

Be you therefore
merciful, as your Father
also is merciful.

Luke 6:36



The Catholic Mother

Newspaper of The Union of Catholic Mothers

Winter 2015

www.theucm.co.uk

Vocation and Mission of the Family

**The XIV Ordinary General
Assembly of the Synod of Bishops
held in the Vatican from
5 - 25 October 2015**

Thank you to all members who discussed *The Call, The Journey and The Mission*; all responses were forwarded to Elizabeth Davies, Marriage and Family Life Project Officer. The full responses may be found on the Bishops Website:
<http://www.catholicnews.org.uk/Home/Featured/Synod-of-Bishops-on-the-Family/Family-Survey-Responses>

Hard on the heels of the Family Synod Press Conference in Rome, Cardinal Vincent Nichols and Bishop Peter Doyle called a Press Conference in London on 27 October to recall their experiences at the Bishops Synod; I was fortunate to be present at the meeting.

'Immensely rich, encouraging, exhilarating, very tiring'; three weeks of intense discussion by the Bishops from around the world, led and guided by Pope Francis, came together and discussed, some with strong feelings or disagreement, 'The Vocation and Mission of the Family in the Church and in the Contemporary World'. Cardinal Nichols commented that the Bishops were not engaged in competition nor power play; there was an openness and freedom that has not always been enjoyed. Pope Francis went to great trouble to make sure that all were at home and relaxed; his presence was crucial as he guided the Bishops in their Synod journey. It is felt that the Synod will help us to develop and have freshness as to how we view the family. Phrases quoted by Cardinal Nichols were 'The family is the mystery of love of the Trinity; the family is a light in the darkness'. Many said that 'the family is the most important thing in my life and that I would do anything for my family'. John Paul II said that 'the family is the way of the Church'. 'The family is the Icon of God's relationship with its people, a blessing for the Church and the family is the flesh of the Church'. Bishop Doyle spoke of meeting the Bishops from around the world and how the different cultures have different insights into marriage and family life but the common theme is that family is very important.

Cardinal Nichols reminded us that Peter stood up at the Council of Jerusalem and said 'With Peter and under Peter'. The Pope also said at the 50th Anniversary Mass of the Synod that he saw the pattern of the Synods as being central to his understanding of the life of the Church and he also emphasised 'with Peter and under Peter'.

There is a real and strong support of marriage



and family life as key institutions in our world. The emphasis has shifted from the problems to the esteem of families throughout the world. Cardinal Nichols' favourite phrase is 'The family is the flesh of the Church'. He commented that when he was in St Peter's Square at the closing Mass of the Synod waiting for Pope Francis' Blessing and surrounded by every pattern of family life, he looked at them with fresh eyes. Lorraine Richards, NHRHS Administrator, together with Plymouth Diocesan Officers Diana Norman and Teresa Hearn and Mimi Barton also attended this Mass and said that it was something very special.

Throughout the Synod there were reminders and appeals to help those families from The Middle East, especially those who are seeking refuge in Europe. As reported in the Media, there were discussions on those who are divorced or are homosexual but discussion on the latter was limited; it was not the major focus of the Synod. Cardinal Nichols and Bishop Doyle also reported that there was discussion on those living together or in a civil marriage and it is hoped that with the right encouragement, these couples will move forward toward marriage. The Synod focused on the family and on the situations facing the family including those who are divorced or remarried but did not directly address the question of access to the Eucharist. Its purpose is to help those who are divorced or

remarried and walk with them to find the best ways forward for their participation in the life of the Church.

Cardinal Nichols and Bishop Doyle invited questions; one of which related to our multi-cultural society. Immigrants are bringing much joy to our parishes and supporting each other especially when things go wrong. However we were reminded that there is also a need to remember the needs of those with family members in prison and those families of military personnel.

Cardinal Nichols said that some had wanted to limit the work of the Synod to doctrinal issues but others knew that it was a pastoral matter. There has been a long tradition of pastoral practice within the Church; this Synod is inviting us to recover some of these treasures.

The Council of the Synod's Secretariat, of which Cardinal Nichols is a member, will follow up on this Synod and begin to gather in suggestions for the next Synod; Cardinal Nichols hopes that the title will be 'The Joy of the Family' and that the Pope will issue an Apostolic Exhortation.

I was able say that The Union of Catholic Mothers had forwarded responses regarding *The Call, The Journey and The Mission*. I am happy to forward any initial thoughts that you may have after reading and discussing the Synod material on the Family to Bishop Doyle. I imagine that

there will be follow up material issued for us to discuss.

After 54 hours in plenary discussions and 36 hours in discussion groups, Pope Francis will now decide on the way forward as he now has the Synod Report in his hands. Cardinal Nichols has just issued a pastoral letter on the Synod of the Family and he ends the letter by saying, 'I hope, in a while, I will be able to put before you ways in which your prayer and reflection on these themes can be a contribution to this ongoing work of renewal in the life of the Church, in response to the unfailing love of Jesus, under the leadership of Pope Francis and always in union with him.'

The full Press Conference may be found on the Bishops Website: <http://www.catholicnews.org.uk/Home/News/UK-Press-Conference>

Irene Mitchell, National Secretary

Dates for Diary

Deadline for Catholic Mother copy

18 January 2016

**Media Officers Study Day
St Chad's Cathedral, Birmingham**

27 February 2016

**National Study Days
Swanwick, Derbyshire**

2016: 21-23 March

**National Council
16-18 May 2016, Swanwick, Derbyshire
Liverpool hosting, Bishop Tom Williams
will attend on 17th May.**

**71st Walsingham Pilgrimage
4-5 July 2016**

Booking Form on page 16

National Liaison Officers

As reported to your diocesan officers in October, we are starting something new. In order to give more support to the Dioceses we have assigned a National Officer to each diocese to act as a liaison. She is there to help in any way you need – mentor, recruiting, speak at your diocesan AGM etc. (Not to 'take over') You are not alone!

Here is the list of officer and their linked dioceses.

Deputy President Maureen Mayers - Salford and Liverpool.

National Vice President Mary Piper - A & B and Southwark.

National Vice President Anne Emblem - East Anglia and Nottingham.

National Welfare Officer Brigid Hegarty - Brentwood and Westminster.

Public Service Officer Maureen Hurst - Leeds and Middlesbrough.

International Officer Maureen Meatcher - Northampton and Portsmouth.

Media Officer Caroline Mills - Clifton and Plymouth.

National Secretary Irene Mitchell - Shrewsbury.

National Treasurer Angie Higginson - Hallam.

National President Val Ward - Lancaster and Birmingham.

I hope this will be a positive move forward in cementing relationships within the UCM.

Val Ward, National President

Photos, copy and distribution queries for The Catholic Mother should be sent to Caroline Mills, National Media Officer, 4 Copleston Road Southway Plymouth PL6 6RR or by email to catholic.mother@yahoo.co.uk.

For further details about the Union of Catholic Mothers please contact the National Secretary, Irene Mitchell, at ucmnatsec@yahoo.co.uk.

From the National President



Val Ward with Lady Lothian's granddaughter Lady Louise Vaughan

Dear members,

Hello and welcome to the Christmas edition of The Catholic Mother; By the time you are reading this it will be Advent and hopefully most of us will be well into the swing of Christmas preparation in order to have some space for reflective time in the next few weeks.

It has been a most interesting few months with meetings and family time. We had a hopefully productive Diocesan Officers Meeting at St Chad's in Birmingham at the beginning of October and by now I'm sure you have all been updated on this important meeting. As a quick reminder we discussed UCM the way forward; Study Days in March 2016; National President's Pilgrimage 2017; National Liaison Officers and Media issues. You will find references to them within this paper.

I was at two most informative meetings in London; World Homeless Day and Aid to the Church in Need. World Homeless Day was organised by Caritas Anchor House and the short presentations told of their work, their plans for the future, their problems and their successes. You can find more information at www.caritasanchorhouse.org.uk The Chair of the Trustees is Mgr John Armitage the Rector at Walsingham and the President is Bishop Alan Williams our new Ecclesiastical Advisor and it was good to meet up with them again.

The Aid to the Church in Need event was to present a report on persecuted Christians entitled "Persecuted and Forgotten?" to the House of Lords which charts the rise of acts of violence against Christians in the Middle East, China and in parts of Africa and Asia. It covers 2013 – 2015 with comparisons against 2011 – 2013. A young girl spoke who had been kidnapped by Boko Haram in Nigeria along with her family but they managed to escape when left unattended. A most harrowing story. You can read the full report at www.acnuk.org

Torquay was the setting for the CWL Council and AGM and the last time I was there I was a mere slip of a seventeen year old on holiday with my parents. It evoked some very special memories and was an unexpected and poignant gift. It was an interesting time as they too are looking to restructure their organisation for the future. I met up with National President Nan and National Vice President Pauline from UCM Scotland, National Deputy President Monica from UCM Wales and UCM Past National President Sheila Preston along with some ladies from CWL I had met up with in London. The CWL President, Elizabeth Upsher was Cantor at both Masses; she has a beautiful singing voice and during the social evening she sang the Joyce Grenfell song 'Old Time Dancing' (Stately as a Galleon) which brought the house down. It was an enjoyable and informative few days.

From Torquay I travelled across to London where I stayed overnight with National Welfare Officer Brigid Hegarty and attended the 60th anniversary celebration of Women of the Year Lunch. It was founded by Lady Lothian OBE who was a Past President of Nottingham Diocese and past Editor of The Catholic Mother. I spoke to her granddaughter Lady Louise Vaughan (see picture above) and am sending her the article written for the Catholic Mother when Lady Lothian died.

A few days away with some of my family in Centre Parcs was an opportunity to recharge the batteries before a busy November which began with a planning meeting in Walsingham to prepare for our pilgrimage next year followed by the National Committee meeting.

The Facebook page is now up and running and is open to UCM members – so please join us and share what you are doing around the country. Work is continuing on the Website and on new publicity material and I would like to thank you for your patience.

As Advent is now upon us, I hope you can find some space to prepare for this most Holy Season before the festivities begin. On behalf of myself and the National Committee I would like to wish you all a happy, peaceful and joyous Christmas surrounded by those you love.

Kindest Regards
Love and Blessings

Val

Submitting copy for next issue

The deadline for articles and photos for the next edition of the Catholic Mother is 18 January 2016

Please send copy to

Caroline Mills, National Media Officer, at
catholic.mother@yahoo.co.uk.

Thank you.

ARUNDEL AND BRIGHTON



In July some 11,000 people from across the Diocese of Arundel & Brighton (and from our sister Diocese of Chulucanas in Peru) came together to mark and celebrate the Golden Jubilee of the Diocese. This was the largest Catholic event in the United Kingdom since the visit of Pope Benedict XVI. It took place at the Amex Stadium in Falmer, near Brighton, The climax of the day was a Mass of Thanksgiving in the Stadium led by Bishop Richard, alongside the priests, deacons and people of the Diocese.

Entitled Festival 50 there were activities, events and presentations to suit everybody: school choirs performed; liturgical art, craft and drama activities were provided for primary school children; there was a creche for 3-6 year olds; the Youth Stream gave young Catholics the chance to be involved in talks, music and interact with youth ministry projects; a workshop was held for young adults exploring calling and discipleship; a presentation on The Place of the Family in the Life of the Church. Outside the main stadium, there were bouncy castles, a festival funfair and a stage area with live music.

On display was the history of the Diocese and an

exhibition of items from Arundel Cathedral linked to the Diocese. Artists and crafters throughout the Diocese had been invited to contribute something they had made to an Arts and Crafts exhibition. RISE Theatre Company gave a performance of Soldier to Saint, whilst the Festival Cinema showed videos including Bishop Richard's recent installation and the life of St Philip Howard, martyr and patron saint of the Diocese.

There was, of course, the space for prayer, in an interactive prayer room, as well as a peaceful space offered by the Diocesan Retreat Centre, St Cuthman's. Adoration of the Blessed Sacrament was available in the Chapel and also the opportunity for reconciliation. Throughout the day, many well-known people took to the Main Arena stage, including, of course, our new Bishop, Richard Moth, Cardinal Cormac Murphy O'Connor, Dr Rowan Williams, Clare Dixon of CAFOD, Bishop Dan Turley of our sister Diocese in Peru. Whilst in the concourse of both West and East Stands, celebrating the diversity of the Diocese, could be found a range of different organisations, groups and clubs, the UCM 'flying the flag' amongst them.

Janet Franklin

Sheila Goodchild – in thanks

I would like to say thank you for the support, love and kindness I have received from the Union of Catholic Mothers on the death of my husband, Tony. Your mass cards, sympathy cards and telephone calls just keep on arriving. I am overwhelmed.

Tony's funeral mass was a remarkable day, I am sure most of the parish was there, wall to wall of people, and sunshine.

Holy Mass will be offered for all your intentions.

Eternal rest grant unto them O Lord

Clifton

Margaret GOLDING, St Gerard's Foundation
Eunice SELWAY, Sacred Heart Foundation

East Anglia

Tony GOODCHILD, husband of Sheila, Past National President
Trudi WINDMILL, independent member (formerly Holy Apostles West Earlham foundation)

Hallam

Mary Gillooley, former member, Holy Rood Foundation

Leeds

Enid DAVIS, St Edmunds Airedale Foundation
Norman GOODWIN, husband of Eileen, Diocesan Media Officer
Annie HEPTONSTALL, St Patrick's Birstall Foundation
Winnie MELVIN, St Patrick's Birstall Foundation

Liverpool

Josie WHITE, Our Lady of Walsingham Foundation
Mary BAILEY, St Philomena's Foundation
Joan NOLAN, St Philomena's Foundation
Theresa BARROW, St Joseph's Foundation
Beryl MERRIMAN, St Joseph's Foundation
Esther CLARKSON, St Albert's Foundation (105 years old)
Marjorie MCGOVERN, St George's Foundation
Frances ROBINSON, St Margaret Mary's Foundation

Middlesbrough

Richard BORTON, husband of Margaret, St Aelreds York Foundation

Nottingham

Sylvia O'SHEA, Holy Spirit West Bridgford Foundation

Plymouth

Sopia KULKA, Cathedral Foundation

Portsmouth

Hazel MCMAHON, President, St Vincent de Paul Lordswood Foundation
David WEST, husband of Enid, St James Reading Foundation
Maggie BURTON, President, St James Reading Foundation

Salford

Patsy MAGUIRE, husband of Maureen, St Patrick's Rochdale Foundation
James KENNY, husband of Teresa, member of St John's Chorlton Foundation
Philomena KELLY, St John's Chorlton Foundation

Shrewsbury

George MCGORY, husband of Anne, St Anne's Rock Ferry Foundation
Thomas DOBBIN, husband of Pat, St Anne's Rock Ferry Foundation
Margaret SOUTHALL, St Mary's Foundation
Edna CALLAGHAN, St Mary's Foundation
Elizabeth COX, St Mary's Foundation

Southwark

Maria LLOYD, Tolworth Foundation
Jocelyn DEAKIN, Selsdon Foundation



Reflection at Benediction - UCM Pilgrimage 2015

Here in Walsingham, we celebrate that God humbled himself to become man in the person of Jesus Christ, through the working of the Holy Spirit in the womb of the Blessed Virgin Mary. Here in the Blessed Sacrament, we celebrate that through the promise of Jesus to abide with his Church until the end of time, through the working of the Holy Spirit and the prayer of the Church, Jesus Christ is once more mysteriously present amongst us- an extension of the Incarnation. Here in this Sacrament of Love, we encounter Jesus Christ anew and experience once again his healing and transforming power and love just as the people did whilst he was on earth. It is beyond our understanding and yet each one of us can witness to the truth of this in our own lives, as we contemplate our Saviour today in the depth and silence of our own hearts. In this moment of Eucharistic adoration, our eyes are drawn to the Host in the Monstrance – it is our Risen Lord; and our hearts begin to burn within us as we come to recognise and acknowledge his Presence here, like those disciples whose hearts burned within them as the Risen Lord walked with them to Emmaus and whose eyes were opened at the Breaking of the Bread. Here in His Presence, as we gaze at Him and He gazes at us, we share with Him our inmost hopes, our fears,

our joys and our sorrows and we bring into His presence all for whom we need to pray today. The One we worship here is not some remote power. He himself has knelt before us to wash our feet. That gives our adoration hope and joy because we are bowing down before the One who has bowed down before us; and in bowing down we are entering into the love of our Saviour, a love which heals, transforms and saves. Let us ask the Lord to make us more aware of this wonderful exchange, so that what we receive from Him may radiate into our daily lives and into the lives of those we encounter. Then we can take the love of God which we have encountered here back to our homes, to our communities, to our workplaces and to our UCM groups and speak of the great things the Lord has done for each one of us. The Blessed Sacrament calls us to stop. The Blessed Sacrament calls us to ponder. The Blessed Sacrament calls us to wonder. The Blessed Sacrament calls us to worship. As we kneel before Him in adoration let us once again pledge our obedience to the Lord.

**+Alan Hopes
Bishop of East Anglia**



National President Val Ward with Bishop Alan Hopes

HALLAM



Handsworth welcomes new members

A Mass of Enrolment was celebrated at St Joseph's Handsworth Foundation at which five new members were enrolled. Holy Mass was celebrated by Father Adrian Tomlinson, Parish Priest, and Father Kieran Fletcher. Mrs Delia Fox, Diocesan President, presided at the Mass which was followed by a social event.

Knits for newborns

The photo shows pretty baby bonnets for still-born and premature babies in the Jessops maternity hospital, Sheffield. They were knitted by members of the St Vincent's UCM. More than 7,000 babies are born in the Jessops Hospital every year. Their families are supported through all stages of pregnancy, from conception to care after birth. This is one of the largest and most specialist neonatal intensive care units in the country.



SOUTHWARK



Growing membership

It was so exciting to see most of the women dressed in their UCM uniform of blue and white ready for our Annual Thanksgiving Mass held at St David's Parish Abbey Wood, London South East. We have seen the Foundation grow from six members to more than 25 strong active members in the last few years.

The 6th Annual Thanksgiving Mass was held on the 18 October 2015 during which six new members were inaugurated. UCM members actively participated at Mass by reading the Liturgy, taking the offering, and having a thanksgiving procession which followed with a reception at St Benet's hall after Mass.

The UCM is a very active organisation in the Parish. We organise the Summer and Winter Fete every year. The Annual Thanksgiving is a time for the ladies to relax and enjoy the day. After Mass there was lots of food, drinks and activities for the Parish including the cutting of the thanksgiving cake with music and dancing. It was a very successful day and we all had fun.

Anniversary celebrations for Lewisham

On 9 November 1950, Lewisham Foundation held their first meeting at St Saviours. To celebrate 65 years, we joined with representatives from ten local Foundations and Diocesan Officers at a special Mass on Saturday 7 November.

Jean Golder, Treasurer, Lewisham Foundation

Diocesan study day

The speaker for Southwark Diocese Study Day this year was Neville Kirk Smith, director of Aid to the Church in Need (ACN). This charity supports persecuted and oppressed Christians throughout the world. Neville spoke movingly about the people he met on his many visits to the Middle East, including Iraq, Syria and Lebanon, and how Aid to the Church in Need's emergency programme provides material and spiritual aid. These people had all fled their homes some had been kidnapped, tortured and witnessed killings of their loved ones, yet the overriding impression was of people with faith, faith in the Lord to bring peace and reconciliation to their countries; a humbling experience. The number of Seminaries is growing year on year.

We were given a glimpse of the reality of life of Christians in these lands and despite this their resilience and faith in the Lord shone out; a true reminder that God is with them in their struggles.

Helen Thompson, Sutton Foundation

Congratulations to All

Diamond Wedding

Pam and Jim LAY, Kidderminster Foundation, Birmingham Archdiocese



Margaret and Tony CHAPLIN, (above) St Joseph's Reading Foundation, Portsmouth Diocese

Joyce and Anthony POTTER, Costessey Foundation, East Anglia Diocese [correction from last issue]

Golden Wedding



Hazel and Joe MCMAHON, (above) St Vincent de Paul Foundation Lordswood, Portsmouth Diocese
Edward and Linda STOKES, Our Lady of

Lourdes Foundation, Hednesford, Birmingham Archdiocese

Philomena and John KELLY, St John's Chorlton, Salford Diocese

Mary and Derek HIGHAM, St Joseph's Foundation, Liverpool Archdiocese

Sue and Geoff BLAKELY, St Joseph's Foundation, Liverpool Archdiocese

Angela and Tony BARBER, Holy Rosary Foundation, Liverpool Archdiocese

Kath and Kevin MOCKLER, St Margaret Mary's Foundation, Liverpool Archdiocese

Lucy and John THORNHILL, All Saints Foundation, Liverpool Archdiocese

Brenda and Bob HOLMES, St Joseph's and Holy Family Foundation, Shrewsbury Diocese

Don and Avril PERERIA, St Bede's Clapham Park Foundation Southwark Archdiocese



Carole and Paul COSTELLO, (above) St Joseph and St Helen's Foundation, Birmingham Archdiocese

Phil and Vinny ROONEY, St Anne's Rock Ferry Foundation, Shrewsbury Diocese

Lou and Marie DOYLE, St Anne's Rock Ferry Foundation, Shrewsbury Diocese

Chris and Mary NEWMAN, Isle of Sheppey Foundation, Southwark Archdiocese

Ruby Wedding



Christine and Mark WOODHOUSE, (above) St Ignatius Ossett Foundation, Leeds Diocese

100th Birthday

Lila HARRISON, St Patrick's Birstall Foundation, Leeds Diocese

Helen DEWS, past member of St. Peter-in-Chains Foundation, Hallam Diocese

90th Birthday

Doris HEYWOOD, Salford Diocese

Agnes MCGRATH, St Luke's Foundation, Salford Diocese

Joan MORTON, Christ the King Foundation, Liverpool Archdiocese

Theo DONNELLY, Holy Rood Foundation, Hallam Diocese

Peggy ROGERS, Christ the King Foundation, Liverpool Archdiocese

Josie MCVERRY, St Edmund of Canterbury Foundation, Liverpool Archdiocese

Mary MCGUIRE, St George's Foundation, Liverpool Archdiocese

Mary WARD, St Anne's Rock Ferry Foundation, Shrewsbury Diocese

80th Birthday

Hazel SEYMOUR, Horley Foundation, Arundel and Brighton Diocese

Phillipa JULIEN, St John's Chorlton Foundation, Salford Diocese

Pat TELFOR, St Joseph Reddish Foundation, Salford Diocese

Isabella MCVITTY, Blessed Sacrament Foundation, Liverpool Archdiocese

Teresa GUBBA, St Joseph's and Holy Family Foundation, Shrewsbury Diocese

Maura NEARY, St Joseph's and Holy Family Foundation, Shrewsbury Diocese

Brenda HOLMES, St Joseph's and Holy Family Foundation, Shrewsbury Diocese

Phyllis LEAHY, St Bede's Clapham Park Foundation Southwark Archdiocese

Margaret CHARMAN, Selsdon Foundation, Southwark Archdiocese

Cora LITCHFIELD, Selsdon Foundation, Southwark Archdiocese



Lilian Orfila and Shirley Hart

Lillian ORFILA, Vice-President, Our Lady Help of Christians & St. Aloysius Foundation, Southwark Archdiocese

Shirley HART, Secretary, Our Lady help of Christians & St. Aloysius Foundation, Southwark Archdiocese

Jean BEDNALL, St Thomas of Canterbury Walsall Foundation, Birmingham Archdiocese

BIRMINGHAM



60th Anniversary of The Oratory Foundation

Bishop Robert Byrne of Birmingham Archdiocese celebrated Mass for the 60th Anniversary of the UCM at The Oratory Birmingham. Eminent though he may be, his presence was eclipsed by that of Audrey Wardell a founder member now aged 100. The Foundation also has another founding member Carmel Pugh aged 90, who was unfortunately not able to be present. A shared table was enjoyed by all

Susan Martin, Diocesan Media Officer

Enrolment

Angela Smith was enrolled into St Thomas of Canterbury Foundation in Walsall. Fr Kuttikkatt joined the parish in September and the UCM are training him well.

Peggy Cook

Vintage Tea Party

Four UCM members celebrated special birthdays this year, so decided to organise a vintage tea in June for family and friends in Holy Cross Church Hall, Stone Cross, West Bromwich. The theme for the party was food, dress and music from the 50s through to the 70s. The food ranged from spam sandwiches, pink bunny blancmanges on green grass jelly to coronation chicken vol-au-vents and trifles – all homemade.

About 65 people attended, Fr Burke dressed for the occasion and Fr Marshall was delighted when he won pass the parcel.

Everyone said how much they had enjoyed the afternoon and when would we be organising the next get together.

In the photograph are Eileen Pitt, Pat Husted, Jenny Porter and Mary Connelly – receiving birthday floral arrangements from other UCM members.

Jenny Porter, Secretary, Holy Cross Foundation



EAST ANGLIA

Celebrations at Costessey Foundation

Congratulations to Betty Chamberlin and Dorothy Dimelow, who both received their 40 year certificates of membership.

At their harvest supper and quiz and chips evening they raised almost £1000 in total for two charities, a mission in Zimbabwe and Lifeboats East Anglia. They also held a strawberry tea to raise money for their parish.

JERICHO

Combines the Contemplative life with an active apostolate to the destitute.

Vocation information from:
Bro. Patrick,
The Jericho Society
'Mater Salvatoris'
Harelaw Farm, Kilbarchan,
Renfrewshire PA10 2PY
Tel: 01505 614669
thejerichosociety@gmail.com

LIVERPOOL



St Paul's foundation on retreat.

Women of the Bible

Last September members of the UCM of St Paul's West Derby joined together at Sandymount Retreat Centre, Blundellsands Liverpool to focus on "Women of the Bible" in this Year of Faith. One of our members (with more than a little push) volunteered to lead us. We listened to short passages from the Bible about various women and then we were asked to look at our aims and objectives and see which one of these the women fulfilled. On a beautiful sunny day, set in peaceful surroundings with a lovely lunch, we enjoyed a thought-provoking and spiritual day which we all benefited from. We ended a much needed Retreat in good humour – accompanying photo to prove!

We have also been busy raising funds supporting Nugent Care, with one of our members abseiling down Liverpool Cathedral, encouraged by less adventurous members!

Margaret McDonald, St Paul's Foundation

Congratulations

St George's, Maghull celebrated the 60th Anniversary of their foundation with Mass followed by lunch, which the Diocesan Officers also attended. Many congratulations to them.

Abseil

Two photos of Margaret Kerbey's (Diocesan Treasurer) abseil, which raised over £1200 for Parkinsons UK (NW) and UCM Liverpool. Well done Margaret.



Life after Delivery

This thought provoking essay was read out by Mary Gilmartin at Leeds Rosary Rally. [Attributed to Útmutató a Léleknek, a Hungarian writer. Ed.]

In a mother's womb were two babies. One asked the other: "Do you believe in life after delivery?" The other replied, "Why, of course. There has to be something after delivery. Maybe we are here to prepare ourselves for what we will be later."

"Nonsense", says the first. "There is no life after delivery. What kind of life would that be?" The second said, "I don't know, but there will be more light than there is here. Maybe we will walk with our legs and eat from our mouths. Maybe we will have other senses that we can't understand now." The first replied, "That is absurd. Walking is impossible. And eating with our mouths? Ridiculous! The umbilical cord supplies nutrition and everything we need. But the umbilical cord is so short. Life after delivery is to be logically excluded." The second insisted, "Well, I think there is something and maybe it's different than it is here. Maybe we won't need this physical cord anymore." The first replied, "Nonsense. And moreover if there is life, then why has no one ever come back from there? Delivery is the end of life, and in the after-delivery there is nothing but darkness and silence and oblivion. It takes us nowhere."

"Well, I don't know" said the second, "but certainly we will meet Mother and she will take care of us". The first replied, "Mother? You actually believe in Mother? That's laughable. If Mother exists then where is She now?" the second said, "She is around us. We are surrounded by Her. We are of Her. It is in Her that we live. Without Her this world would not and could not exist." Said the first, "Well, I don't see Her, so it is only logical that She doesn't exist." The second replied, "Sometimes, when you're in silence and you focus and you really listen, you can perceive Her presence, and you can hear Her loving voice, calling down from above."



Fashionistas

Twenty members of St Joseph's foundation were invited to Debenham's for a tour of their Fashion Department. One of their number, Bernadette Doyle, was chosen to be a model for clothes for "the Mother of the Bride". Items were selected by a personal shopper. I am sure you will agree that Bernadette played her part to perfection.

Study Evening

Maria Bruns, Study Officer, arranged an evening attended by 65 members from across the Diocese. The speaker was Sr Mary Savio from the Sisters of Mercy order. She spoke of her vocation and work, and gave us an insight into the order's objectives. It was founded in 1831 by Catherine McAuley, an Irish Catholic laywoman. The sisters profess lifelong vows of chastity, poverty, obedience and service to people who are poor, sick and uneducated, especially families who are in need. Sister Mary endeared herself to us by saying "peeling potatoes for the love of God is greater than building a cathedral".

She finished by presenting us with prayer cards with a quote from Sir Jacob Astley before the Battle of Edgehill in August 1642 - "Lord, Thou knowest how busy I must be this day. If I forget Thee, do not Thou forget me."

Twiddlemuffs

Liverpool Foundations were asked by our local Warrington Hospital for help with their "Forget Me Not" Dementia Awareness programme, by producing Twiddlemuffs. After pondering on what they could mean, it all became clear when a pattern arrived from the hospital. The muffs, which are knitted in double knitting or chunky wool, are adorned with buttons, ribbons or costume jewellery. They are provided for patients to help soothe their anxieties, by giving them something to stroke, and of course to keep their hands warm. The call went out and to date over 60 muffs have been completed with more to come.

Catholic Children's Society (Westminster)
 Making A Difference
 Registered Charity 210920

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 Megan Barzaq on meganb@cathchild.org.uk

To support our work visit www.cathchild.org.uk or donate now by using the form below

Donate and Make A Difference

I would like to give (please tick) £10 £25 £50 £100 Surprise us! £

I enclose a cheque/PO/CAF voucher made payable to Catholic Children's Society (Westminster)

I would like to donate by debit/credit card

Type of card (please circle)
 Visa/ Mastercard / CAF / Maestro / Delta / AMEX JCB Cards

Card number

Issue number Security code Card Exp. /

Title: _____ First Name: _____ Last Name: _____

Home Address: _____

Postcode: _____

Signature: _____ Date: ____/____/____

****GIFT AID DECLARATION**
 I confirm I have paid or will pay an amount of UK Income Tax and/or Capital Gains Tax for each tax year (6 April one year to 5 April the next) that is at least equal to the amount of tax all charities (and Community Amateur Sports Clubs) will receive on my gifts for that tax year. I understand that Council tax and VAT do not count. You can increase the value of every donation you make to us, at no extra cost to you, by completing your name and home address details and signing and dating the form.
 I understand the charity will reclaim 28p of tax on every £1 that I gave up to 5th April 2008 and will reclaim 25p on every £1 I give on or after 6 April 2008.
 I want the Catholic Children's Society (Westminster) to treat all donations I have made in the past four years and all future gifts of money that I make from the date of this declaration as Gift Aid Donations.
 Note: If at any time in the future you no longer pay tax as above, please do let us know so we can cancel your declaration. Please also let us know if you change your name or address so that we can update your declarations.
 Signature: _____
 Date: ____/____/____

Please return your donation in an envelope to The Catholic Children's Society (Westminster), St Charles Square, London, W10 6EJ. Alternatively, please call us on 020 8969 5305 to make your donation or log on to www.cathchild.org.uk

LEEDS



Maureen Thompson, John Cuttle and Mary Gilmartin

Leeds Diocese 10th Annual Rosary Rally

In 2005 Leeds Diocese UCM held its 1st Rosary Rally at St Malachy's church in Halifax and 10 years later the event has gone from strength to strength.

Mrs Aileen Queenan, who was Diocesan study day officer at the time, was responsible for the organisation so the first rally was held in her own foundation. Due to ill health Aileen was unable to attend this year's rally which is now held in St Anne's Cathedral in Leeds.

Mothers from both Liverpool and Middlesborough Dioceses joined us in honouring Our Lady during Her special month of October. Following a welcome address from Mrs Mary Gilmartin everyone joined in procession around the Cathedral whilst reciting the Rosary. Mrs Maureen Thompson sang two wonderful solos accompanied by Mr John Cuttle on the organ.

Canon Laurie Hulme, our Diocesan chaplain, concluded the rally by celebrating Benediction and inviting everyone to refreshments in the Cathedral hall.

Eileen Goodwin, Diocesan Media Officer

Congratulations to a faithful member

St Ignatius Foundation threw a surprise party for Christine and Mark Woodhouse to mark their 40th wedding anniversary. Christine has been an active member for over 30 years, holding office several times (she's currently our secretary again). She is a driving force and very hard working. Mark supports her and also takes an active part in everything to opening the bar after the meetings which then become a social event, to making props for our themed evenings, including "stocks" for miscreants at our medieval meeting! Our foundation wishes them hearty congratulations and many happy years together.

Pam Watkins, President, St Ignatius Foundation



St Michael's Foundation celebrating their Silver Jubilee

WESTMINSTER

Reveley Lodge

Members of Northwood Foundation enjoyed their summer outing when they visited Reveley Lodge at Bushey Heath. This attractive small Victorian country house is furnished in that style and boasts a glass veranda running outside the principal rooms. We all enjoyed a strawberry cream tea after we had been shown around the house, before going on a leisurely tour of the very pretty grounds.

During the afternoon, our thoughts were very much with our dearly loved member, Patricia Joy Hagan, who had died at the end of June after a short illness.

Monica Scudder, Northwood Foundation



PORTSMOUTH

Catholic Grandparents Association

The meeting at St John's Cathedral was attended by 46 people from the UCM/CWL and was opened with a prayer to St Anne, the grandmother of Jesus, by the UCM Portsmouth Diocesan President. Our guest speaker Philip Butcher, from the CGA, was introduced.

The CGA was founded in 2002 in Ireland by Catherine Wiley, but has now rolled out to many countries throughout the world. The aim is to help Catholic grandparents to assist their children and grandchildren through prayers and by supporting busy working families. Things have changed rapidly since we were young when families were tight knit communities. Pope Benedict XVI wrote a prayer for grandparents in 2008 which can be viewed on the CGA website (www.catholicgrandparentsassociation.org.) Pope Francis fully supports the CGA.

Today, 40% of the population are divorced with many fragmented families. People are taking longer to get married and to have children. Many families have step parents. The role of the grandparent has changed and is a very active role today. Meeting grandchildren from school and childcare are all roles they take on, free of charge.

With all the technology available to children now, nursery rhymes are dying out, also prayers in the home and rituals of our faith. Grandparents can, with their children's permission, take over these tasks as busy parents always seem to be working. They can answer questions from their grandchildren and interact with them. Symbols in houses, eg crucifixes are no longer displayed. Grandparents have wonderful memories to pass on to their grandchildren.

The CGA supports grandparents and Pilgrimages are made, especially to Walsingham, every year. The day is a fun day with many activities going on involving children, parents and most of all the grandparents. There is a Mass and prayers but the emphasis is on fun. Many activities occur throughout the day. People write a prayer on blue balloons and, at the end of the day, these are released.

Grandparents need to be nurtured as they are like vast computers with so much knowledge stored and children are like sponges who soak up knowledge. We must nurture our grandchildren in our faith. Sometimes children will ask a grandparent a question because "Mum is too busy".

Bishop Philip of Portsmouth is keen to roll-out the CGA throughout the Diocese and it will begin, hopefully, in December. There is vital work to be done with our children.

Pauline Kaznowski, President Cosham Foundation

Diocesan recognition for Bunty

86 year old Veronica Lavender, Bunty to her friends, has recently been awarded a certificate from the Diocese to say thank you for the 36 years of devoted service to the cause of the Mission of the Church throughout the world. In other words she has been emptying and counting the monies in the red boxes in St Edward's Parish, Windsor for the APF (Association for the Propagation of the Faith).

It is not the first time Bunty has had diocesan recognition, for on December 2nd 1995 she received a Diocesan medal for her work as sacristan in St Mark's Church Dedworth.

Well deserved by a wonderful lady.

Bunty is a member, and many times past President, of Windsor UCM.



Angela Murphy, Windsor Foundation

Havant Passion Play

The Havant Passion Play took two years to come to fruition. Why a Passion Play in August, well why not. Grants were obtained and fundraising begun. James Burke-Dunsmore, an actor, writer and artist stepped in when it looked as if all the plans would collapse. James is renowned for his portrayals of Jesus at Wintershall, Trafalgar Square and many places all over the world. So there we had it, a Director and a cast of 70, plus a team of 30 other volunteers to organise an open-air performance in the park at Havant. All these people came together from all the churches in Havant, Methodists, Church of England, Roman Catholics and other faiths and were just ordinary people with a desire to portray the last seven days of Christ's life.

I came to the play late as I was away when the initial casting was done, but suddenly they needed more people for parts and I contacted James Burke-Dunsmore and went along to rehearsals and was given the parts of Dove Trader 4 in the Temple scene and Girl 2 at Peter's denial of Jesus. Rehearsals were frequent and tiring. Costumes and scenery were made and eventually the day arrived. What a day it turned out to be.

After two days of torrential rain, the sun shone on the Saturday and the Sunday. It was estimated that over the two days, 1500 people came to the park with their picnics and chairs to watch this spectacular event. Many had no faith but said they were deeply moved and spellbound by the performance.

I can honestly say that this was the experience of a lifetime for me and it certainly strengthened my faith which, sometimes needs a little prod, as I can sometimes become very complacent about it. If you ever get a chance to go to Wintershall seize the opportunity.

Pauline Kaznowski, President Cosham Foundation



Long service celebrated

Ruth Gleeson celebrated 50 years membership of UCM. Pat Kemp, Portsmouth Diocese UCM President attended our UCM meeting on Thursday 4th June, when she presented Ruth with a certificate to mark her 50 years' membership.

CLIFTON

Street Pastors and Samaritans

The Foundation members who came together for the Diocesan Study Day were treated to two interesting sessions. In the morning two members of Bristol's Street Pastors spoke about their work, and in the afternoon the Director of the Bristol branch of the Samaritans shared her experiences with us.

Unless you have ventured into the centre of Bristol late on a Saturday night, that is, after 10pm, you will probably not have encountered the Street Pastors. Husband and wife team Helen and Robert Harrison began their presentation by outlining the background of the movement, which has operated in Bristol since September 2012

The Street Pastors are an interdenominational group who go out on a Saturday night to chat, laugh and care for the people they meet and to pray for them or for the situations they are in. On the street they wear a clearly defined uniform, and carry with them a bag of equipment to deal with the range of situations they might meet; plastic bags and dustpan and brush to sweep up broken bottles, water and sweets for those who need rehydrating or an energy boost, space blankets for the cold, flip flops for those who have lost their shoes plus a first aid kit, torch, matches, map, and a bible. This very practical assistance was explained to us by Helen, who graphically and entertainingly shared some of her experiences of Saturday night patrols, explaining that far from being a "do-gooder" she had got involved and carried on because of the satisfaction she herself derived.

Robert then explained his role as Prayer Pastor. He does not patrol the streets but stays back at HQ, at the end of the radio, ready to pray when asked for help to deal with the situations the street patrols find, or for specific people if they ask for it. This two sided approach is what makes the Street Pastors a little different as they shepherd the Saturday night revellers.

We were interested to learn how joined up the pastoral system in a city centre can be. In Bristol, a range of groups including the police,

nightclub doormen taxi drivers and the street pastors are linked through the CCTV control centre. In the event of a concern, or an incident they can request camera surveillance, bring in back up, or in the case of the street pastors, fill in that gap between no problem and intervention by the emergency services. They are trained to listen to people's problems, and this can result in diffusing situations before they ignite, finding lost groups of friends or hotels, directing to hostels or the detox van. Mostly, however, they are a smiling, caring presence.

The Samaritans began with one person reaching out to another, giving support. When vicar Chad Varrar invited those with serious problems to attend a "surgery" with him, he found that many didn't get past the ladies of the church he asked to provide tea and biscuits (sounds familiar!). These ladies provided a listening ear, as they would to members of their own families, and many of the surgery attendees left without seeing the vicar; they had got what they needed from those listening ears.

Our speaker, Maggie, the Director of Bristol Samaritans, explained that the Samaritans is non religious, open to all and that a Samaritan must be non-judgmental and totally confidential. They must not give advice, since that involves making judgments, but above all they must be a good listener. This is not a passive activity; it takes a lot of training to encourage callers to explore available options for themselves. Bristol runs four sets of training a year, comprising thirty hours of initial training followed by thirty hours of mentoring at a call centre, with twelve further hours of consolidation. This takes about six months and trainees need to show a very high level of commitment.

Maggie explained that most crises occur between 10pm and 4am. Seven branches across the UK provide 24 hour cover; with 201 linked branches calls will always be answered, though not necessarily by your local centre. We were staggered to hear that Bristol alone

had sixty thousand contacts last year. There were over five million nationally!

As well as running the call centre and recruiting volunteers, we learnt of some the outreach programmes the Samaritans run locally, at The Balloon Fiesta, the Harbour Festival, in prisons and schools and they also have partnerships with groups including Cruise, Mind, Hospital A and E, family courts, and, somewhat surprisingly, St Helena..

Maggie and her one hundred and forty Bristol volunteers do an amazing job. It is demanding on them and their families. Maggie's son calls the sound of her Samaritan mobile ringing the "sound of impending neglect!"

In the words of their founder, Chad Varrar, Samaritans are extraordinary people.....they listen and listen and listen.

An excellent Study Day.

Monica Ovel, Diocesan Media Officer



Street pastor

"The Union of Catholic Mothers Would be Hard to Replace"

- Bishop Alan Williams

In September of this year, the Sacred Heart Foundation welcomed our Diocesan President Pat Uglow who came to talk about the future of the UCM.

Pat spoke to us about the importance of thinking about the work of the UCM on a worldwide level and remembering that although we are only small in local numbers, collectively we can all make an impact on important issues by letting our voices be heard.

In a society where so few people follow a faith, we must encourage all women, especially those younger members and perhaps develop ideas within individual foundations to foster relationships with toddler groups etc. One idea was to produce a small leaflet to be handed out after Mass explaining who we are and inviting women to join us for a coffee morning.

Pat explained to us that a key part in a foundations success is having support from the Parish Clergy and therefore we must build those relationships too, ensuring that our clergy are aware of everything we can bring to the parish and of the support we provide within the community.

A lively discussion followed and we have since had a few new faces turn up to meetings and hopefully these women will find friendship with our group and stay to help the UCM in its mission and build a bright future.

Charlotte Toffolo, Sacred Heart Foundation

NOTTINGHAM

This is just to say a heartfelt "Thank You" to the many dioceses and individual members of the UCM who sent cards and remembered me in their prayers when they learned that I had recently fractured my pelvis. I have no doubt in my mind that my recovery was speeded up by all of your thoughts and prayers. Hopefully I am now fully recovered.

Recently, we have been asked many questions about UCM and its standing in its present

form. My recent experience tells me exactly what UCM was, and still, is about - love and prayers and a feeling of belonging to each other. This is an organisation to which I feel privileged to belong.

Once again, "Thank you and God Bless you all.

Frances Goodman

New members

Three ladies have recently been enrolled into the Loughborough foundation at St Mary's.

Fr Paul Gillham, assistant priest, celebrated Holy Mass at which Dorothy Hutchings, Anne Murphy, and Judith Ngwinjong were welcomed into the foundation.

It was a very spiritual service and we were all richly blessed and comforted by Father's homily.

This is a great encouragement for our Diocese of Nottingham.

Pauline Hallam, Diocesan President



New members at St Mary's

Submitting copy for next issue

The deadline for articles and photos for the next edition of the Catholic Mother is 18 January 2016. Please send copy to Caroline Mills, National Media Officer at catholic.mother@yahoo.co.uk. Thank you.



ST FRANCIS LEPROSY GUILD

This year The St Francis Leprosy Guild celebrates its 120th anniversary. The Guild is the only UK Catholic leprosy charity supporting over 80 centres in Africa, Asia and South America. There are many faces of leprosy.



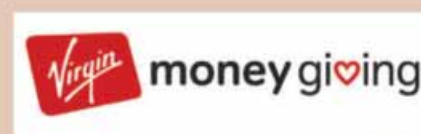
Please remember those who suffer from leprosy, their families and those who care for them

St Francis Leprosy Guild, 73 St Charles Square, London W10 6EJ

Tel 020 8969 1345 enquiries@stfrancisleprosy.org

www.stfrancisleprosy.org

Reg. Charity No. 208741



Compassion for Others

Support for Seafarers

Although Sea Sunday may have passed for 2015, it supports the Apostleship of the Seas' work year round. We all benefit from the sacrifices and hard work that seafarers make to bring so much of the food and goods we rely on. This report concentrates on the work of Sister Marian Davey.

"I work with seafarers where possible to devise coping strategies particularly in situations where it would not be sensible to challenge whoever is creating the injustice," says Sister Marian Davey, Apostleship of the Sea (AoS) port chaplain in East Anglia.

AoS plays a vital part in the Church's mission, which is why Sea Sunday is celebrated each July. This is when the Church asks us to pray for seafarers and support the work of AoS, whose chaplains and ship visitors provide practical and pastoral help in ports around Britain.

Sister Marian, a member of the Sisters of Charity of Jesus and Mary, covers the ports of Felixstowe, Harwich, Ipswich, and Kings Lynn, providing a lifeline to seafarers, who might have been at sea for weeks or months.

She helps with a range of practical things, such as providing Wifi access, mobile phone

top-up cards, or warm clothing. Sometimes she might be asked to help resolve issues over pay or working conditions.

She also offers pastoral care, which could be anything from visiting a seafarer in a local hospital or providing a listening ear to someone going through a bereavement or marriage difficulty.

"My role as a chaplain is wrapped in layer upon layer of something called 'presence', being present to and putting yourself at the service of someone else in a spirit of mutual respect," she explains.

"It may sound a bit corny but chaplaincy for me has to be person centred. At port level a chaplain is perhaps the only person in the chain of moving goods around who is person centred as opposed to cargo centred.

"As a chaplain, I try to flag up to the seafarer that their value and worth cannot be estimated by the price of the cargo they carry but rather they are precious in their own uniqueness as someone who is loved by God.

"Due to the pressure of their jobs, their lack of choice in terms of career, separation

from loved ones etc, it's not always easy to stay connected to the "person within" and also to God waiting silently in our hearts.

"So as a chaplain I spend a lot of time nudging the seafarer to make connections both within themselves and at a wider level with family and friends."

Parts of the shipping industry is poorly regulated and the basic rights and conditions workers in Western countries take for granted are ignored by some shipping owners. Once a ship is at sea, hundreds or thousands of miles from land, there is little a seafarer can do if he is being badly treated.

"For example, it's not uncommon for a crew having to wait three or four months before getting paid when according to their contract they should be paid at the end of every month," says Sister Marian.

"This non payment of salary has huge knock on effects for the seafarer whose family is soon plunged into debt because of having to borrow to pay for things such as basic bills, hospital fees, and school fees.

"I deal with these issues by always letting the seafarer know that if they feel they're in

a reasonable position to challenge the injustice then they can rely on the support of myself and AoS to help them find a way through the problem. And I will help them contact the maritime trade union, either here in the UK or when they return home."

Last November Sister Marian achieved one of her dreams when a new seafarers' centre opened in the port of Kings Lynn. "It is the first time in the port's recent history that a space has been set aside specifically for seafarers to use. This is a big first. Up till now, seafarers had to go into town to buy top-up cards to be able to contact home. Now they have free use of Wi-Fi and internet at the centre because AoS is paying for that cost."

She admits she has another dream. "I hope in the not too distant future a few thousand seafarers across the world might find the courage to stage a "go slow" or stay away from sea for a few days every month and then we would have the experience of seafarer power at long last."

Greg Watts, Apostleship of the Sea

Trip to Felixstowe docks

For several months parishioners in Kettering collected unused religious missals, rosary beads, prayer cards etc in blue boxes. These were blessed, put in a drawer, and forgotten (for a while). These have been blessed, put in a drawer and forgotten. The Apostleship of the Sea have a need for the above items to be given to sailors to provide comfort during their extremely long time at sea. They can be away from their families for up to 10 months of the year. The UCM took these boxes to Sister Marian, the chaplain for the Apostleship of the sea, and learned more about their work.

Thirteen of us set off in good spirits on a Monday morning, despite dismal weather. Our group included a driver, navigator and our visiting priest from Uganda, Fr Joe Kisito. There was confusion over forms and paperwork when we arrived at the passport control office, but we were eventually taken to the docks, with a police escort for all of us!

When we arrived at the dock area the massive container ships were unloading and all the workers wore high visibility jackets and hard hats. This gave us a very good idea of how dangerous the docks can be.

After our tour we were treated to tea and cakes by Sr Marian. Then we learned more about the wonderful care the chaplaincy gives to seamen. I would say it is second to none. Sr Marian not only looks after Felixstowe, but Harwich, Ipswich and Kings Lynn, known as the haven ports. We were all intrigued to learn more about the work of the Apostleship of the Sea.

Sr Marian joined us in the evening for a meal, which added to the wonderful atmosphere of our final treat of the day. After goodbyes we tackled the A14 in heavy rain, but thanks to our driver, Peter, we arrived safely back in Kettering.

**Anna Roberts, President,
Kettering Foundation, Northampton Diocese**



Sister Marian with seafarers.

Peace One Day

For anybody who doesn't know, Peace One Day is celebrated world wide every 21 September. It is a day of global ceasefire and non-violence. Jeremy Gilley is an actor turned filmmaker, who founded Peace One Day in 1999, a non-profit organisation. In 2001 Peace One Day's efforts were rewarded when the member states of the United Nations unanimously adopted the first ever annual day of global ceasefire and non-violence on 21 September - Peace One Day. And yes it does work, for example, in 2007 Peace One Day focused on Afghanistan and on POD the Taliban agreed to a ceasefire. As a result of this four and a half

million children were immunised against Polio.

For the last three years the 'Churches together' in Irlams o'th Height, Salford have marked the day with a Peace Walk in the local area letting off 50 helium balloons carrying white balloons and doves (home made) and finishing with a short service in one of the churches. This year the service was in St. John's C of E Church. For more information about Peace One Day visit www.peaceoneday.org

Pat Ellicot, Salford Diocese



Submitting copy for next issue

The deadline for articles and photos for the next edition of the Catholic Mother is 18 January 2016. Please send copy to Caroline Mills, National Media Officer, at catholic.mother@yahoo.co.uk. Thank you.

Behind each face is a personal story

In 1986 the Cardinal Hume Centre was founded in direct response to the high numbers of homeless young people sleeping on the streets and families living in inadequate bed and breakfast accommodation which its founder, Basil Hume OSB, saw around him in Westminster. Its founding services were therefore a hostel for young people and a family support service, together with a fully-fledged medical surgery; services which continue today, along with immigration advice, employment support and learning services.

Over the last thirty years, the Centre has opened its doors to welcome individuals of all ages from the local community. At the heart of the Centre's approach are the words of its founder: "Each person matters; no human life is ever redundant". The Cardinal Hume Centre enables people to gain the skills and support they need to overcome poverty and homelessness, focussing on the individual, recognising that each human being is different and has complex needs, so its response has to be multi-layered.

Cardinal Hume also said, "Behind each face is a personal story, the circumstances that brought that individual to this state. These people are precious in the eyes of God, and thus must be precious in ours". They are people like Khaltom who moved to the UK in 2009 along with her husband and their nine year old daughter. They had left behind their lives in Iraq to seek a safer life for their daughter. "My country is very beautiful, but it has many problems," says Khaltom, "I still have family in Iraq and I miss them very much, but it's not safe

there, especially for girls and women."

Khaltom initially found it very difficult to settle in a country where she didn't know the language, and shortly after moving here gave birth to her second child, leaving her with little time to learn English.

However in October 2011, when her daughter was just over a year old, Khaltom was able to enrol for a beginner's class in spoken English at the Cardinal Hume Centre. She was very nervous: "When I first came to the Centre I could only say hello and I didn't understand anything." But the teacher and her fellow students were very welcoming and Khaltom soon became a regular.

Over the last four years Khaltom has juggled a growing family with learning English. She was delighted when she passed her speaking and listening exams this summer, and has already signed up to start learning how to read and write in English.

"My children born here speak good English. Sometimes they bring me stories from school and I can't understand them. They say, 'Mummy, help us with our homework', but I'm stuck. That's why I want to be able to read and write."

Khaltom is now having one to one lessons with Alison, a volunteer tutor at the Centre and she is confident that one day she'll be able to help her children with their homework, and read the stories they write for her. Being able to speak English has helped Khaltom integrate into her local community, and has improved her life all round.



Staff at the Cardinal Hume centre teaching skills that will help overcome poverty and homelessness.

"When we first moved here it was very difficult. But since I learnt to speak English life is much better. I can have conversations with people. I can take my children to the GP, and I can talk to their teachers about how they are doing at school. I am much happier."

Khaltom has really benefited from coming to the Centre and her children now attend its after-school clubs and holiday programmes. She is very thankful for having found the help she needed: "The Cardinal Hume Centre has helped me so much. The teachers here are very nice.

They help everyone who comes here; I think it is a very good place."

The Centre's Learning team help individuals to overcome the barriers which are stopping them from integrating with their communities or finding work. Last year over 200 people benefited from its English and IT classes. For more information about the Cardinal Hume Centre please visit www.cardinalhume.org.uk or call us on 020 7222 1602.

Offering Hope to People in Prison

Many prisoners (as many as one in four) in a Youth Offenders Institution are held in conditions bordering on solitary confinement spending 23 hours out of 24 confined to their cells according to the Howard League for Prison Reform.

"One in four boys in Feltham Prison is spending 23 hours a day locked up in his cell in conditions which amount to solitary confinement". HM Inspector of Prisons

This is widespread in our prisons as reported by HM Chief Inspector in February in his report on Rochester YOI in February this year and by the Prison Reform Trust in their report 'Strangeways 25 years on' in March:-

"A prisoner who is unemployed because there is no activity available for him might spend 22 hours a day, and eat all his meals, with another prisoner in a small cell designed for one, perhaps eight foot by six foot, with an unscreened toilet" HM Chief Inspector of Prisons

Against this background, prayer groups become very difficult to organise, and prisoners struggle on their own. Roman Catholic Prison Chaplains are begging for Catholic Bibles and other catechetical resources to support the prisoners in their care in their journey of faith, a faith re awakened by their time inside and away from home.

"Thank you for the Catholic Bible. It is beautiful and has helped me with my faith. It has been a long journey and it has

put me on the track to rightness, faith, hope and goodness" Mark HMP Isle of Wight Catholic Truth Society Prison Appeal 2015

The Catholic Truth Society launched its Prison Appeal 2015 at Easter this year with an Appeal to Members and Supporters of CTS. There is some way to go! We wish to widen the Prison Appeal to all the dioceses and parishes in the country and need your help to do this.

HOW YOU CAN HELP

Go to <http://campaign.justgiving.com/charity/catholictruthsociety/prisonappeal> for the leaflet which explains more about the appeal and how you can support it.

Devon freewheelers

No, its no a motorcycling class for mature ladies, but a talk by Dan Lavery, Founder and CEO of Devon Freewheelers, to the Union of Catholic Mothers at Holy Ghost Church, Exmouth. Dan kept members spellbound for over an hour as he related the harrowing personal experience which had first brought him into contact with the

volunteer service popularly known as "Blood Bikes". This experience, and the lack of a similar service in Devon, led him to found the Devon Freewheelers, a team of highly skilled, and highly trained volunteer motorcyclists.

One of their tasks is to transport emergency supplies of blood, tissues and organs, from

17:00 to 08:00 on weekdays and 24 hours at weekend and Bank Holidays. However, many who have benefited from this service wrongly assume that it is part of the NHS or another funded service. In fact, Devon Freewheelers is totally dependent on sponsors and fundraising. The motor-cycles have to be to a very high specification, as they are emergency vehicles,

and their maintenance is consequently also extremely costly. If you want more information on Devon Freewheelers phone 0300 800 0105 or visit www.devonfreewheelers.org.uk.

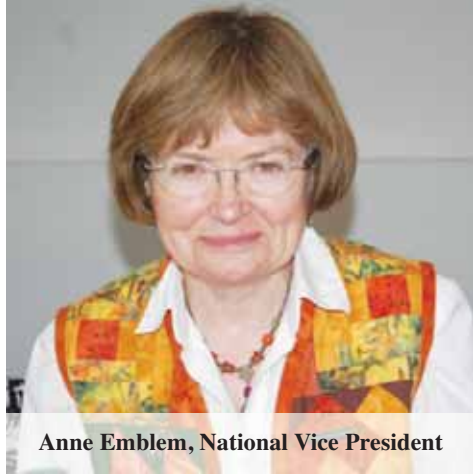
**Siobhan Canham,
Holy Ghost Foundation**



Dan Lavery of Devon Freewheelers and members of the UCM, Exmouth

News from National Committee

National Council of Women



Anne Emblem, National Vice President

[Below is an extract from Anne Emblem's full report to National Committee.]

I attended the National Council of Women Annual Conference on 9th-11th October. There were 70+ delegates, most of whom were branch or individual NCW members. As well as direct members the NCW has 36 affiliated organisations* and UCM was one of just 4 affiliates represented, the others being the National Board of Catholic Women, The Prison Reform Trust and Methodist Women in Britain. (* See <http://www.ncwgb.org/affiliates/> for the full list.)

This was a good opportunity to meet with others of different, or no particular Faith, but with the common goal of addressing discrimination and inequality at all levels of society.

I was proud to be there representing UCM.

Engaging young people: The National Council of Young Women

In a series of short presentations young girls from local schools and colleges spoke on the objectification of women and how this affects their daily lives, e.g.:

- the pressure exerted by advertising materials depicting the 'perfect' body;
- the difficulty of getting the right balance in how they dress, between being labelled 'slut' or bullied for being 'boring' or 'unfashionable' (I'm sure there are stronger labels than these but perhaps the girls were sparing our feelings);
- the 'received wisdom' that it is girl's

responsibility to avoid sexual assault (dress appropriately, make sure you're not alone late at night, be careful what you drink etc.) while no one seems to be telling the boys that sexual assault is fundamentally wrong.

The girls spoke articulately and passionately and the session presented an excellent example of how a predominantly 'aged' organisation such as the NCW is succeeding in engaging the younger generation, by establishing a National Council of Young Women. This has been achieved by NCW members targeting local schools, colleges and universities and developing working relationships with staff, eventually leading to the formation of NCYW groups. Perhaps the UCM can learn something from this?

Anne Emblem, National Vice President

Ideas for our future



Val Ward, National President

maintain our membership numbers for this year; hold fast to what we have and actively work to protect our individual foundations?" What I did not say was ...! the foundations can just tick over...!! This was not the meaning or the intention. To maintain our numbers will involve actively recruiting new members as people move away for whatever reason.

I have decided there will be no President's Charity during my term of office. I think we have more than enough to do in the next three years to move forward without the added burden of yet more collections. The UCM isn't, and never has been, a fund raising organisation. I know we raise money for a variety of charities but that is not our main function. We ARE a charity.

The changes, we are putting into place in 'the way forward', are not dissimilar to other organisations within the Church. The Catenians have been looking at restructuring for a couple of years now and I know there are changes ahead within the CWL.

We realise there may be some unpopular decisions to be made and we hope you will support us because I believe The UCM is still so necessary in our broken country and indeed the world.

I know when you have been in any organisation a long time it can become a bit boring. It's easy to say 'been there, done that', but the changes within our parishes/country/world are often against many things we hold dear. Many foundations just 'go their own way' with very little or no direct contact with either their Diocesan or National officers - as was noticed in the feedback. It is up to you at your Diocesan meetings to encourage, train, support and help the foundations, particularly if they are struggling. Can the Diocesan committee not help them out? Can you or maybe some of your past Diocesan officers (depending on the geography of your individual area) help out on a temporary basis until other members can be persuaded or trained to take office? We all know how reluctant members can be to take up office but we all know that the vast majority of them are more than capable. Maybe they just need some encouragement. Could the Parish Priest help? I know that some are more supportive of UCM than others and if he can't/won't what about your diocesan Spiritual Advisor? Don't leave a door closed, explore every avenue - Don't give up without a fight! We don't want foundations to feel they are isolated from us. It is up to you

to pass on the information you receive from National as swiftly as possible to the foundations for them to inform their members. When a foundation member complains that they never get any information, where is the hiccup? Talk to them about study days and Council and try to encourage new members to come and participate in these events.

Whatever decisions are made today, or at our November meeting, or at Council is not the end of the problem. It won't be time to sit back on our laurels! It's just the start. These reviews will be a permanent, ongoing re-evaluation of UCM to ensure we don't fall behind. Be open to reflect and review and not reject a fresh look at an old idea. Sometimes there isn't a lot that's new just a new way to look at things.

Please PRAY for inspiration and guidance as we find our way through these difficult times.

I promise to you I will give my time, enthusiasm, passion and commitment, as will the rest of National Committee, to The UCM and all I ask is your commitment to give the same.

Val Ward, National President
October 2015

National President's Address at the Diocesan Officers meeting

I would firstly like to clear up something which I said at Walsingham which appears to have somewhat changed in translation. I said..."Wouldn't it be wonderful if we could just

Message from the National Treasurer



Angie with her "treasure", grandson Luke

Hello Everyone

I hope you have all had a wonderful summer and experienced some wonderful moments with your families around the holiday season. Now as we approach the autumn and winter let me remind you all to keep yourselves warm and cosy, as this is always a bad time of year and we want you all to keep safe.

My work as always around this time of year means that I need to be on top of everything that is financial and figures, so could I ask all Foundation Treasurers to be ready to receive your Foundation Account sheets from your Diocesan Treasurer, she will also give you your foundation register, please check that all addresses and postcodes are correct, and if not correct them for me please.

The sheets are quite easy to follow simply tick the column if members pay their subscriptions also tick the column if the member still gift aids their subscription. Also if

you look on the back of each sheet I ask for your name and contact details, this would be very helpful to me if I need any information quickly, without having to bother the Diocesan Treasurer, so please do fill in the relevant information.

Your subscriptions are due on 1st January 2016 the cost is £13 per member. I hope you help your Diocesan Treasurer by making sure that she receives the subscriptions in good time preferably before the end of January, this helps her to help me with my up to date registers of all the UCM Members. All this information is collected and recorded in line with the Charity Commission guidelines, this is why it is important that I have every detail correct.

I would like to thank you all for your cooperation in the above procedures and may I wish you and your families a very Happy and Holy Christmas.

God Bless you all

Angie

A Prayer

Let me touch the hem of your garment,
O Lord,
Let me feel your strength in each tiny thread,
Let this strength flow through my body,
Let it heal, dear Lord, please let it heal me
Physically and spiritually,
Let me live in the hem of your garment forever.

Kathleen Joyce Kelly,
St Luke's Irlam o'th' Height,
Salford Diocese



The National President's Pilgrimage to Greece

IN THE FOOTSTEPS OF SAINT PAUL

September 2017

Below are details of the National President's pilgrimage. Please note all details are to be confirmed. The exact cost can't be determined until closer to the date of the pilgrimage

- Return flights from either Manchester or London to Athens
- Airport departure taxes and carrier charges
- Checked baggage on airline (1 pieces / 20 kg weight)
- Return transfers from destination airport to the hotel with escort assistance
- Provision of a private air-conditioned coach throughout
- 5 nights' accommodation on a half board basis at the Hotel Candia, Athens
- 1 nights' accommodation on a half board basis at the Hotel Kosta Famissi, Kalambaka
- Porterage at Hotel Kosta Famissi
- Lunch during the Saronic Gulf cruise
- English speaking guide provision for all excursions

Excursions as detailed in the itinerary with admission costs to Ancient Corinth; Athens Byzantine & Christian Museum; Acropolis, Zeus Temple and Agora in Athens; Acropolis Museum; Metéora (3 monasteries); a restful cruise from Athens to the Saronic Gulf - visiting the islands of Hydra, Poros and Aegina.

Approximate Tour Price per person £789.00
Anticipated deposit but do not send, only pre-registration is available at this time 250.00
Single Room Supplement £84.00

Travel Insurance (premium valid for all policies issued prior to 31 December 2015 and payable with deposit please) £34.00

Please contact the National Secretary, Mrs Irene Mitchell, to register your interest ucmnatsec@yahoo.co.uk



Evangelii Gaudium: Compassion and Mercy in Mental Health - Part 2



Brigid Hegarty

The Mental Well Being: Listening with Compassion Conference was attended by Mrs Brigid Hegarty, National Welfare Officer. Bishop Richard Moth of Arundel & Brighton Diocese was the chair and also the first speaker. Bishop Moth is the appointed Bishop with responsibility for the Mental Health Project set up by the Bishops Conference of England & Wales and also their representative for Prisons. The Project was established to help increase spiritual and pastoral support for those with mental illness, their families and carers.

Bishop Richard has kindly give his permission for his talk to be reprinted here. This is the conclusion of the talk. Part 1 appeared in the previous issue of The Catholic Mother and the full talk with footnotes is available on request from catholic.mother@yahoo.co.uk.

Dialogue

It is St. John who records the meeting of Andrew and Jesus, and Andrew's subsequent introduction of his brother, Simon Peter, to Jesus.

"Early next morning, Andrew met his brother and said to him, 'We have found the Messiah' – which means the Christ – and he took Simon to Jesus. Jesus looked hard at him and said, 'You are Simon son of John; you are to be called Cephas' – meaning Rock."

We are called to introduce people to the person of Jesus. We are to be Andrew for them. For those who, as a result of ill health, find themselves misunderstood, at the margins of society and – perhaps – overwhelmed with

sadness and fear, the carer, the family member, the professional is the presence of Hope for them. That Hope that leads to the joy-in-depth that comes from living in Christ. Pope Francis offers some very challenging words for us:

"What shines forth is the beauty of the saving love of God made manifest in Jesus Christ who died and rose from the dead."

So, we might ask ourselves if that beauty of the saving love of God shines forth from us. We might also ask ourselves if we can see the beauty of the saving love of God that is present to us in the Cross of ill health, carried by those for whom we care. Since, as Pope Francis puts it, "Faith always remains something of a cross," should we not find it in ourselves to recognise that the one who suffers, who endures the cross, is an example for us?

As a seminary student, one of our staff once said that we should tell the parishioner in the hospital bed that they are an icon of the suffering Christ. I have never done this – and I am not at all sure that it would be a helpful thing to do – but we can surely keep in our minds the fact that the person living with difficulties in mental health, sharing in their particular way in the Cross of Christ, is sharing something very precious with us. They are, perhaps unknowingly, living the Gospel and:

"Before all else, the Gospel invites us to respond to the love of God who saves."

I would like to suggest that what we see here is a dialogue. It is not simply about our service of others, not simply about what we are able to give. It is also about all the things that we receive from those whom we are called to serve. They invite us to engage with the person of Jesus; they offer us an example, often in the face of the most devastating and de-humanising illness. The one living with mental health difficulties has as much to teach us as we have to offer them. It is only through the conversation that the "them" and "us" view that is the consequence of much of the thinking about Mental Health issues in our society will be broken down.

Both as Church and as individuals, it is vitally important that we keep the door open for people – both the doors of our churches and buildings and the doors of our hearts. Pope Francis speaks of this in the *Evangelii Gaudium*, speaking of openness, accessibility and time:

"A Church which 'goes forth' is a Church

whose doors are open. Going out to others in order to reach the fringes of humanity does not mean rushing out aimlessly into the world. Often it is better simply to slow down, to put aside our eagerness in order to see and listen to others, to stop rushing from one thing to another and remain with someone who has faltered along the way."

To return to the image from Benedict's Prologue to his Rule, if we truly seek to see Christ in those we serve, then we must "incline the ear of our hearts to them." Striving to see our pastoral care in terms of dialogue will be transformative and freeing for all concerned. It will enable us to continue to recognise the dignity of the other and once we see their dignity, we shall be open to all they have to teach us. We shall be equals.

One of the themes that I have been discussing recently with prison chaplains is the fact of working within the walls of the prison. Without discounting or undervaluing the custodial sentence (when such is necessary), the Church must act in the pastoral sphere as if the prison wall simply does not exist. We can say that same applies to such structure as the Separation Wall around Bethlehem, at which Pope Francis prayed recently. All people have that human dignity that is a key element in our Catholic and Christian understanding – so the wall is a fiction, no matter how physically solid it may be.

For years, this country locked away those who were considered "insane". For many in our society today, even though the Victorian Asylum is a thing of the past, the person living with mental health difficulties – especially if their behaviour may seem a little strange – is placed behind a notional wall and excluded. Where people have built 'notional walls' we must offer pastoral care that ignores and demolishes them.

The Gospel imperative towards the poor, the sick, is placed very clearly before us by Pope Francis:

"But to whom should she [the Church] go first? When we read the Gospel we find a clear indication: not so much our friends and wealthy neighbours, but above all the poor and the sick, those who are usually despised and overlooked, 'those who cannot repay you' (Lk. 14:14). There can be no room for doubt or for explanations which weaken so clear a message."

For those who care for those suffering from

dementia of one form or another, in a society where so much is measured in terms of utility, the risk of so many in our society being despised and overlooked grows ever greater. The person who, from time to time, exhibits challenging behaviour will often be alienated and rejected in a community whose doors should be open in welcome.

We must be careful that prevailing culture does not blind us to the reality of the Gospel message, for:

"In the prevailing culture, priority is given to the outward, the immediate, the visible, the quick, the superficial and the provisional. What is real gives way to appearances."

We must acknowledge that the one who suffers from stress, from dementia, from an eating disorder, a neurosis, a psychosis will not be perceived as a priority by many in our society. We must be counter-cultural in this respect.

Those who suffer as a result of difficulties in mental health call us out of our security, our comfort-zone. This brings me back to the theme of dialogue, for they are Church in a way that we are, perhaps, not so. Placed on the margins of society – placed behind the notional walls that have replaced the walls of stone – they invite us to a dialogue that is deeply rooted in the love of Christ, in the joy of the Gospel.

"Let us go forth then, let us go forth to offer everyone the life of Jesus Christ. Here I repeat for the entire Church what I have often said to priests and laity of Buenos Aires: I prefer a Church which is bruised, hurting and dirty because it has been out on the streets, rather than a Church which is unhealthy from being confined and from clinging to its own security."

Perhaps one of the elements in the best possible pastoral – and medical care – of those living with mental health difficulties is the development of the "inclined ear of the heart" in the carer, and in the one for whom we care also. This will take time, but enabling them to listen in the right way to all that is true and good – all that we see and experience in the person of Christ – will bring both to walk together on the road to healing and renewed life.

Bishop Richard Moth
St. Mary's University, 6th June 2015

A welcome breath of fresh air!

Anne Nicol sent in this article for members. I hope you enjoy reading how much of a difference our NHRHS charity can make to people. The author asked to remain anonymous.

My husband is disabled, and has been housebound for the last two or three years. He kept asking when we were going on holiday, but all the options previously open to us had been exhausted. He could no longer climb onto a coach or train, and the large "buggy" he needed to get around, was too big and too heavy for me to get into the car.

Since he had, however, spent 22 years in the Royal Air Force, someone put me in touch with SSAFA - the Soldier, Sailor and Air Force Association. As a result, our application was then forwarded to the Royal Air Force Benevolent Fund (RAFBF). After filling in numerous forms, we were offered a week's accommodation at a RAFBF House at Rustington, on the West Sussex coast, in September. My son agreed to take us there in the car. After a long and weary journey we arrived just as the evening meal was being served. The care staff were there to meet us, and my husband was given the use of a mobility chair. He was escorted by them up to his room and down to meals. They

attended to his every need, including medication and washing; one morning they even accompanied him out for a stroll in the fresh air.

We had three meals a day served to us, morning tea/coffee with biscuits, afternoon tea/coffee with cake and hot drink in the evening. There was also a bar, with very reasonable prices - much to my delight! There was a full programme of local trips available to me - and I have to admit I came back with a few new clothes and a couple of bargain pieces of jewellery - so good to have a little time for myself! We met mainly at mealtimes, by which time we had plenty to talk about.

Even my concern about getting to Sunday Mass was taken care of, with transport there and pickup for the return journey: a real blessing.

Before we went, my husband was very anxious and took some persuading to go at all. He expected it to be regimented, but how wrong he was! He enjoyed it so much he can't wait to go again.

When my son picked us up, he remarked "Mother I have not seen you looking so laid back!". So a huge 'thank you' to the National Holiday and Rest Home Service, for helping to make this special break possible. I'm saving up to go again next year!



Princess Marina House in Rustington

Making Time for Prayer as a Busy Mother

As a young woman trying to be the best possible mummy to an active toddler as well as working part time, keeping on top of housework, and all the other many things life throws at me I find that making time to pray gets increasingly elusive. UCM meetings for me are a wonderful built in time for prayer during the week when I can relax (if my toddler isn't running around) and really connect with God outside Church, a time to think about others and how I can help them and to ask for guidance and inspiration from the Lord and from the other women around me.

I started thinking about how I could incorporate prayer into my busy life on a daily basis to bring me closer to God and managed to identify a few 'quiet' moments that perhaps could be spent in reflection.

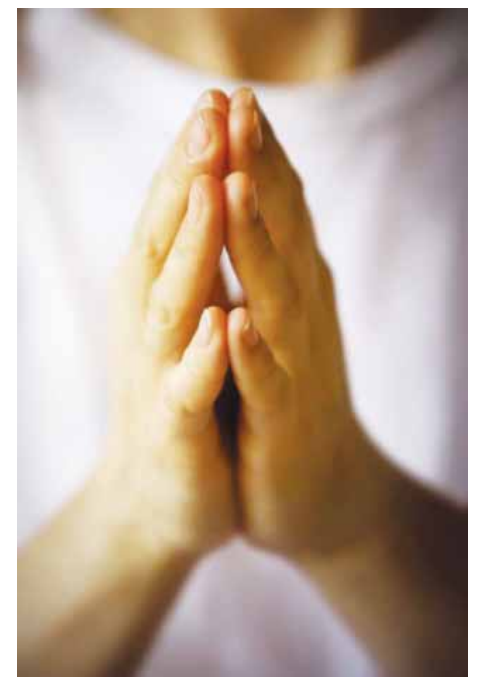
Firstly, feeding my son back to sleep during the night. What better time to thank the Lord for the precious child he has given you than when they are cuddled up in your arms?

When my husband arrives home, I send up a quick prayer of thanks to God for keeping him safe.

As I walk to work, I send up prayers for family, friends, and anyone else I can think of as well as for the injustice in the world. Then I thank the Lord for things that make me smile and for the beauty of his creation.

There will never be 'perfect' times to pray but I find that little and often works well for me.

Charlotte Toffolo, Sacred Heart Foundation, Clifton Diocese



MIDDLESBROUGH



Scarborough and Filey foundations visit Stanbrook Abbey

Scarborough and Filey UCM visit to Stanbrook Abbey

In September Foundations from Scarborough and Filey, in North Yorks joined together to visit the new Benedictine Abbey at Wass, near Ampleforth. The abbey has just completed the building of the church which was dedicated in September. We were also joined by members of the Madonna House Community that are based in Robin Hood's Bay, near Scarborough, ladies from the Scarborough Hospital chaplaincy volunteer group and Fr Abert Schembri from St Peter's, Scarborough.

The presentation was given by Sister Agnes Wilkins who told us about the daily lives of the 22 sisters there and explained the features and the symbolic references of various items of the new church.

A visit to the church followed and it was a wonderful experience to see how beautifully it had been designed to allow a great deal of natural light to shine in on the whole of the interior. The altar is made from a solid piece of stone and the main cross hanging from the ceiling is an item brought from the sister's previous abbey near Worcester that they moved from in May 2009 to settle here in Yorkshire.

We joined the sisters for midday office which consisted of sung psalms, prayers and readings after which we departed.

It was a wonderful day to share with the sisters and the entire group of 35 expressed their thanks and gratitude to the abbey community for the privilege of seeing the new church and witnessing a little of their daily lives.

The photo shows the group outside the new church.

Bernard Wilkins

SALFORD



Salford study event

Salford Study Event – The Medaille Trust

A representative from the Medaille Trust was invited to speak at a diocesan study session. The event was well supported by members from many different foundations.

The Medaille Trust is a registered charity, founded in 2006 by a number of religious congregations in response to the plight of thousands of people being trafficked in to the UK each year. Mr Richard Owens, our speaker, explained that the Medaille Trust now manages eight safe-houses throughout the country, two of them based in Manchester.

The case histories of men and women coming to the safe-houses were truly shocking. Somewhere between four and ten thousand people are trafficked into our country each year and suffer the most appalling indignities and cruelties. The Medaille Trust is very keen to raise awareness of the plight of victims of trafficking. If you are looking for a speaker, diocesan representatives are willing to come and speak about the work of the Medaille Trust to Foundations or parishes.

Our members in Salford found the study session very informative and enlightening.

At the end of the afternoon, Mr. Richard Owens was warmly thanked and applauded and a collection was taken which raised an amazing £250 – an indication of the support felt by our members for the work of the Medaille Trust.

Pauline Conroy

Day trip

It must have been twenty years ago when I last went to the Lake District with the UCM. I remember it fondly, sadly some of those lovely members have passed away. It was a good day out and we thought, we would try to recreate that day. Members of St Joseph's Reddish and St Mary's Denton joined together on our journey to Lake Windermere.

On the way there the weather was shocking, it rained nonstop, the windscreen wipers were going ten to the dozen. As we arrived in Ambleside there was a glimmer of hope, we could see a patch of blue sky, it had stopped raining. The ladies left the coach and boarded a boat that would take us to Bowness. This gave us a chance to eat our packed lunch and have a fantastic view of the surrounding country side. From there, a short walk took us to the shops, of which there are many we were in our element. After a few hours spent browsing and gift buying the coach met us and took us to Branigan's hotel for our evening meal. By this time the weather was glorious as we made our way through the beautiful scenery on the homeward journey. A good day out was had by all.

Margaret Postill

New Secretary

The members of Salford Diocese would like to thank Joan Heffernan for all her hard work after standing in as temporary Diocesan Secretary. We wish you good health and happiness. We would also like to welcome Cath Rutherford to the committee and thank her for stepping forward as Diocesan Secretary

Margaret Postill, Salford Diocese

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NORTHAMPTON

Rosary Rally

Our annual Rosary Rally and Day of Prayer was held in May, continuing the Study Conference theme of "Caring in the Family" - a powerful scope covering our own families as well as our community family, our church family, our work family. We invited Rose and Nigel Stokes to our special day to give a talk. Rose and Nigel have been involved in marriage care from many years, and noticed when doing this work many people needed support in their difficulties within families and family life.

AGM

In June the Kettering Foundation, (President Anna Roberts), were wonderful hosts for the Diocesan AGM and we had an inspirational address by Father Byrne prior to our group discussion on ideas for UCM - the Way Forward.

Summer celebrations

St Francis Shefford Foundation had a splendid Ascot strawberry tea and during the summer went back to school for Victorian lessons and yummy cream tea!

Sam Canning, Diocesan Secretary



PLYMOUTH

An Egg-celent Idea

On a wonderful, sunny morning in mid-August, inspired by UCM member and keen walker Eileen Jenkins, 25 people set out to walk from Holy Ghost Church, Exmouth to neighbouring town Budleigh Salterton. The goal was to raise money for the Egg-a-week Project (run by the Columban Missionary Sisters in Myanmar, to provide essential nutrition for school age children). Eileen was joined by UCM members Mary Chaplin, Theresa Hearn and Siobhan Canham, Father Philip Austen, and a number of Exmouth and Budleigh parishioners. A visiting family took the age range from 6 to 60+.



Only a short distance from Holy Ghost church lies the South West coastal path. One steep slope and a few stops to draw breath and the walkers had reached the Orcombe Point Geonede, to be rewarded with fantastic views of the lovely East Devon coast. On again, and the occasional logjam as 25 people tried to negotiate the rather muddy sections of path (it had poured with rain the previous two days) without falling over or sinking into the mire (white trainers did not stay white long). However we were soon striding along towards Sandy Bay and a welcome cup of tea with more amazing views.

Then the going got just a little bit tougher, and considerably more up and down! Although walking speeds varied considerably, everyone eventually arrived at St Peter, Prince of Apostles Church in Budleigh Salterton to enjoy a packed lunch and refreshments provided by the UCM.

Some returned by bus, but others set off again to walk back to Exmouth via the rather more level disused railway, arriving back at Holy Ghost in the early afternoon to enjoy a wonderful array of cakes thanks to more UCM members.

The many and generous sponsors meant the UCM was able to donate nearly £800 to the Egg-a-Week project. Well done to walkers, caterers and sponsors and thanks to the UCM for such a great fund-raising idea.

Siobhan Canham

Cathedral Foundation

The Cathedral Foundation on the 19th May celebrated their 80th Anniversary. We began with Holy Mass in the Cathedral led by Bishop Mark O'Toole and concelebrated with Father Philip our Spiritual Advisor and clergy from the Parish. This was followed by a gathering in the church hall, catching up with Mothers both past and present and presentation of the 80th certificate from our Diocesan President Diana Norman on behalf of the National President.

Caroline Mills



New members

We were pleased to enrol three new members at St Columba's Foundation, Chesham. Photo - Pictured in the front row (L-R Diocesan President Margaret Bartram, Maria O'Keefe, Marian Rosser & Pamela Mack) The service was also attended by Bernadette Bates, Diocesan Treasurer.



Walsingham

The Walsingham Pilgrimage was well attended by the Diocese and it was great to meet up with many good friends!



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SHREWSBURY

Stalybridge Mad Hatters Tea Party

St Peter's and St Raphael's UCM have raised more than £1,000 for the Alzheimer's Association by throwing a Mad Hatter's Tea Party.

The idea was the brainchild of secretary Marie Bardsley who was the Mad Hatter for the day at the event held at St Peter's Church in Stalybridge. The Queen of Hearts was also in attendance and even the waiters and stall holders dressed for the occasion.

Each year, the parish chooses a different charity to support and the Tea Party was the latest in a number of fundraising events this year. Parish President, Pat Fleming, who attended as Tweedledum and Tweedledee with Parish treasurer Stella Mackie, said: "Everyone worked very hard right from the planning to the presentation on the day and must be congratulated on its success."

"We had a lot of help from our husbands with the setting up and heavy work, which was invaluable. "We were extremely grateful to everyone who attended and to those who could



not attend but sent donations. We have raised over £1,000 which is absolutely fantastic."

The ladies organising and running the event were: Pat Fleming, Stella Mackie, Marie Bardsley, Mary Bergin, Jean Clarke, Barbara Crossley, Winifred Edwards, Moya Evans, Ann

Fee, Angela Feeley, Luisa Greenhaigh, Margaret Hambleton, Trisha Healey, Dilys Hirst, Kath Hughes, Margo Lloyd Jones, Carol McClusky, Eileen Smith, Rosemary Stafford, Margaret Taylor, Lorraine Vaughton, Sheila White, Ann Taylor and Eileen Bancroft.

Sacred Heart Foundation

Earlier this year Sacred Heart Foundation, Moreton, Wirral were pleased to have the Mayor of Wirral as a speaker. He explained the function of the Mayor and was very good in not being party political. He answered questions from the ladies and it was a very interesting evening all round.

We held our annual fundraiser for St John's Hospice in September when the ladies of our

entertainment group treated us to a very funny show entitled 'Fun in the Sun in Cost-a-Lot'. The story was of a group of UCM mums on a trip to Cost-a-Lot and the mayhem that ensues. Lots of fun, songs and wonderful talent from our lovely ladies as always. The first evening was an ecumenical audience from local churches and the second night we played to our sister UCMs. We were delighted to have raised £1500 for St John's hospice.

Continuing to show their love and generosity to anyone in need, our ladies had a collection for the Syrian Refugees, which was taken across the Channel by a local TV station. The

collection included many tents, blankets, clothing, shoes, even camping chairs. So, our Foundation still flourishes and tries to keep up the UCM ethos of practical help and love to our neighbour, wherever he may be. The new prayer for new members will be said in our Foundation and we pray the Holy Spirit responds; like many other Foundations, we do have an ageing membership (although you wouldn't think it on our show nights!), so the prayer is needed, how else can foundations survive.

Pat Hughes, Sacred Heart Foundation

Oh, What a Spiffing Party



We decided to celebrate the 70th Anniversary of the ending of World War 2 with a nostalgic look at the past. As we meet in a sheltered accommodation, residents, our friends' circle and other supporting friends were invited to the party.

The lounge was decorated appropriately with a Regimental Flag, patriotic bunting, and small Union Flags in the centre of each table. A colourful display of "War" posters urged us to "Dig for Victory" and reminded us that "Careless Talk Cost Lives". As we arrived we were tagged with a luggage label as in evacuee procedures.

Members provided gas masks, helmets, manuals and relevant picture books which were put on display helping to create a festive atmosphere. Some of us dressed up for the occasion, with several factory girls in overalls and head scarves. We even had an evacuee in short

trousers and cap and one brave lady drew stocking seams down her legs!

The menu too was in keeping. We served spam, paste and jam sandwiches, followed by jelly and blancmange and gooseberry pie with evaporated milk. All washed down with dandelion and burdock, ginger beer and lemonade.

For entertainment we had a quiz based on a wartime theme, a raffle with suitable prizes including "Spitfire" biscuits and "Bombardier" beer.

Accompanied by the piano we sang Vera Lynn songs with great gusto whilst waving our flags! One member took the lead and another played the ukulele.

The event brought back many memories to the more senior ladies among us and was rated a great success by all.

Continuing on the theme of war we pray continually to Our Lady Queen of Peace and recently have also been using the Cafod Prayer for peace in the Middle East.

Angela Barry, Secretary Holy Apostles and Martyrs Afternoon Group



Afternoon tea

The photograph above shows some members of St Wilfred's UCM enjoying afternoon tea at Blakemere Craft Centre in Cheshire. We were celebrating 65 years as a Foundation.

Fr Paul joined us after we had Mass at St Wilfrids Church before going onto to have a wonderful afternoon tea. A really nice afternoon.

Pope values role of women

Church needs to value 'immense contribution' made by woman, says Pope Francis

This message comes from Premier Christian Media and was written by Antony Bushfield.

The Catholic Church needs to place greater value on the role of women, Pope Francis has said.

He made the call after arriving in Philadelphia, the City of Brotherly Love, for the final leg of his US visit.

After speeches to Congress and the United Nations earlier this week aimed at spurring world leaders

toward bold action on immigration and the environment, he is expected to focus more heavily on ordinary Catholics during his two days in Philadelphia.

During a mass for about 1,600 people at the downtown Cathedral Basilica of Sts. Peter and Paul the Holy Father used his Homily to promote women in the Church. He said the future of Catholicism in the United States requires a much more active role for lay faithful, especially women.

"It means valuing the immense contribution which women, lay and

religious, have made and continue to make to the life of our communities," he said.

Francis has repeatedly said women should have a greater role in church leadership, though he has rejected the idea of ordaining women.

His praise of nuns marked his second such public expression of gratitude in the US after the Vatican under his leadership ended a crackdown on the main umbrella group of American sisters. Nuns in the cathedral appreciated the gesture.

"We have felt very strong support

from him," said Sister Catherine Darcy of Merion, Pennsylvania, one of about 50 members of the Sisters of Mercy of the Americas at the Mass. "We feel he recognises the contribution that religious (women) make to the church throughout the world."

During the Mass the pope looked on as live performances were given by The Fray and Aretha Franklin. On Sunday night Francis celebrated Mass with an estimated one million people at Benjamin Franklin Parkway before flying back to Rome.

Pilgrimage to Walsingham with the Union of Catholic Mothers

A report from a Walsingham "first-timer"

An early start meeting at church 7am, coach due 7:15 and almost everyone present. Four were coming from Milton Keynes and haven't arrived yet!! Frantic calls find them stuck on the motorway, will meet us in Leicester at St Joseph's. Collecting more pilgrims at St Joseph's but unfortunately our lost sheep are not yet here. Tell them about the stop at the 'Chillout' and we continue on our way. As we stopped for coffee at the 'Chillout' we found our lost sheep at last.

So, onto the final leg of our journey, a decade of the rosary recited helped to put us in the right mind for Mass at Walsingham. We arrived in time to find seats in the open air for Mass which was wonderful; the Reconciliation Chapel has a whole wall of doors so they can be opened completely bringing the altar 'outside'.

UCM stewards line the path for the procession of the Statue of Our Lady to the altar, the Angelus recited. Mass concelebrated by Bishop Alan Williams, Bishop Alan Hopes and Mgr John Armitage plus clergy from some of the dioceses present. After Mass there was a presentation of a certificate to the National President for 70 years of Pilgrimage by the UCM to Walsingham. The weather was showers some very heavy.

After a rest and picnic it's time to gather for the 'Silent Procession' to the old Abbey grounds. For one mile through a country lane to the village in silence and then the 'Immaculate Mary' sung as we process through the village. This was by far the most moving part of the day for me I have never

before been to Walsingham. It was also completely dry and sunny!

In the Abbey grounds an altar has been set up before the ruin of the Old Priory. All the banners were announced and taken to the area around the altar. Then the Statue of Our Lady is carried in followed by the Bishops and Mrs Val Ward (National President); 'Lady of Walsingham' is sung. UCM prayer recited followed by a short address. There is then a Renewal of Commitment and Blessing by Bishop Williams.

The arrival of the Blessed Sacrament and

time for Benediction, blessing of the sick and all pilgrims before the Blessed Sacrament leaves the grounds pausing at the site of the shrine for the Memorare, mission prayer and prayer for a safe journey.

We then slowly leave the grounds and make our way towards the coach. Why is it that a return journey always feels quicker than the journey out? We were ready for our dinner at the 'Chillout' and arrived back home tired but renewed.

Jean Lopez Lopez, Secretary, St Mary's Loughborough Foundation



Walsingham 2015

Reprinted below is the President's address at the 2015 Walsingham Pilgrimage

My Lord Bishops, Very Reverend and Reverend Fathers, and members - Hello and Welcome

It is good for us all to be together to celebrate 70 years of pilgrimage of the Union of Catholic Mothers at Our Lady's shrine here at Walsingham.

East Anglia is a very special place for me as my mother was brought up in Norwich and I always feel especially close to her when I am here.

I know many of us come here every year to honour our Blessed Mother Mary, to walk the Holy Mile and take the peace and tranquillity of this beautiful place back home to our family and friends.

Our Centenary celebrations are now behind us and we thank God for all the joys and graces The Union of Catholic Mothers has received during the last 100 years; and we give thanks for the people who have gone before us and led us through good times and bad with their passion and enthusiasm for our organisation. The world, 100 years ago, bears very little resemblance to the world in which we live today. The pressures and strains faced by many families today are totally different than those experienced by our



predecessors, however families have always been at the heart of UCM and continue to be so.

We now begin the next chapter of the UCM story as we begin the journey together into the next 100 years. For some time now our membership has been gradually reducing and in order for there to be a repeat of the wonderful celebrations of 2013 in 2113 we need to work together to protect and increase our membership. As committed members of The Union of Catholic Mothers we know how much it means to us all, we know the blessings and joys we receive by belonging to this wonderful organisation, we know of the lifelong friendships that are formed, we know of the powerhouse of prayer that is always available to each and every one of us and we know the difference we can make to our world by our involvement and association with other like minded organisations.

So where do we start? This is no easy task and is not for the fainthearted. Wouldn't it be wonderful if we could just maintain our membership numbers for this year; hold fast to what we have and actively work to protect our individual foundations? Small steps but massive enthusiasm! If we could all re-commit ourselves to what the UCM stands for then we can and will succeed. We have to trust and tap into that powerhouse of prayer to guide and direct us into the future.

Over the coming months the National Committee will be looking at ways of improving our communication channels with everyone. We will seek to help and support our dioceses as dioceses seek to help and support foundations. All information is to be shared with all members so they can feel a strong bond with both diocesan and national officers. Nothing should be secret. Grassroots members are the lifeblood of our organisation and we want to see as many of them as possible at National events in order for them to see for themselves the work undertaken on their behalf and spread the word. We all work together for the good of our UCM.

The National Committee are willing to listen to your concerns and help whenever and wherever we can; however this must be a two way process. We cannot do anything alone. We must all stand together and strive to build strong foundations with committed members to enable us to move forward and leave a lasting legacy to those who will follow us.



I know many are concerned about the lack of young members. As I said earlier, the pressures today are very different from those of our mothers and grandmothers, and many mothers juggle home life and young children with demanding work schedules; but children are not little forever! Sometimes it can be many years before mothers have time they can call their own and when they do – The UCM can be ready and waiting with open arms and hearts to welcome them.

Pope St John XXIII once wrote, "Consult not your fears but your hopes and your dreams. Do not think about your frustrations, but instead think about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do".

My thanks to everyone who has worked so hard to bring this pilgrimage to fruition and my thanks to you all for coming and praying together.

I wish you all a safe journey home in the peace and love of Mary, Mother of Silence.

Thank you for listening.

Val Ward, National President



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WALSINGHAM WHISPERS

2016 – THE HOLY YEAR OF MERCY

2016 is another very special year at Walsingham – the Holy Year of Mercy – and the Walsingham Shrine has been chosen as one of the venues to have a Holy Year Door. If you are coming for the day why not take advantage of this unique opportunity and bring a friend during this special Year of Mercy and gain a Plenary Indulgence by praying for the Pope's Intentions, going to Confession, receiving Holy Communion and walking through the Holy Door in prayer. By walking through this Door we can begin to claim God's merciful healing through this Plenary Indulgence.

The Walsingham Shrine is producing a preparatory Booklet for pilgrims to read on the journey to prepare us for this wonderful opportunity and they have requested that all members have a copy. The Booklets will be sent out with your tickets by our Walsingham Sub-Committee Treasurer and the cost is included in your entrance fee of £8.00. The booking form appears in this edition of The Catholic Mother and will be repeated in the Spring edition and the cut-off date will be 13th June.

As I write this article it is hard to believe that we have reached the end of the Church's year and next week we will begin Advent – where has it gone! We have recently returned from our Planning meeting at the Shrine and early preparations have begun for our 2016 pilgrimage which takes place on the 4th and 5th July. Our Mass and Readings will, of course, reflect the Holy Year of Mercy.

Our Lead Diocese will be the Diocese of Leeds and the procession along the Holy Mile will again be a silent one. Beds at the Pilgrim Bureau for members are being booked through Mrs Pat Atha, the Leeds Diocesan President.

There are a lot of changes taking place at the

Shrine and at the Bureau and can I leave you with a reminder of some words spoken at last year's pilgrimage by Monsignor John Armitage, the Rector of the Shrine, when he

challenged each of us to bring ONE extra person in 2016 – let us take up that challenge and have an even bigger and better pilgrimage.

Finally, the Walsingham Sub-Committee

wish all of our Officers and Members a very Happy, Holy and Peaceful Christmas and many Blessings and good health in 2016.

Maureen, Angela, Elizabeth and Paddy

The Union of Catholic Mothers 71st Annual WALSINGHAM Pilgrimage Mon & Tues 4th/5th JULY 2016 Led by the Diocese of Leeds

Booking Form: All Cheques should be made payable to: "The Union of Catholic Mothers Walsingham Sub-committee"

Diocese:		No. of Pilgrims @ £8.00 each (This includes preparatory Booklet produced by the Shrine for the Holy Year of Mercy) = £	No. of Abbey Link Mobility Bus Tickets: (Includes a seat in the Abbey Grounds) @ £2.50 each = £	TOTAL AMOUNT ENCLOSED = £
Foundation Name:				
No. of Cars:	No. of Coaches	Mini Buses	Organiser's Name:	
Tel. No. of Coach Company (Inc. Area code)			Address:	
No. of Pilgrims proposing to take part in the Monday Evening Service	Do you require map with directions to the Shrine	YES/NO	Post Code:	
No. of Deacons who wish to participate	No. of Priests who wish to concelebrate		Tel No:	
Signed _____			Date: _____	
Bookings cut-off date is Monday 13th June.			All Bookings to be sent a.s.a.p & before Monday 13th June to:	
Fees for Priests/Deacons Please remember that the Foundation/Diocese is responsible for paying, and booking your Priests/Deacons. It is important that you indicate their number when making your bookings as facilities for them have to be made at the Shrine.			Mrs Angela Mellors 24 Coronation Street Whitwell, Worksop Notts S80 4TG Tel: 0190 972 0707	
			Please enclose a stamped addressed envelope of adequate size	



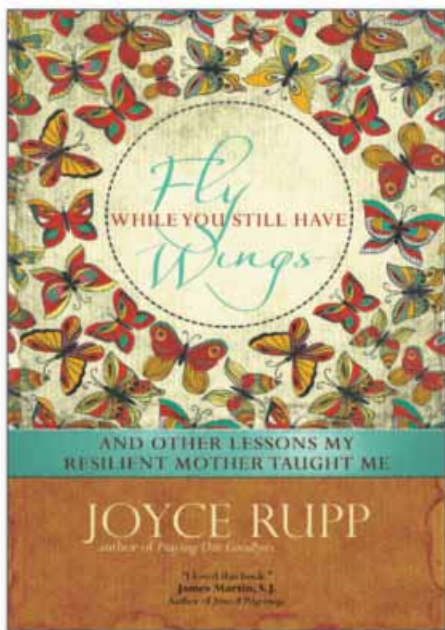
Monday 4th July
SERVICE OF LIGHT
8pm
In Chapel of Reconciliation followed by the TORCHLIGHT PROCESSION.

Tuesday 5th July
MASS
11.30am

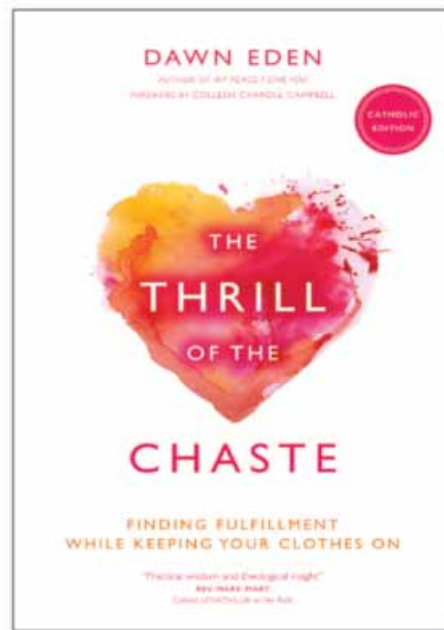
Concelebrated Mass with Bishop Alan Williams and Diocesan Priests followed by a Silent Procession.

For further information please contact your Diocesan President or Local Organiser

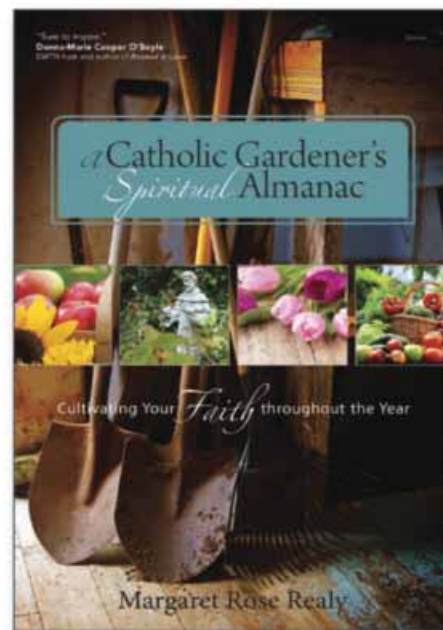
Winter Highlights from Alban Books



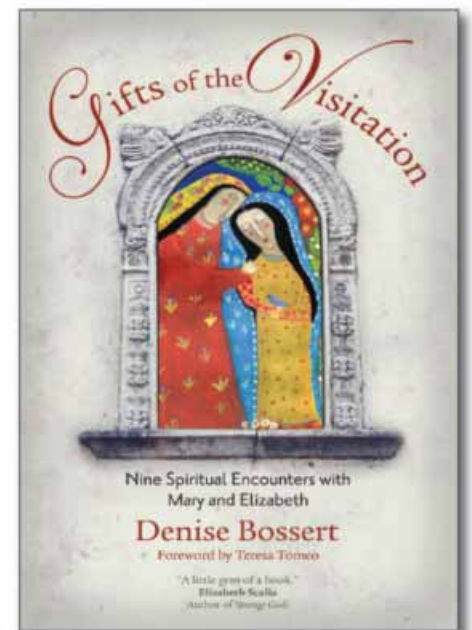
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