parishioners. These days begin with Mass followed by lunch. The members cook and serve a hot lunch which is always much appreciated. After lunch the guests are entertained by school children who perform violin playing and Bollywood dancing, to mention just two of the many popular items. Afterwards a service of Sacrament of the Sick, and Benediction concludes with a Tea of Jam and Cream Scones, cakes and endless recourse to the tea pot. These welfare days have become a much loved part of Christ the King Parish and the Section is pleased to contribute to such a happy day for parishioners.



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THE WORK OF THE CWL

International and Liaison with WUCWO

At the beginning of 2015 it was put to our members that CWL take on board two of the Resolutions proposed in Fatima at the General Assembly. It was agreed that we would look at a) The Right to Clean Drinking Water and Sanitation b) The Family.

The Right to Clean Drinking Water and Sanitation

I am pleased to say that during Lent the sum of £8420 has been sent to CAFOD, the official aid agency of the Catholic Church in England and Wales and part of Caritas International. The gift was specifically for CAFOD's unstinting work in helping to provide drinking water and adequate sanitation on a global basis. This money was raised by members holding Coffee Mornings, Cake Stalls and some of our most senior members even tackled Sponsored Walks. Headquarters also donated £5000. The Government declared that they would match £1 for £1 any amount which was raised during Lent, so this amount has already meant a total of £16840 for CAFOD.

The Family

All members were involved in a questionnaire regarding the challenges facing working women in taking care of their family. We received a great response to this. A common thread was the feeling of guilt at not being able to spend more time with the family. Many women are torn between work and running a home. CWL were very proud to have had our Ecclesiastical Advisor, The Rt Rev Peter Doyle, at the Synod in Rome and he was able to take the members' views directly to Rome with him.

During 2016 the members are taking forward another two resolutions - Human Trafficking and Prevention and Fight against Corruption -

Human Trafficking

We are already working with the Medaille Trust who set up safe houses in England for

people who have been caught up in the evils of trafficking. We also are working closely with certain Police Forces who are setting up Anti Slavery Partnerships.

Prevention and Fight against Corruption

Some of our members are volunteers in Prisons and Detention Centres helping to guide former inmates in the right direction when they leave prison to start a new life. It is hoped that CWL members will attend WUCWO European Regional Conference on the suggested theme of Corruption. *This report was also given to WUCWO for "Women's Voice"*

Message from the President General -

WUCWO continues to work on the theme of family, in accordance with the resolution adopted at the General Assembly of Fatima, at the international level. We recently co-signed two written statements for the 31st Session of Human Rights Council of the United Nations in Geneva. One is titled, *Children are not for sale!* and has to do with surrogacy as a violation of human dignity. The other is about Family protection. We have done so together with Giovanni XXIII Association and other Catholic NGOs. On the 13th May, in Rome, Holy Mass was celebrated by the Ecclesiastical Assistant, Fr. Whelan, to mark WUCWO Day. The President General, Maria Giovanna Ruggieri, Virginie Rothey, member of Femina Europa and WUCWO International Representative at UNESCO, Elsa Tosi from Acción Católica Argentina and ex WUCWO Board member, together with the Secretary General, Maria Lia Zervino, were present. Prayers were said for all of the organisations and women across the world who belong to WUCWO, particularly for those who are suffering, who are deceased and also for encouragement for WUCWO to insert itself even further in the journey of mercy laid out by Pope Francis.

**Margaret Valentine,
International & Liaison
with WUCWO Officer**



Attendees at OLC Annual Conference

Our Lady's Catechists

Our Lady's Catechists (OLC), held their Annual Conference and AGM at Kings Park Conference Centre in Northampton from 1st to 3rd April 2016. Once again we were blessed with inspiring speakers, uplifting liturgy, stimulating discussion, and a chance to catch up with old and new friends. The theme of the weekend was 'The Family' and we had two excellent speakers in the Rt. Rev. Peter Doyle, Bishop of Northampton and Ecclesiastical Advisor to CWL, and Canon Michael Cooley, parish priest of Our Lady of La Sallette and St Joseph's Church, Bermondsey, London.

Bishop Doyle spoke about his visit to the Synod on 'The Family' last October. We were given a great insight into the actual 'set up' and 'day to day' business of the Synod.

Our Spiritual Director, Fr. Harry Curtis spoke briefly about the new Rite of Confirmation, in use since Easter in which the wording of the gifts of the Spirit has been slightly changed. He then spoke about the Year of Mercy, reminding us of the Corporal and Spiritual Works of Mercy. This theme continued into a Forum the following day when we discussed how we could help the Church to spread the message of mercy, both individually as Catechists and as an organization.

Canon John Minh, a Prison Chaplain in Peterborough, encouraged us to support prisoners, to get involved with prisons as volunteers and helpers. Fr. Minh's emphasis was that before we talk to people

about God we need to talk to them about their families, to find out the human element. This is what Jesus did, he became human to be with people where they are. Before anything else, we are human. The cross has two elements, the vertical leading to heaven and the horizontal which must envelope the whole of humanity.

An additional Forum on Saturday gave us the opportunity to discuss the future of OLC. Much of the discussion centred on how OLC could move forward which would include more use of social media and the web to advertise and keep up to date. The Saturday evening social with quiz was an excellent evening of good natured rivalry and much laughter!

At our AGM on Sunday, Beryl Wakefield completed her term as Chairman and was replaced by Elizabeth Dixon. We extend grateful thanks to Beryl for all the hard work undertaken during her time as Chairman and we welcome Elizabeth and wish her all the best in her new role.

Advance Notice

Our **Autumn Day** this year is to be held on 15th October, at St. Anne's Church, Alcester Street, Digbeth, Birmingham. The speaker will be Canon John Udris who will talk on the theme of 'G K Chesterton'. The day will start at 10:30am and finish at 3:30pm. Please bring a packed lunch. Details from Sue Andrews, suem.andrews@hotmail.co.uk

Sue Andrews, Secretary OLC

CWL Services Committee

CRITERIA FOR GRANTS

It has become apparent of late that members of the League seem largely to be unaware of how the Services Committee operates in giving out grants and the criteria that we use. I therefore feel it appropriate to make this clear to everyone.

The Services Committee works closely with the Catholic Bishop to the Forces and the Principal Chaplains. We rely on them, as well as the members of the League, to inform us if they are aware of someone, connected with the Armed Services, in need of help.

Requests are welcomed from anyone, serving or retired, or their dependents. **They do not need to be Catholic**, only have a relative who served in the Armed Forces.

Some referrals are made through the SVP, SSAFA, Social Services or the Royal British Legion asking for help to purchase larger items of equipment such as a special bed or wheelchair. Money is given only for specific items eg, a cooker, washing machine, fridge, bed linen or help with household repairs and redecoration.

Requests are also received from young people needing help with a 'one-off' grant towards books for course work or special equipment. ALL applications are checked and verified, and then agreed by the Committee, but in an emergency a request can be dealt with swiftly. All requests are confidential.

Applications are made through the National Secretary who will forward any requests for help to the Committee.

DO BE MINDFUL OF WHAT THE SERVICES COMMITTEE CAN DO AND PLEASE USE THIS COMMITTEE

Bernie Townsend, Chairman CWL Services Committee



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Health and Family

Amoris Laetitia and me - Or perhaps I should ask, what has it got to do with me? Bishop Peter, when he is not acting as our Spiritual Advisor and running the Northampton Diocese, is responsible for Marriage and Family Life for the Bishops Conference, and in the last issue of CWL news, shared with us his experience of the Synod. Amoris Laetitia is the response from Pope Francis to the conclusions of the Synod. His 200 page Apostolic Exhortation on Love in the family is a long read and is not to be rushed. It is a bit like a good pudding. Taste and enjoy and then come back for another slice.

Here are a few slices of what I am enjoying. At the end of April I met up with a group of people, representing the different organisations involved in Marriage and Family life, at Bishop Peter's Home. We were all very impressed with the exhortation, it spoke to us in a language directed at an informed laity. A laity ready and willing to work alongside their Priests and Bishops to develop and support the family through all stages of married life, be they good or challenging.

The Holy Father understands the need to develop a concept of Family Ministry and the importance of the parish as being a family of faith. One where we support and

encourage one another as we all have something to give and to receive whatever our circumstances. Bishop Peter calls it the Synodal Church. He writes, 'A truly Synodal church is one where all of us work together as equals, cherishing each others' gifts and talents as well as our own'.

I did put the case for the wealth of experience and talent in the traditional groups and societies within the Church such as our own, to be used. We have so much to offer our parishes. From organising family get togethers, to offering our advice, born out of experience, of being parents ourselves and being part of a National and World wide organisation. One of our aims in the CWL, is the education of women and was the driving force of Margaret Fletcher's life. Are we well placed to offer an education process to our Parishes?

I look forward to developing that particular slice of pudding when I'm wearing my National Board of Catholic Women badge.

I do recommend that you read Amoris Laetitia. You can download it from the Bishops Conference Web site, or you can buy from the Catholic Truth Society. Read in stages. My opposite number in the UCM recommends chapters 4, 5, 7



Gathered at Bishop's House, Northampton

and 9 as a good start. Watch out for notices of meetings in your Parishes and Diocese and commit to supporting them. Finally, let me know what is happening in your part of the country. I would love to be kept informed. Enjoy your pudding!

Alison Love, CWL Health & Family Officer

Relief and Refugee

You will have seen the news reports and read in the newspapers of the tragedy of desperate migrants risking their lives for the sanctuary of Europe. Whilst governments are trying to 'stem the flow' several charities give support and advice to those migrants in the refugee camps. Pope Francis has shown the way by visiting camps, giving comfort to the migrants and the commitment of the Church to help in this Year of Mercy.

Emeritus Archbishop Kevin McDonald, representing the Caritas Social Agency Network (SCAN), joined Jewish human rights charity, René Cassin, at a recent parliamentary event on detention, bringing together Jewish, Muslim and Christian community leaders and clergy. They called for reform of the immigration detention system. The Emeritus Archbishop stated that whether we are followers of Judaism or Christianity, we all have a responsibility to protect, welcome and support migrants, asylum seekers and refugees, as if they were our own. There was a shared responsibility to highlight the need for a fair and humane asylum system.

Currently, the UK is the only country in the EU that does not have a time limit on how long individuals can be held in detention centres. Some refugees have been held in the largest Detention Centre in the UK, Harmondsworth, for up to 5 years. Parliament recently agreed that children must now be removed from Detention Centres within a year. However, there are concerns for the further 3,000 vulnerable children from Syria who will be resettled in the UK. I hope that the relevant agencies will be able to cope with the needs of these deeply traumatised children. Latest Home Office figures show over 4,000 unaccompanied child asylum seekers are in the UK. A scheme to disperse the children

around the country will be introduced in the coming months.

"Seeking Sanctuary", a charity based in Kent, is working with "Secours Catholique" to provide basic necessities in the Calais camp known as 'The Jungle'. Over 6000 migrants, including a growing number of women and children, now live in the camp. The charity facilitates delivery of clothing, bedding, food and other goods to make life a little more comfortable for the 'residents'. Volunteers drive over with car and van loads of goods as well as funds for ongoing projects such as showers and materials for building accommodation.

A cross, made from the wood of capsized boats washed up on the shores of Lampedusa (off the coast of Italy), has been blessed by the Pope. The island is the arrival point of thousands of war-torn people trafficked from Eritrea and Somalia. Thousands, including small children, have drowned in the Mediterranean, trying to reach the island. One of the islanders was so moved he has carved many crosses from wreckage and presented them to survivors as a symbol of hope. CAFOD will be sending one of the Lampedusa crosses to every cathedral in England and Wales, inviting them to display it. The crosses will also be available in parishes and schools where they can be used to reflect on the refugee crisis and what they can do to help. We can show our support by sending a message of hope and welcome on the Lampedusa Solidarity Action Cards which will be passed on to groups working with refugees. There will be a special event in November to dedicate the messages.

Some of the Refugee and Asylum Seekers Centres in the UK have successful gardening therapy projects, growing their own produce. Southwark Day Centre have

two areas, one in Poplar, East London, where they were offered the surrounding grounds of the church where they have their weekly centre. A small consecrated area was kept in tact. There has been a marked improvement in the mental health of the visitors, especially the men who now have a purpose in their unsettled lives. "Sowing Seeds Therapy" is a successful allotment project of the Barnet Refugee Centre, North London. The CWL Relief and Refugee Team have awarded grants to an increasing number of the centre visitors, two of whom I met a few months ago at their AGM. Its aim is to promote the mental and physical wellbeing of refugees and asylum seekers through outdoor activity in a green environment. The project is tackling social isolation, encouraging integration and improving community cohesion with emphasis on those with mental health issues. Most of the clients see this as a great opportunity to be outdoors, building their confidence, socialising with others especially other allotment holders and improving their English. Cookery sessions

at the allotment enable clients to prepare dishes from around the world using seasonal vegetables.

The Catholic Clothing Guild (CCG) is a great support for the R & R Team. Referrals for children's clothing are made on a regular basis. Without this support we would not be able to manage the needs of some of the families referred, especially school uniform, an important need to help children settle at school. Pamela, one of the Brentwood Guild members, recently visited a centre to deliver clothing. She found that the support workers are mainly involved in copious amounts of legal work with their clients. Pamela found the visit to be very positive as help was needed for a couple in their 50s sleeping rough and desperately in need of clothing. She will take some adult clothing as CCG are frequently called upon to help adults and therefore keep a rail of clothes for this purpose.

Jane Dawson CWL Relief & Refugee Team



Sowing the vegetables



Some mothers can't provide for their children in the way they would like to. Poverty and mental illness prevent children from getting the care they deserve.

If you would like us to come and speak about the work we do please contact Paul Winterbottom on paulw@cathchild.org.uk

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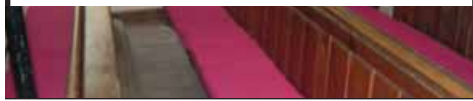
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MAY THEY REST IN PEACE

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

Vera Adams of East Grinstead Section, Arundel and Brighton Branch, died on 29th March, aged 98 years.

Olton Section, Birmingham Branch, particularly remember **Veronica Ash**, who died in February 2015 and **Anna Grogan** who died one month later in March; later the same year **Margaret Lewis** and **Molly Mulrey** both died in November. **Joan Smith** died in March 2016 and **Kathy Jordan** in April. **Tess Yarnold** died in May 2016. They were all members for many years. May They Rest in Peace.

Myra Rich of Weymouth Section, Dorset Branch, died in March 2016. She was a prominent member of St Augustine's Section for many years. In 1974 Myra was appointed Dorset Area International liaison Officer. The concept that Catholic women had the opportunity of a global voice through WUCWO was so important her. For many years she ran a jewellery stall, raising funds for Sao Paulo street children and as a member of the parish sewing group, she helped make a quilt raising funds for a local hospice. Myra was much loved and is much missed, having given many years of service to the CWL.

Margaret Potter, Aylesbury Section, Northampton Branch died in April 2016. Margaret joined Weston-Super-Mare Section in 1963 and then became a member of Aylesbury Section from 1966. She

organised Branch travel and accommodation for many National Councils. She was also wonderful organising games for Section annual suppers. Although illness prevented her attending meetings last year, she managed to attend the section's 60th anniversary celebration in October. She will be greatly missed by all.

Five members of Middlesbrough Branch have died recently. **Betty Gibson**, a member of Cottingham Section for only a few years but is sadly missed and **Joan Williams** was a long standing member and former Section Chairman, always supportive with prayers and donations until her death. She was regularly visited by members and is sadly missed. **Teresa Hume** of Ormsby Section was a founder member of St Gabriel's Section 32 years ago and had been Section Secretary for the last 13 years. She also will be sadly missed. Easingwold lost a founder member, **Frances Kirby** and before Christmas Bridlington lost a dear member in **Beryl O'Toole**.

Patricia Lockeridge, Regional Representative (Region 4) and of Newquay Section, Cornwall Branch would like to sincerely thank all those members of the League who sent her Mass Cards, Sympathy Cards and messages of condolence on the passing of her dear husband, Frank, who died on 29th May at Trelliske Hospital. Thank you all so very, very much. May God Bless You All.

May they rest in peace

The Pearl of York – St Margaret Clitherow

In May 1953 Father Bassett S.J. wrote his usual piece, "All Sorts" for the Catholic Herald. One section, headed Blessed Margaret Clitherow, spoke of the great joy of the Catholics in York about Cardinal Griffin's decision to sponsor the cause for her canonisation. There was to be a National Pilgrimage there on June 24th when many of the twenty thousand members of the Catholic Women's League, together with other organisations, would gather for Pontifical Mass in the Abbey grounds. The martyr's relic would be venerated and Father Broderick would preach. Fr. Bernard also noted, "Blessed Margaret's House, in the Shambles, is now in Catholic hands; it is very sad to see it neglected and dilapidated but the Catholic Women's League will not leave it thus." Fr. Bernard's confidence in the League's devotion was not in vain. However, it was not just the furnishing and refurbishing of her house and shrine in the Shambles which promoted her cause and country-wide devotion. To visit her house in the Shambles, number 36, visitors would have passed a house on the same side and have seen what Father Bernard also noted, the

window of the studio of a Hungarian sculptor. "Never have I seen displayed a greater variety of figures, plaques and statues...Blessed Margaret Clitherow comes out very well. The plaster statues are charming; hand painted statues are more expensive. Parishes and schools - girls' schools in particular - might help the cause of the martyr by making her statue known." In 2008, I wrote to the CWL News asking for anyone who knew anything about our own beautiful statue of St. Margaret to get in touch with me. No answers came my way, until February 2016 when I had an email from the wife of the Sculptor's grandson saying she had read that very letter! Amazed and delighted I contacted her. I explained that I had done a great deal of research via many sources. I asked could her husband verify that what I had researched so far was accurate and would she send me any photos she had of the sculptor. Meanwhile, I had already contacted the Bar Convent in York to ask if they had information in their archives, since they have the St. Margaret's relic in their safe-keeping, in the "Hidden Chapel" of their Convent in Blossom Street. It appears that they have very little and their archivist would be delighted if I was to share anything I discovered and also they would like a copy of my finished article. So, who is the originator of those statues of our patron and of many other religious, historical and secular pieces; who had won prestigious prizes for his sculptures and who also designed figurines for ceramics manufacturer Herends of Hungary? His name is Professor Julius Maugsch, born 1882 in Neusohl, Hungary. He died in 1973 in York, England. I think that most Sections and Branches have a small statue (whether bronze-looking or painted) of St. Margaret who is honoured at CWL meetings. Have a look at the reverse of your statue's pedestal. The sculptor only ever used his surname to sign his work. If it has MAUGSCH imprinted on it then, if interested, you might do your own detective work to find out who gave it/ bought it, when and where, as this is a part of your Section's or Branch's history. Meanwhile my search goes on.



Margaret Clitherow statue



The sculptor working in his studio in York

To be continued...

Barbara Stitt, Leeds Branch

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

The Catholic Church response to the Queen's Speech, May 2016



Welcoming the announcement of prison reform legislation, Rt Rev Richard Moth - the lead Bishop for prisons said:

"This is a remarkable opportunity to place reform and redemption at the heart of our prisons. It is only through a properly resourced system focussed on genuinely helping people to turn their lives around that we will create a safer and more civilised society.

The Church has a strong practical contribution to make. Our chaplains work in every prison throughout England and Wales, and are often at the forefront of supporting prisoners in their rehabilitation. I have found recent conversations with the Minister for Prisons and his staff extremely helpful, and look forward to working alongside the government in the months ahead."

Responding to the announcement of new counter-extremism legislation, a spokesperson for the Catholic Bishops' Conference said:

"The forthcoming counter-extremism legislation must be produced with diligence and careful consideration. It is vital that measures to keep the public safe do not inadvertently curtail free speech or alienate communities. The best way in which to undermine extremist beliefs will always be through the promotion of effective integration."

Catholic Communications Network (CCN)

The Rosary

Father Harry Curtis, chaplain to the students of Warwick University and chaplain to "Our Lady's Catechists", spoke to members of Birmingham Archdiocesan Branch on the "Rosary" which he said encapsulated the "Mysteries of the Christian Life". He had just completed a publication for Our Lady's Catechists consisting of 20 short chapters, each one dealing with a mystery of the Rosary.

Fr. Harry told us that, although everyone knew Coventry was the city where Lady Godiva rode through the streets naked on horseback, fewer knew that it was as a protest against the harsh taxes imposed by her husband on the poor. Lady Godiva had a very strong sense of social justice and when she died in 1080 AD she left a string of jewels on which she counted her prayers to the poor; thus she could be seen as one of the originators of The Rosary.

The Dominicans in the 13th century formalised the practice of saying The Rosary, a source of spiritual strength to them in combating the Albigensian heresy. The practice of saying 150 Hail Marys arose from the psalms. Monks recited 150 psalms in Latin, which poor people were unable to read or understand and so they recited 150 Hail Marys counted on beads. The Dominicans instituted the first Feast Day of the Holy Rosary, now 7th October, the term "Rosary" originating from the idea that this was Mary's rose garden.

Initially The Rosary started with the "Joyful" mysteries, the "joy" emanating from the closeness of the Lord, followed by the "Sorrowful" mysteries and finally the "Glorious" mysteries, marking the "glory of God revealed". In 2002 Pope John Paul II added the "Mysteries of Light" so current practice of praying The Rosary is Joyful Mysteries on Monday and Saturday, Mysteries of Light on Thursdays, Sorrowful Mysteries on Tuesday and Friday and finally the Glorious Mysteries on Wednesday and Sunday.

Anyone wishing to obtain a copy of the new publication should contact the Diocesan Representative of Our Lady's Catechists on 01902 421567.

G Allison

Make your own Rosary Beads

You will need:

Several handfuls of very fragrant petals from three or four unsprayed red roses.
 Small saucepan.
 Thin wire. A needle of the same size as the wire.
 Silk thread or sterling silver wire.
 Small sterling silver beads, diameters of your choice, and a cross
 Powdered orris root (optional).
 Remove the white "heels" of the rose petals. Place petals in a food processor, a blender or a mortar and pestle.
 Place rose-petal pieces in a small saucepan with enough water to cover. Barely simmer the mixture for an hour. Turn off the heat and let the pan cool for an hour.
 Simmer again for another hour.
 Allow mixture to cool to lukewarm.
 Pinch off small pieces of the cooked-rose "dough" that are about twice the size of the beads you want to make. Roll the dough into balls.
 Pierce your beads with the thin wire. You can string several on the same length of wire as long as they remain separated. Dry them on a paper towel for a day or so. If dried too quickly, they'll tend to crumble. If dried too slowly or incompletely, they could develop mould.

When the beads are dried to your satisfaction, you may want to roll them in powdered orris root. Orris root has been used in the past as an herbal preservative to prolong the life of the perfume.

Thread the needle with silk thread or prepare a length of silver wire for your rosary. String the beads in the appropriate order, knotting the thread between each bead and alternating ten rose beads with sterling silver ones. When you have the main portion of the rosary strung, connect the two ends and draw them through a larger decorative bead, add the correct number of rose beads and smaller silver beads. Attach to the crucifix.



Sea Sunday 10th July

Polina - Apostleship of the Sea Ship Visitor (AoS)



Polina climbing on board

On Sea Sunday, the Church asks us to pray for and support the work of Apostleship of the Sea, (AoS) whose chaplains and ship visitors provide pastoral care and spiritual support to seafarers.

Polina, a ship visitor in Cardiff, boards ships in a high visibility jacket, hard hat, gloves and safety glasses. She provides practical support and information to seafarers, helping to improve their welfare.

Women are now more accepted on board, and this encourages seafarers to act in a more civilised way, being polite and more aware of their general appearance. However, the maritime industry is still overwhelmingly a male one.

Apart from being an AoS ship visitor, Polina is also a researcher at the Seafarers' International Research Centre in Cardiff. Most people

are surprised to learn that 95% of the goods we use or consume in the UK arrive by sea. This included everything from mobile phones to cars and fridges to tomatoes.

Many seafarers don't see their families for almost a year at a time, and then have a short period with their family before signing another contract.

Polina has sailed with several cargo ships for periods of between 12 and 22 days, and has seen the hardship of seafaring life from up close. When ships arrive in port, often the only way to get from the ship to the nearest city is by contacting one of the seafarers' welfare organisations for a lift.

AoS offers vital access to communication aids and friendship, enabling seafarers to feel they are being cared for and not entirely isolated.

With thanks to Polina Baum-Talmor and Greg Watts, AoS.

Gardening is Good for You



Summer Blooms for the Festival

When you look through your window in the morning, are your spirits lifted by the sight of your garden or window box? Good, because you are already lowering your blood pressure, increasing your brain activity and generally feeling upbeat!

I remember the first little plot of earth which my father mapped out for me when I was about five years old. He was an avid gardener and grew most of our vegetables. I started with marigolds, nasturtiums and for-get-me-nots and decorated the boundaries with stones. I was hooked. Many of us have grandchildren or nephews and nieces we are close to, so what better way to introduce them to the benefits of gardening and a healthy lifestyle. Having to care for plants is a good way to learn responsibility for other living things and when we are small it helps develop an appreciation and love of the magic of nature. Horticulture is a great equalizer as plants don't mind who tends them and it is a wonderful way to socialize. Recently there have been a number of articles extolling the virtues of gardening in

improving mental health. A study found that just 30 minutes a week spent pottering in the garden can boost feelings of both self-esteem and mood by dissolving tension, depression, anger and confusion. This health factor has been given its own name - Horticultural Therapy - and is being used to treat hospital patients, calm prisoners and children with a diagnosis of ADHD, who are all benefitting from time outdoors. Kathryn Rossiter, CEO of Thrive, one of the UK's leading charities in disability and gardening, says, "as well as the strong therapeutic value of gardening it can help people connect with others, reducing feelings of isolation. It makes us more active, gaining both physical and mental health benefits". I have started a Gardening Club at the school where I teach and it has become so popular that there is a waiting list to join!

The children are so excited planting, watering and yes, they do have to dig, hoe and weed. Do you remember the nature table at school? Ask your children/grandchildren if they have one at their school. Statistics tell us that they only exist in 24% of schools. Many children have never held a worm, don't know the names of common birds and flowers, don't play outside. 10% of children have been diagnosed with mental health disorders. So let's make it our mission this year to introduce a friend, relative, child or even ourselves to the joys and benefits of gardening and the outdoors. Freud said, "Flowers are restful to look at. They have no emotions or conflicts." See you in the garden!

**Louise Dance, Burnham Section,
Northampton Branch**

June - the Month of Roses

Roses are often chosen by gardeners for their showy, fragrant blooms, however, this versatile plant has many other uses. These range from perfumes and cosmetics to preserves and confectionary. They have also been used in herbal medicine. Since ancient times, the plant has been recognised for its medicinal properties. In approximately 75 A.D., Pliny the Elder stated that 32 diseases were treatable with preparations of Rosa Gallica and Rosa Damascene. Rosehips from a selection of rose types, including Rosa Rugosa, Rosa Canina and Rosa Moyes, are remarkably rich in vitamin C.

Damask rose, Rosa Canina and Rosa Gallica are cultivated to extract rose essence, which is an important ingredient in the cosmetic industry. Obtaining the essence is a very expensive operation and takes about 10,000 strong-smelling roses to produce a very small volume of essence.

Another bi-product of rose distillation is rose water, which is a diluted version of the rose essence and has a pleasant scent. However, it is so easy to create at home. Store it in the fridge and use as a flavouring agent. It can also be purchased at good supermarkets.

Potpourri consists of dried petals and aromatic leaves. It has a delicate fragrance which perfumes a room. The petals are dried slowly at a low temperature and often combine elements of roses and other flowers. Adding a few drops of rose essence can increase the strength of the fragrance.



Rose Potpourri

One dozen roses

Large plate

Newspaper or cardboard

½ teaspoon ground cinnamon

½ teaspoon dried lavender

Rose essential oil or rosewater

Sealable glass container

Directions:

1. Collect the rose petals on a dry day. Spread the petals over a plate covered with a layer of kitchen paper. Place them in a warm, dry spot for two to three days.
2. When the petals are crisp around the edges, place in a sealable glass jar. Sprinkle the mixture with one half teaspoon each of ground cinnamon and ground lavender. Add four to five drops of rose essential oil or rosewater. Close the container, and shake. Enjoy!

Eileen Carkett



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