

December
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Catholic East Anglia

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Newspaper of the Diocese of East Anglia

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Bishop Alan with some of the parish representatives after the Synodal Mass.

Diocesan Synodal Pathway launched



Bishop Alan Hopes has celebrated a Mass at St John's Cathedral to mark the beginning of the Synodal Pathway in the Diocese of East Anglia. Eldred Willey reports.

■ In his homily on Sunday, October 17, Bishop Alan said that Pope Francis had “acknowledged the need for change in the way in which the Church lives and carries out its mission”. The Pope had asked Catholics to embrace what he called the Synodal Pathway so that vision might become reality.

The Bishop explained the three pillars upholding the pathway, starting with communion. “The Church is not just me, or my particular parish,” he said, “but the whole people of God, a community on a journey.” The Synodal Way, he said, “recognises that we Christians, in our following of Jesus Christ, never do so alone.”

The second principle was participation. “In many ways, the Synodal Process is already happening in our Diocese,” said Bishop Alan. “The

Synodal Pathway is putting into action St Paul's teaching that we are members of one Body, with different gifts to offer in the service of our Lord and our society.”

The final principle was mission, “to live out the Gospel and to proclaim it to others by our words and our lives; to reach out to those who have never heard the Gospel, to those who have been hurt or disappointed and have left the Church”.

After the Mass, around 50 parish representatives from around the diocese met with Bishop Alan in the Narthex of the Cathedral for a time of questions and answers.

Bishop Alan explained that the representatives would be receiving a set of ten ‘user friendly’ questions.

He encouraged the representatives to involve as many people as possible in responding to the questions over the coming months. There will also be an online option for responding on the diocesan website.

The next Synod of bishops will take place in Rome in 2023. In preparation for this, Pope Francis has asked the whole Church – lay people and religious, clergy and bishops – to participate in the preparations by feeding back their ideas through the local dioceses.



Bishop Alan launches online survey

The Diocesan Listening Project, ‘The Synodal Pathway’, which began in the Diocese of East Anglia on Sunday October 17, has taken another step along the way with the launch of the online survey by Bishop Alan Hopes on Sunday November 28. Angela Wilson, part of the Synodal Pathway Team, explains.

See article on page two.

news in brief

City MP joins climate debate

■ Clive Lewis, Labour MP for Norwich South, visited St John's Cathedral for a discussion on climate change, COP26 and debt reports Joseph Savage.

The meeting, which took place on Friday October 1, was hosted jointly by the Cathedral's CAFOD and Justice and Peace Groups and was attended by parishioners as well as A level politics students from Notre Dame High School.

It was the first of CAFOD's Parliament in your Parish campaigns to be held face-to-face in the diocese, rather than online on Zoom.

The meeting was opened by the Chair, James McGarry, with a quotation from the Epistle of James which reminds us that "faith by itself, if it does not result in action, is dead" (James 2:17). The Chair then moved on to emphasise Pope Francis' concern for economic, social, and environmental justice.

The floor was then opened to questions from sixth form politics students.

Clive Lewis stated that we are at a crunch point in humanity's existence and that climate change is the biggest issue we face today.

"We have an economic crisis that threatens to kill us like a car that is out of control," he said. "It is time for politicians to press the brakes and do a U-turn."

In response to the discussion, John McLean, the CAFOD representative from the Cathedral said, "What struck me was that although he was coming from a different perspective, he was saying a lot of things which CAFOD promotes and its supporters pursue; concern for the environment, justice, fair distribution of resources, respect for others especially the poor and helping others to help themselves, education and sustaining development."

To date, CAFOD volunteers have met with over 100 MPs as part of the Parliament in your Parish Campaign. Find out more at: <https://cafod.org.uk/Campaign>

Catholic East Anglia

Newspaper of the Diocese of East Anglia

EDITOR: Keith Morris
tel: 07712 787762

Pear Tree Farmhouse,
Wymondham Road,
Wrenningham, Norwich,
NR16 1AT

email: keith.morris@rcdea.org.uk



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Grant made to refurbish the Narthex

■ A refurbishment project at the St John's Cathedral Narthex is to go ahead thanks to a £40,660 grant from Biffa Award.

The Cathedral is more than 100 years old and in 2010 the original hall underwent a significant refurbishment to create a new community hub.

The Narthex is a large and flexible community space which includes a community cafe, a large function room and smaller rooms available for community activities. Outside there are community gardens accessible to the public seven days a week.

Unfortunately, the toilet facilities are in desperate need of renovation. Low water pressure, a lack of ventilation, damage and the age of the toilets all contribute to the fact

that many visitors avoid using them.

The work was expected to have been completed by 2020, but due to the Covid-19 pandemic, and closure of the building, 90 per cent of income was lost and the Cathedral was no longer able to fund the work itself.

After making an application to Biffa Award, part of the Landfill Communities Fund, a £40,660 grant was awarded, and the toilets can now be refurbished to modern standards

Various community groups are based at the Narthex, including a dementia cafe, parent and toddler group, networking sessions, Zumba and dance classes as well as the building being used for community events

and private functions.

Suzi Pendlebury, project architect, said: "Since the end of the Covid-19 lockdown, the Narthex has been inundated with the needs of the community as we come back together. Finally repairing and upgrading the toilets will make such a difference – we are so grateful to Biffa Award."

Rachel Maidment, Biffa Award Grants Manager, added: "At Biffa Award we are proud to support projects like this one at the Narthex centre which are so integral to the life of their community, bringing people together and giving them the opportunity to share experiences. Projects like this provide the means for a community to thrive."

Visit: www.biffa-award.org

Synodal Pathway web survey is launched

The Diocesan Listening Project, 'The Synodal Pathway', which began in the Diocese of East Anglia on Sunday October 17, has taken another step along the way with the launch of the online survey by Bishop Alan Hopes on Sunday November 28. Angela Wilson, part of the Synodal Pathway Team, explains.

■ We are being asked specifically to explore ten main themes, which cover a lot of issues, but there is one unifying theme: how can the Church better fulfil her mission of offering hope to ALL people? Each person's contribution will be valued, but you do not need to answer every question posed, they are there to guide the discussions.

Pope Francis is using this worldwide listening exercise to prepare for a Synod of Bishops in Rome in 2023, so the responses from our Diocese will go forward to the worldwide Synod, but will also be used in our own Diocese as part of a pastoral plan of renewal.

Parishes are invited to gather in small group meetings to discuss these questions with each other and then to respond individually via the online survey, which can be found on the rcdea.org.uk website and linked on parish websites.

It is not so much a matter of sharing opinions; it is much deeper. We are being invited into a process of personal renewal and of listening to God with humility, as disciples of Jesus on a pilgrim journey through life, both as individuals, but also as part of God's family.

So we are not only listening to the Holy

Bishop Alan with the online survey.



Spirit speaking to us in our hearts, but also speaking to us through our brothers and sisters. Respectful, attentive listening to their

insights will strengthen our bonds of charity. As we journey together, we are walking on the path with Christ, who reveals to us the truth of our lives and who gives us life in Him. Every Christian shares this prophetic office with Christ and each of us shares His mission, the mission of the Church.

At the heart of the listening process are three words which Pope Francis has chosen as the theme of the Synod:

Communion, Participation, Mission

■ As sons and daughters of the one Father, we are in communion with each other. We are members of the Body of Christ, Jesus, and we are temples of the

Holy Spirit.

Participation means our participation as missionary members of the Church. Each member of God's family needs to discern how they can contribute to building up the Church.

Mission is the purpose of the Church. Jesus died to take away our sins and bring us to eternal life. New evangelisation involves re-proposing the Gospel to a society that has been profoundly influenced by Christianity, but whose members have fallen into indifference and scepticism.

The Synodal Team hope that our Diocesan family will take this opportunity to be part of the renewal that began with Vatican II, and which continues to shape the Church in the 21st century.

Responses from participants should be submitted by Tuesday March 8, 2022 to be included in the responses which go forward to the Bishops' Synod in 2023.

You can contact the Synodal Pathway Team at: synodalway@rcdea.org.uk

You can find the diocesan survey at rcdea.org.uk



Pictured right is the roof at St Mary's Great Yarmouth (image: Brian Lafferty) and, below, Our Lady of Consolation and St Stephen in Lynford (image: Scilla Latham).



Two churches receive Historic England grants

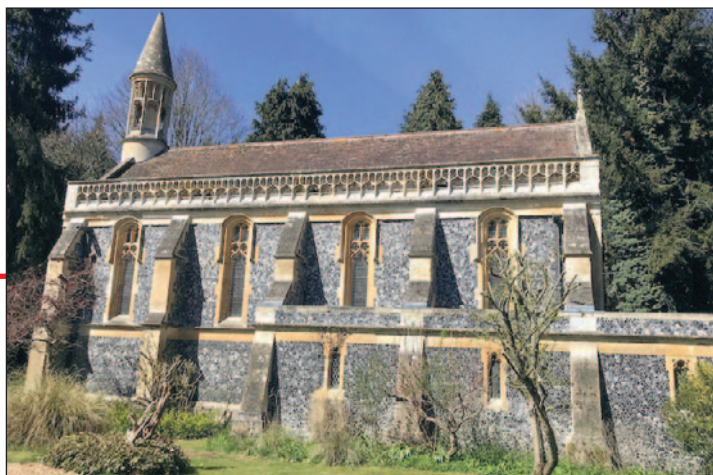
Two Grade II* listed churches in the Diocese of East Anglia have received nearly half a million pounds of funding for urgent repairs. Eldred Willey reports.

■ St Mary's Great Yarmouth and Our Lady of Consolation and St Stephen in Lynford are among 17 sites receiving funding from the Catholic Bishops' Conference of England and Wales, which in turn received £2.9m from Historic England for urgent repair programmes. This was part of the second round of funding via the Heritage Stimulus Fund.

Overall, heritage sites across England are to receive a boost of £35m from the Government's Culture Recovery Fund, which is administered on behalf of the Department for Digital, Culture, Media and Sport (DCMS) by Historic England.

St Mary's Great Yarmouth receives £298,132 for roof renewal as part of a project to create 'a safe haven for 50 nations'. After receiving funding in the first round for re-roofing the chancel and side chapels, St Mary's was successful once again in gaining funding for the next phase of the project to ensure that this important historic building is watertight and to prevent further deterioration of the significant internal decoration.

The works will remove the existing concrete tile roof coverings from the roofs of the nave and side aisles and replace



them with Welsh slate to match that installed on the chancel and side chapels under the Cultural Recovery Capital Works Fund 1.

The church of St Mary was built in 1848-50 by JJ Scoles and is a fine Grade II* listed building in the East Anglian style. Internally it is adorned with several outstanding schemes of decoration which unfortunately have been badly damaged due to water ingress from the leaking roofs.

At the same time, Our Lady of Consolation and St Stephen, Lynford receives £199,956 for urgent repairs. The church is a Henry Clutton masterpiece and is leased to the Norfolk Churches Trust. The application for this project was prepared by the Trust Secretary, Scilla Latham, and architect Ruth Blackman of Birdsall, Swash and Blackman.

The Norfolk Churches Trust was founded in 1976 to provide support to churches of all denominations in the

county through grant aid and advice. Over the past 45 years the Trust has awarded grants for urgent repairs to church buildings and their contents of £6.7 million.

Norfolk has the greatest density of medieval churches in the world: 659 in all. The Trust is dedicated to keeping them all open. It also cares for 13 redundant churches leased from the Anglican Diocese of Norwich and the Diocese of East Anglia. Occasional services are held in them. There is more information at: www.norfolkchurchestrust.org.uk.

The work proposed work at Lynford focuses on repairing and conserving the deteriorating north parapet and carrying out conservation work to the stone bellcote.

The current condition of the stonework has meant that the church has been closed to the public for more than a year due to safety concerns. The works will mean that the scaffolding can be removed and the church opened to the public once again.

The Church of Our Lady of Consolation and St Stephen at Lynford is one of the most important small Catholic churches in East Anglia. It is believed to be the only church in England dedicated both to St Stephen and to Our Lady of Consolation. It was commissioned from the architect Henry Clutton (1819-93) and built in the grounds of Lynford Hall by Yolande Lyne-Stephens, the rich widow of the MP, Stephens Lyne-Stephens.

news in brief

Parish feast day is a first for two years

■ For the first time in two years the people of St Michael's in Huntingdon were able to gather to celebrate their feast day, reports Fr Philip Shryane.

On Sunday September 26 we celebrated the Mass of St Michael and the Archangels and then met together for a shared international lunch. Our celebrations are always reliant on the weather as our facilities are inadequate for the parish and so we only have the garden in which to meet. Thankfully it was a beautiful day and about 40 people met for lunch in the sunshine.

There was a wide range of food from India, the Philippines, Mauritius, England and Italy, a lovely range of flavours and some great deserts as well. It was a wonderful event and so good to be able to meet in person after such a long time, and good to see everyone mingling and chatting. Thank you, St Michael, for the beautiful day.

Pictured below are parishioners from St Michael's Huntingdon on their feast day.



Coffee fund-raiser

■ This year the Mother's Prayer Group hosted the annual Macmillan Coffee Morning in the Cathedral Narthex in September, raising £681.25 for Macmillan Cancer.

"It was a very happy, well supported event," writes Cecilia McKenna. "Due to Covid restrictions I was unable to organise the Coffee Morning last year, but we did collect £410 in donations which was sent off to Macmillan."

Laura is speaker

■ Laura Sides from the Alzheimer's Society was the speaker at the October meeting of the Norfolk Circle of the Catechists. Laura is a researcher for the Alzheimer's Society and specialises in early onset dementia. With three friends she undertook a sponsored walk in the Lake District. The Norwich Circle, then under the Presidency of Philip Hoy, raised £1,368 towards the cause.

Remote workers meet in-person

■ Remote working members of the Diocese of East Anglia Curia met in-person for the first time in 18 months on October 13 and did plenty of catching up.

Organised by New Evangelisation co-ordinator Rebecca Bretherton, the colleagues, who usually work from home, have been meeting online on Zoom for the past 18 months during the pandemic restrictions.

On October 13, they gathered in the conference suite at the White House offices in Poringland to share stories and experiences as well as discuss their future work.

Among those present were Hamish MacQueen and Ciaran Losasso from the Ignite Youth Team, Keith Morris and Eldred Willey from the Communications team, Clergy Welfare Officer Sarah Truman, Stewardship & Fundraising Co-ordinator Sandra Portas, FAM Co-ordinator Dr Jessica Beckett, Caritas Development Worker Jacinta Welch and Historic Churches Support Officer Eloise Limmer.



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Sign-up for online Posada journey

■ In recent years many East Anglian parishes have followed the Advent 'Posada Journey' tradition and this year the diocese is offering an online version.

'Posada' is a Mexican tradition. A young couple dress up as Mary and Joseph and then spend the days of Advent travelling from house to house asking for a room for the night and telling their hosts about the imminent arrival of Jesus at Christmas.

Our modern day 'Posada Journey' uses a statue of Mary and Joseph and the donkey instead of a young couple. The statue moves from person to person and family to family during Advent. This gives an opportunity to pray together and share our faith. In 2020, several parishes devised imaginative ways to include the Posada Journey statue in the life of their community despite the pandemic. The Posada appeared in church windows; on Zoom prayer meetings; on postcards; and in church.

The statue isn't what makes Advent special but, as Catholics, we know that statues and pictures remind us that God is with us in the midst of our lives even in the most difficult of times. The Advent season is a time of preparation



Follow the Posada online journey at:

twitter.com/RCEastAnglia
www.facebook.com/CatholicEastAnglia
www.instagram.com/catholiceastanglia

that directs our hearts and minds to Christ's second coming at the end of time and to the anniversary of Our Lord's birth at Christmas. We can witness to our faith through sharing these images of the journey to Bethlehem with others.

This year, inspired by Blessed

Carlos Acutis, we can use our computers and devices to join the Posada online:

Sign up for the daily Posada Journey prayers the diocese will post throughout Advent, and share them with others.

A prayerful journey with Mary and Joseph throughout Advent will lead us to gifts of gratitude and joy when we enter the Christmas season.

First millennial saint inspires evangelisation

Inspired by the beatification of the first 'millennial saint', Ciaran Losasso, leader of the diocesan Ignite team, explores the theme of digital evangelisation.

■ On October 12, the Church commemorated Blessed Carlo Acutis, an Italian teenager who was born in London and is hailed by some as the first millennial saint, having died only in 2006.

Carlo was, in many ways, an ordinary 21st-century teenager who enjoyed video games and outdoor pursuits. What set him apart from many (though certainly not all) teenagers, however, was his passionate love of Jesus' presence in the Eucharist. So great was this love that he made use of his technological skills to produce a website documenting instances of Eucharistic miracles.

Recently, while I was helping at a retreat for a Confirmation group, Blessed Carlo got a mention and a number of the young people seemed fairly surprised that someone who

made websites could be a candidate for sainthood. Scrolling online is not what we imagine sanctity to look like. I'm sure I'm not alone in feeling that I spend a little too much time in front of a screen each day, but Carlo has left us a great example of how we can turn some of this time towards helping others encounter Christ.

Pope Benedict XVI once encouraged us to share our faith not just on every continent on earth but also on the 'digital continent', and it seems that in recent years no end of Catholic videos, apps and websites have appeared specifically aimed at spreading the Gospel message to each of us and to those who have not yet heard it.

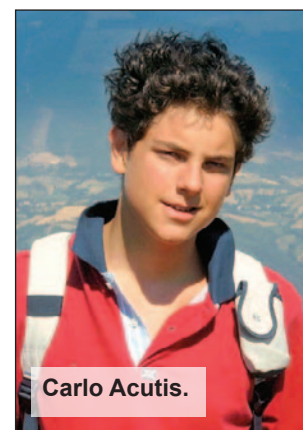
Not all of us can set up something like that, but we can certainly join the good number of ordinary Catholics who simply share their day-to-day experiences of faith online. They mention aspects of their faith as naturally as they would mention other, less important, aspects of life and in that way they witness to others.

The power of online evangelisation cannot be underestimated. It really can convert hearts and minds. Jack, aged 21 from Norwich, shared this story with me: "One day browsing Reddit I came across someone's

post asking about where to go to Mass in my local area. I contacted him and we started talking about Catholicism. I directed him towards a church and got him in touch with one of the priests. Now he is regularly attending Mass and RCIA. Clearly this situation would be a lot more difficult without the internet."

It's not just personal encounters such as these that bear good fruit. Young convert Jonny from Norfolk shared the beautiful story of how he found the Church, having been an atheist as a teenager. "I saw someone mention Gregorian chant in the Facebook comments of a group I am in. I had no clue what that was, so I put it in YouTube. It's safe to say I was absolutely blown away. Its beauty struck emotions in me that I had never felt before. I started watching more Catholic videos. What came from intrigue turned into a passionate obsession. I started going to Mass in July 2020 and I had to keep back the tears, I was so taken aback by it."

It's clear that our words and actions online have such power to spark curiosity and wonder in others. Let's ask Blessed Carlo Acutis to pray for us that we might have the courage and the creativity to use our phones and tablets not just for aimless scrolling but to bring others closer to Jesus.



Carlo Acutis.

Parish safeguarding reps get online update

Sebastian Carro, the National trainer from the Catholic Safeguarding Standards Agency (CSSA) gave an online update to parish safeguarding representatives on Saturday November 13. Eldred Willey reports.

■ The morning was chaired by Rebecca Bretherton, Diocesan Safeguarding Administrator. Bishop Alan Hopes joined the meeting and opened in prayer. His intercessions covered not only victims but also perpetrators, whether these were laity or clergy. "May we all grow in the holiness which God desires," he said.

The Bishop emphasised that the role of a safeguarding rep was an extremely important one – to ensure that parishes were safe places for children and vulnerable adults. The diocese, he said, had underlined the importance of safeguarding by requiring its trustees to take a deeper responsibility and also by appointing a new Safeguarding sub-committee headed by trustee Chris Quinn. The diocesan safeguarding commission meanwhile continued as a place where independent safeguarding professionals were able to scrutinise and support the management of cases within the diocese.

Mick Thurley, Diocesan Safeguarding Coordinator, then gave an introduction, reflecting on the excellent work carried out in the parishes and the quality referrals coming from the parish safeguarding



reps, including ones for domestic abuse.

Sebastian Carro, a psychologist who leads training at the CSSA, began his presentation with a summary of the agency's work, both in prevention and in the management of those cases which slip through. The CSSA, he said, provides advice, produces standards, develops training, and intervenes in dealing with complaints if local processes become exhausted. It also has an audit function, investigates complaints, and champions the centrality of victims and survivors.

He covered some of the areas of responsibility for a parish safeguarding rep such as the safe recruitment of volunteers and responding to allegations or concerns. These responsibilities remain largely unchanged.

Sebastian underlined the importance of responding to low-level concerns – the presence of things which made you think,

such as unusual attitudes, words or messages. He encouraged reps not to brush off such things, but to keep records and to speak to Mick Thurley, even if what they were reporting felt insignificant.

A question-and-answer session brought up the subject of how to handle volunteers who originated

from overseas, and for whom a DBS checks would add little value. Mick said that in some cases, and especially with priests, checks would be carried out with the countries of origin using a recognised service provider. One participant mentioned that in their parish during activities with children, volunteers from overseas were paired with people who had been DBS checked.

Fr Pat Cleary, who is a member of the Diocesan Safeguarding Sub-committee and Safeguarding Commission, closed the gathering by leading midday prayer.

Mick has a supply of cards which the diocese has produced, giving an overview of how to respond to a concern. There is also a code of conduct for volunteers at: www.rcdea.org.uk/safeguarding/

If you have any safeguarding concerns, you can contact Mick on 07429 215344 or safeguarding.coordinator@rcdea.org.uk.

Training day for curia staff team

■ The Diocesan Safeguarding Coordinator and Data Protection Officer recently provided training for curial staff at the White House in Poringland.

Some 15 members of diocesan staff attended the training session at diocesan headquarters. Mick Thurley, Diocesan Safeguarding Coordinator, began by explaining the journey that the Catholic Church had undertaken with safeguarding over the last 20 years.

He talked staff through the Nolan Report of 2001, the review by Baroness Cumberledge in 2007, the Independent Inquiry into Child Sex Abuse (IICSA) in 2015 and the Elliot Review in 2020. He also explained the roles of the Catholic Safeguarding Standards Agency (CSSA) and the Religious Life Safeguarding Service.

Staff had an opportunity to understand the diocesan safeguarding structures and were walked through the process of how to respond to a safeguarding allegation. Mick Thurley illustrated his talk with examples of how priests and diocesan staff had responded effectively in reporting incidents in the past.

Mick Thurley can be contacted on 020 8505 4199, mobile 07429 215344, or at safeguarding.coordinator@rcdea.org.uk



Pictured are trainers and staff at the training day.

Diocesan Data Protection Officer Sarah Truman then updated staff on data protection. She covered the responsibilities of those who control data, and people's rights under the General Data Protection Regulations (GDPR) of 2016 and subsequent legislation.

Sarah also explained the legal rules for

processing and storing data and provided lots of practical advice on how to prevent a data breach.

The day provided space for many one-to-one discussions between various members of staff, for whom the training event was a valuable chance to meet in-person.

news in brief

Website launch post COP26

■ With all eyes on the COP26 Climate Summit in Glasgow a website has been launched to help Catholics find information on environmental issues that are informed by Catholic Social Teaching.

Diocese of East Anglia Environmental Lead, Rev Paul Maddison, said: "A lot of people want to know where they can find challenges and encouragement on ways in which they can act to save the planet, inspired by their faith. A place where they can share what they and others are doing in their parish communities to care for creation in practical ways?"

"Well the answer lies in the recently launched website: Journey to 2030.

"Inspired by the inspirational leadership of Pope Francis on the issue of climate change, the website is a mine of practical resources, theological insight and inspiring examples around the real action being undertaken by the Catholic church.

"With resources for parishes, schools and individuals it brings together a comprehensive range of source material in a readily accessible format.

"All schools and all churches in the diocese will shortly be receiving an introductory magazine helping us to read the "signs of the times" and wake up to reality. Helping us to commit to what we as Christians are called to do in light of our current ecological and social crises," said Fr Paul.

Take a look at: journeyto2030.org
You can contact Fr Paul and the lay reps on the diocesan environmental team, Barbara Burnett, Rhona Lewis and Judith Tooth, at: eco@rcdea.org.uk

Catenians weekend

■ The Catenians celebrated their annual weekend with a trip to north Norfolk and a chance to ride on the Poppyline reports. John Kenny.

Tony Baker, President of number two Province of the Catenian Association, selected the Links Hotel in the attractive north Norfolk village of West Runton as the venue for this year's Provincial Weekend. It took place between Friday October 8 and Sunday 10 and was attended by 80 brothers and their wives.

The highlight of the Friday evening was an excellent dinner followed by a quiz with a Norfolk theme. Saturday daytime was free for guests to do as they liked including trips to nearby Cromer or King's Lynn, playing golf, walking or shopping.

About 20 guests availed themselves of the famous 'Poppyline' which involved interesting trips on old-fashioned trains run by the North Norfolk Railway Co.

The Saturday gala evening started with an excellent four-course dinner including wine and was followed by a very enjoyable 90-minute session of sea shanties provided by the 'Blakeney Old Wild Rovers' with the whole audience joining in enthusiastically.

Holy Mass on the Sunday morning was celebrated on the hotel premises and led by Fr Peter Brown.

A roast lunch followed with Tony Baker delivering a brief speech thanking all the brothers and wives who had attended.

Sister Lotte makes her solemn profession

Sister Lotte fulfilled a long-held desire to make her solemn profession with the Carmelites on November 8. Sr Stephanie, Prioress of Quidenham Monastery, reports.

■ A solemn profession is, among many other things, an expression of gratitude on the universal as well as on the personal level. Sister Lotte's reply to the celebrant's question: "My dear Sister, what do you ask of God and his holy Church?" expressed very neatly, in her own words, the deeply personal dedication that full entry into the religious life demands. She said: "I ask to make the total gift of myself to Jesus, wholeheartedly and for ever, and to persevere in apostolic prayer and loving service among my Carmelite Sisters for my whole life."

It should perhaps be emphasised more often that the Carmelite way of life is essentially a life given for the world. We are very specifically committed to pray for those who cannot pray, for those who do not, and for those who have no inkling of the power of prayer and of its necessity. A Carmelite vocation is apostolic in the fullest sense.

The celebration of Mass for a solemn profession is always numinous, and all those who attended were well aware of this. In a strange way time seemed to be suspended during the ceremony. When the moment came for Sister



Lotte to prostrate herself, always a dramatic occasion, we sang a long litany which, paradoxically, just carried us along with its own momentum and seemed to take no time at all.

The Church is realistic, and in the Preface of Religious Profession there are words of great solace: "He [Jesus Christ] consecrated more closely to your service those who leave all things for your sake and promised that they would find a heavenly treasure." This acknowledgement that the religious life is not an easy one carries with it an awesome assurance that all desires will ultimately be overwhelmingly fulfilled.

A solemn profession is the culmination of years of training and is the first day of what one hopes will be many days of witness: that of living the Christian way of life to the full and for the entirety of an individual's existence. Its aim is ever-deepening and self-emptying love, with the grace of God – not an easy prospect for anyone.

It was a joy for the monastery to welcome the Bishop, who has always been such a reassuring presence among us whenever he has visited. And we were grateful too for Fr Anthony Maggs CRL and for his apt and inspiring homily. Sister Lotte's friends came in force, some from as far away as Wales, and the atmosphere at the party after the celebration of Mass was another celebration, of a different kind, but very much part of the joyful and happy festivity that took place.

At the end of the day Sister Lotte thanked us all for providing her with the happiest day of her life, for which we were all so glad.



Pictured above are (left to right) Annette James, Wymondham Town Councillor, Canon Patrick Cleary, Lady Dannatt MBE, HM Lord Lieutenant Norfolk, James Francis, CEO Saffron Housing, Arnie McConnell, Wymondham Foodbank, Councillor Kevin Hurn, Mayor of Wymondham. Picture: Carmina McConnell.

Lady Dannatt praise for new community defibrillator at church

Lady Dannatt MBE, the Lord Lieutenant of Norfolk, congratulated the community in Wymondham as she unveiled a defibrillator at Our Lady and St Thomas of Canterbury.

■ The ceremony took place on Friday September 17. The defibrillator was part funded by Wymondham Town Council and Saffron Housing Community Foundation Trust. The church's Community Outreach Project Organiser Arnie McConnell worked with the funders to obtain the device and successfully apply for a British Heart Foundation grant.

Lady Dannatt was given a tour of the Outreach Community Project Foodbank at the Catholic Church in Wymondham.

In her address, she thanked everyone who took part in the initiative. She spoke about the importance of the defibrillator, and acknowledged the work of the Wymondham Community Outreach Project: "I can't tell you how much pleasure it gives me to come to an event like this. You have achieved so much for others who may be struggling in the community. I see so many kind people here who are really getting out and helping others. I always say Wymondham is a special place and this confirms it for me."

Arnie also thanked the community volunteers: "This project depends on each and every one of you; your contribution makes the world of difference to those individuals and families experiencing hardship in our community. I particularly want to thank Canon Pat

Cleary without whom this project just does not happen."

Among the attendees were Wymondham's Mayor, Cllr Kevin Hurn and James Francis, CEO of Saffron Housing Trust. Also present were representatives from various community groups and organisations, including Andrew Clarke of 'The Shed', whose members made and installed the ceremonial plaque's 'reveal curtain'. Waitrose in Wymondham kindly provided refreshments for the guests.

Cllr Hurn said it was "very important that the town now has a good network of defibrillators available" while Mr Francis expressed his delight that Saffron's Community Foundation "was able to link with the local community to part-fund this life-saving package".

Canon Pat Cleary told the volunteers, sponsors and guests that: "All of your contributions make a world of difference to our community". He continued: "We are so grateful to Lady Dannatt for giving up her time for this wonderful occasion, where we are going to officially declare the defibrillator operational. Many of you have now received the training. Also, I would like to thank you for all for your help with the community project: the community working together, church and neighbour is just as it should be."



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The Catenian Association welcomes new members to our international social network of Catholic men committed to friendship, family and Faith.

Our local Circles are active throughout the U.K., Ireland, Australia, Malta, India, Bangladesh, Zambia and Zimbabwe.

Our Circles in the U.K. raised over £250,000 in the past year for local charities as well as supporting the Association's two in-house charities; the Benevolent Fund which supports members and their families and the Bursary Fund which sponsors young persons in projects contributing to wider society at home and abroad.

Our Circles meet monthly and arrange activities both for members and their families: meals together, barbecues, picnics alongside visits to theatre and music and sporting events are all popular.

Golf societies throughout the Association join together in a National Golf Championship week every year and the Catenian Caravan and Camping Fellowship have a popular range of special events.

If you join the Catenians you will find it is the basis of many lifetime friendships.

To find your local Circle please contact our provincial membership Officer Paul Thompson on p_s_thompson9@hotmail.com

Pandemic meant that 2020 was unique year

The Annual Report and Accounts of the Diocese of East Anglia have just been published online and show that the Covid-19 pandemic meant that the year 2020 was a unique one in the life of the Diocese. Keith Morris reports.

■ It soon became clear that some of the challenges of the pandemic were also opportunities both for service and for reaching out in new ways.

As priests ensured that the Mass continued to be celebrated every day, many of them joined with deacons and lay people in helping to bring solace and practical help to those in great need, to the hungry and the homeless.

■ Key achievements

Significant charitable activities were undertaken during the year, including:

- The continued maintenance and improvement of places of worship and other parish facilities.

- The establishment of livestreaming of Mass and other parish events in the majority of our parishes.

- A successful bid for funds from Historic England to carry out urgent repairs at the Cathedral, St Mary's Church in Great Yarmouth, St Peter the Apostle in Gorleston and St Peter and All Souls, Peterborough. These works continued into 2021.

- Continued recruitment, education and training of priests and deacons, which resulted in the ordination of two priests, one transitional deacon and two permanent deacons during 2020.

- Participation in community life through our Catholic schools including support of religious education, leadership and management in our schools

- Following a successful bid in 2019 to the Department for Education to establish a new primary school in Peterborough, detailed planning work on this scheme with the target of opening for the autumn term 2022.

- Bedding in of a new voluntary aided primary school in Norfolk which opened in September 2019

- Administering school building programmes and providing advice to school governors.

Some 75% of parishes have begun to draw down funding for projects established as a result of the Alive in Faith appeal. These range in scope from refurbishment and repairs for church buildings, to installation of photovoltaic panels in schools, to supporting young people and the elderly, to helping the homeless or to support family life. The total amount pledged to Alive in Faith stands at over £6.3 million.

■ Statistics

The Covid-19 pandemic meant that Catholic churches were closed for public worship on Friday March 20. They reopened for acts of collective worship on Saturday July 4, 2020. This closure, along with ongoing government regulations limiting the size of religious activities had a deleterious impact on many aspects of parish life, which is reflected in the



DIOCESE OF EAST ANGLIA
2022 YEARBOOK & CALENDAR

2022 Diocesan Yearbook is out

■ The Diocese of East Anglia Yearbook and Calendar has been published and printed copies are available in all parishes now, priced just £2.

The annual Yearbook contains a comprehensive, up-to-date guide to the Diocese of East Anglia.

It carries all necessary contact information, curia, departments and commissions, parishes, Mass times, clergy and religious, schools, hospital, diary dates, societies and organisations and a new retreat centre guide.

It also carries a pictorial review of 2021 and the authoritative Diocesan Calendar for 2022.

You can pick up a copy from your parish church for just £2.

An online PDF copy of the yearbook and calendar is also available online, free of charge, at www.rcdea.org.uk

annual statistics.

Baptisms reduced by more than half, from 807 in 2019 to 396 in 2020. First Holy Communion reduced by a third to 683 (1,051 in 2019) while Confirmations reduced by almost half to 405 (396 in 2019). There was a fall in marriages from 197 to 78.

Sunday Mass attendance, counted in September/October, was 9,400 compared with 22,975 in 2019. This does not include those people who participated in the liturgy at home through watching Mass with at least half of our 52 parishes offering some form of livestreaming during the year (compared with just two at the start of the pandemic). Weekday Mass attendance rose in many parishes, as some parishioners preferred to attend Mass at the less busy services.

The total Catholic population now stands at an estimated 109,000.

At the end of 2020, the Diocese had 84 active priests, 24 active permanent deacons, eight seminarians and three students for the permanent diaconate.

■ Finances

The total income of the Diocese decreased from £7.48m to £6.08m during the year. Total expenditure for the Diocese also decreased, from £7.33m in 2019 to £6.06m in 2020.

The activities of the Diocese are largely undertaken through its parishes. Of the overall diocesan finances, parishes account for

over 72% (2019: 71%) of income and approximately 57% (2019: 68%) of expenditure. Some 67% (2019: 65%) of the Diocesan charity's net assets being held at parochial level at £22.49m with parishes out of total diocesan funds of £33.78m

The main expenditure headings are provision of worship (£1.43m), clergy and parish support (£3.1m), pastoral care and community support (£327k) and schools programme (£1.15m).

The main sources of income are donations, legacies and grants (£5m), charitable activities (£132k), income from other trading activities (£236k) and investments (£352k).

■ Response to Covid-19

In view of the developing Covid-19 situation, it was decided to close the Diocesan offices in March 2020. The government later instructed all places of worship to shut completely. Parish employees were placed on furlough leave, as were two employees working across the Diocese.

In May 2020, Trustees agreed an updated budget for 2020 with reduced expenditure. Work to assess the level of future income from offertory resulted in revised budgets for 2021 and new projections for future years.

■ To read the full Annual Report and Accounts for 2020, visit: www.rcdea.org.uk



Fr Alvan's musical message of determination

Fr Alvan Ibeh from St Mary's Yarmouth has always loved music but thought it would be impossible for him ever to produce an album of his own. He describes how he proved himself wrong.

■ I am from Nigeria and am a member of the Sons of Mary Mother of Mercy (SMMM). I am working in the diocese as assistant priest at St Mary's Great Yarmouth and St Peter's Gorleston. I was ordained a priest nine years ago in Nigeria and came to England in 2015.

Back in the days when I was a seminarian, I always had a passion for music, even though I didn't see myself as very good at it. But I just did what I enjoyed. I joined the school band and choir. I admired musicians a lot but thought I could never produce something of my own. I thought I just had to let that passion die because it was impossible.

In 2011 I published my first book entitled 'It shall come to pass'. It was then that the idea came of putting the message in the form of music. It was all about giving hope to the hopeless, and that was how I started the Voice of Hope Family.

I followed this idea with determination, and with inspiration from the Holy Spirit, I started getting songs in my dreams and on other occasions. I kept recording them as they came and when I got enough, I went to a studio with a friend. That was how in 2014 I released my first album entitled 'It shall come to pass'.

I saw that nothing is impossible with determination and trust in God. In 2015, shortly before I came to England, I released my second album entitled 'Chukwuemeka' meaning 'God has done a lot', which is my native name. And in July this year, I came out with three new albums to the glory of God.

I wanted to share my little story about how I started my music ministry because I believe it will inspire some of our young people in the diocese to pursue their passion with determination, believing that they can always achieve what they conceive with the strength which comes from God.

So don't be shy or afraid to make use of what God has given to you. You have the potential. Trust in God and you will get to where you want to be. Use it or you lose it. I hope my story will enkindle that passion in you once again. God bless.

You can listen to Fr Alvan's albums on his YouTube channel here.

www.youtube.com/channel/UCV9kIJtG9LWwAdl3wooOg1g

The Art of dying well starts with living well

The secret of dying well is living well, was the conclusion of the latest online Newman Conversation lecture between Maggie Doherty, director for the Centre for the Art of Dying Well, and Emeritus Professor John Charmley, on November 19. Keith Morris reports.

■ “In the West, death has become something we do not talk about,” said John. “We are so consumed by life and spend a lot of money trying to avoid death. During the Covid-19 pandemic, when we have all been more directly faced with death, what can the Art of Dying Well teach us,” he asked.

“Lots of people are walking about having been bereaved by the pandemic,” said Maggie. “There has been a tsunami of grief and we need people holding their hands, full of compassion. We should all be conscious of picking up those pieces in church or at the shops.

“The finality of death is something we can never come to terms with but as Christians we do have a hope,” she said. “At St Mary’s we are teaching teachers how to deal with grief and death for themselves and their students – we think we are the first university to do so,” said Maggie.

“The effect of death is in our faces every day on the news,” said John, “and it is having an effect on our mental health. Many people have opened up and faced their own mortality.”

In a partnership with the Art of Dying Well, the St Vincent de Paul Society is training up to 500 of their members to become

“end-of-life companions, noted Maggie.

We have all become more conscious of death during the pandemic – and maybe it has demystified it a little, said John. “We want to help the dying and sometimes the best thing is simply to be there on their terms and not yours. Holding their hand and letting them know you care.”

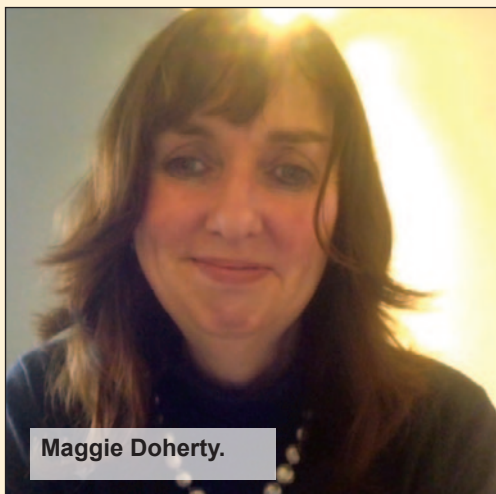
“By having this talk today, and being confronted by death in the pandemic, a healthier view of death has prevailed I think,” said Maggie. “Maybe we are moving away from the science of dying to the art of dying. The art of dying well starts with living well, there is a beauty in it. To die well we need three things: to be reconciled to those with whom we have had a grievance, to face our death and the death of our loved ones – and be at peace with it; and, for those who know God, to know that we are moving closer to eternity.

“We need to get used to saying three things right now: ‘Thank you’, ‘I’m sorry’, and ‘I love you’.”

“It is the journey that makes us rich, not arriving in the place,” said John. “To live is to regret and we need to be able to forgive other people. The secret of dying well is living well and that means living for others.”

The Centre for the Art of Dying Well is based at St Mary’s University. It offers practical and spiritual support to those faced with the prospect of dying, as well as doing research and public engagement. There is more information and a regular podcast on its website.

www.artofdyingwell.org



Maggie Doherty.

Norwich audience Covid plea to polit

Politicians need to rediscover the importance of family, of faith and of place in politics after the Covid pandemic has sparked a change in community and what is possible, argued former Labour minister Ruth Kelly at the Newman Lecture in Norwich on October 9. Keith Morris reports.



■ Speaking at the Cathedral of St John the Baptist in front of an in-person and live-streamed audience, the Rt Hon Ruth Kelly addressed the question of “What should we expect from politics after Covid?”

The former Labour Cabinet minister, and now visiting professor at St Mary’s University in London, said: “Sometimes it looks like we are gradually emerging from the pandemic leaving the worst behind us. But there are probably times, even in the past few months, when most of us feel hugely disorientated, lying awake at night, wondering where we will be in six months or a year or ten years from now. There are huge challenges ahead.

“So what should we expect from politics after Covid?,” asked Ruth, a member of the Vatican’s Council for the Economy. “Some of the answers are being painted as we speak, with many looking to governments to protect them ever more strongly in an increasingly uncertain world. But are these the right answers or can we as Catholics, provide better ones. It is certainly true that returning to a

pre-Covid normality is not an option.

“Governments of left, right and centre have intervened in their economies in ways which would have been unthinkable two years ago. Chancellor Rishi Sunak was rightly praised for his intervention paying wages for workers and keeping businesses afloat. Financial caution was thrown to the wind and deficits and debts soared.

“So not surprisingly, many are using the crisis to call for a much larger role for the state from now on. Arguing that people need much greater shielding from the ups and downs of life, both financially and in terms of stronger more resilient public services,” said Ruth.

“You know something has changed when it is not only Labour but the Conservatives who are arguing for more state intervention.”

“The pandemic showed up the fragility of our family lives, our communities, our local societies, church and faith organisations. In short the crisis exposed a weakened and vulnerable

civil society.

“Yet instead of arguing for the rebuilding of community, many on both left and right seem content to let civil society atrophy so that all that is left is markets and state. There is a deep problem with this approach,” argued Ruth.

“In my view we need to rebuild from the bottom up, not from the top down, redefining what is meant by human flourishing, redefining what is meant by freedom.

“This vision of a relational state is one built on the strengths we have shown during the crisis – one that learns that alone we are stranded but together we can overcome adversity. This vision of reinvigorated families and communities is consistent with Catholic Social Teaching which teaches that we should always take action at the lowest level possible.

“It is this complementarity of state and civil society that we are at risk of losing if it is not clearly championed today. It is essential, I would argue, that we should continue to strive to bridge the divide between reason and religion and incorporate family, faith and

hears icians



The Rt Hon Ruth Kelly with Bishop Alan Hopes at St John's Cathedral in Norwich before the Newman Lecture. Picture by Keith Morris.

charitable groups in the social reform agenda," said Ruth.

"The hope we can take from the world's response to Covid is that the sparks of a new approach have been kindled. We saw some unexpected results, including widespread outpourings of charity and togetherness and empathy for complete strangers.

"I would argue that politicians need to rediscover the importance of family, of faith and of place in politics. We all need to realise that change comes from the ground up and not from the top down.

"It needs to test every single policy to see whether it supports and nourishes families, charities, faith groups and local communities, allowing them to take an active role that we have seen that they can during the pandemic.

"The good news is that Coronavirus is changing what is possible. Amid emotional danger and uncertainty it has provided the potential for more connectedness, as well as less, and radically changing the meaning of community itself. The challenge now is for that renaissance to be sustained by politics, by the churches and by each one of us," concluded Ruth.

You can watch the whole of Ruth's lecture here: www.newmanlectures.co.uk/#lecture-videos

The Newman Lectures are a collaboration between the Diocese of East Anglia and St Mary's University.

First celebration of St Edmund

■ The first Abbey 1000 event took place on November 20 at St Edmund's Catholic Church, Bury St Edmunds to celebrate the feast-day of St Edmund.

Around 100 people, including civic dignitaries and church leaders, were able to safely gather for Mass celebrated by Canon David Bagstaff.

His homily recognised the extent to which the Abbey Gardens is appreciated by visitors and its importance as the site of the Abbey of St Edmund. Noting that at times in the past tensions existed between the Abbey and townspeople and that there had been dark times, he explained the extent to which the monks had helped the community and the importance of not trying to rewrite history but to learn from it.

The life of St Edmund, he said, had been inspirational in that Edmund had been prepared to stand up and be counted for his beliefs and was dedicated to prayer.



Edmund's renown was evident as the former patron Saint of England, coins and statues featured his image, churches were dedicated to him, and he remains an intercessor at times of plague. A relic of the Saint was exposed in the Church and an anthem dedicated to him by a former priest, Rev John Barnes was sung. In common with other buildings in the town, the flag of St Edmund was flown..

Following the service, guests adjourned

to the Church crypt to enjoy the tasty annual tradition of 'ale stew' (pictured above). A mini-exhibition relating to St Edmund included various works of art, including the local talent of Clint Rose who has produced a carving of the martyrdom and a picture of Edmund by contemporary artist Brian Whelan.

Many events will be staged in 2022 as part of Abbey 1000, so visit: www.visit-burystedmunds.co.uk/abbey-1000

Pupils stitch together the story of Saint Edmund

A tapestry depicting the life and death of St Edmund has been produced by pupils at St Edmund's Catholic School in Bury St Edmunds as part of the relaunched Abbey 1000 celebrations.

■ St Edmund's school has a long and rich history having been founded in 1882. The celebration of St Edmund's feast-day on November 20 was also to provide a special occasion because the Civic Mass in Church that day was to be part of the re-launch of Abbey 1000.

Combining all these threads, retired teacher Jo Pepper came up with the idea of encouraging the school's pupils to produce a tapestry which would depict the life and death of Edmund. After many hours of pleasurable stitching by children, between the ages of 4 and 11, the tapestry was unveiled at the feast-day lunch in the Church Crypt.

It attracted acclaim from those present including a lady from America who remarked, "What a beautiful piece of art, the children are very talented and it is a wonderful way of them learning the story of their Saint."

Headteacher Maria Kemble echoed the praise: "Jo has done a fantastic job in her own time and inspired the pupils to produce something that we can treasure and not only use in our school but elsewhere to illustrate the legend of St Edmund."

Parish historian John Saunders



St Edmund's pupils who were involved in making the tapestry with Jo Pepper and John Saunders.

explained that Abbey 1000 was originally due to take place in 2020 to commemorate 1000 years since the founding of the Abbey of St Edmund but events had to be postponed because of the pandemic.

Many events will now take place in 2022 including: pilgrimages from Holme and Ely from where the Abbey's founding Benedictine monks and nuns in May with Dr Rowan Williams; the display of original manuscripts which are being loaned by Pembroke College; musical performances; sculptures in the Abbey crypt; a community day and the finale of a lighting spectacular.

"There will truly be something for everyone and Abbey 1000 has embraced the monastic identity as well as entertainment in its broadest sense. Above all, it is about bringing communities and all ages together in a way that will leave a legacy for future generations to build upon," said John Saunders.

Information about forthcoming events can be found at www.visit-burystedmunds.co.uk/abbey-1000

It is intended that the tapestry will feature at some of these events. One of the pupils summed up the making of the tapestry: "Everyone should know how important St Edmund was and we have enjoyed telling his story."

SCHOOLS NEWS

Maple tree planted in memory of teacher



The tree-planting ceremony at St Alban's.

■ St Alban's Catholic Primary School has planted a maple tree in memory of a much-loved piano teacher, Anna Fetzer Pimblott. Joseph McCrossan reports.

The children, parents and staff wanted to make a permanent memorial to Mrs Pimblott in their grounds. On Monday October 11, a short ceremony was held to plant a tree in her memory, supported by Newnham College.

Newnham College is celebrating 150 years of education by inviting schools to plant a tree. St Alban's decided to participate in this programme and felt it appropriate to acknowledge Anna's inspirational teaching by selecting a maple tree to be planted in the grounds. This wood is often used in the manufacture of musical instruments, so was thought to be fitting.

The school was able to welcome Paul, Anna's husband, along with Matthew Gunn, Head of Cambridgeshire Music, myself (Headteacher) and Ruth Burrows (Performing Arts Teacher) as well as all the children who were Anna's students.

The ceremony included music by Shostakovich and Rachmaninov to acknowledge Anna's Russian heritage and tributes were made on behalf of the school and Cambridgeshire Music.

Our thanks to all who attended, especially Paul Fetzter Pimblott, and to the Parents Association who raised money to sponsor the plaque and donated a £400 cheque to Paul's charity.

School celebrates 200th birthday

St Augustine's Catholic Primary School near Norwich has been celebrating its 200th anniversary over the last year, including a Festival Finale in September and a visit from Bishop Alan Hopes back in May, reports Head Teacher Rachel Swindell.

■ St Augustine's finished a year of lockdown and began the new academic year with a festival of fun in September, including an archive gallery. The school was able to open its door once again to visitors. Generations of past and present pupils looked through the timeline of pictures and documents and were fascinated by the old school records, listing the first-ever pupils and day-to-day events not too dissimilar to the present day. Alumni of the school toured the building and reminisced whilst sharing their own past memories and preserved documents.

The sunshine fell upon the school into the early evening. Families and friends enjoyed a short concert of singing by the children, followed by a live DJ, food and games to properly celebrate the biggest birthday party in local school history.

Back on May 25, the school welcomed Bishop Alan Hopes to celebrate the feast day of St Augustine of Canterbury, the school's patron saint. The feast day was also a chance to commemorate a milestone in the school's 200-year history.

A special Mass was held with the UKS2 – Year 5&6 children in the school hall. Another special guest, Deacon Bill Dimelow, was able to join in with the service following a long absence due to visitor restrictions. The rest of the school remained in their socially distanced bubbles and watched the Mass live via a 'Zoom' video broadcast. It was an uplifting ceremony after recent Covid-19 restrictions, enjoyed by the whole school.

This momentous event was the first Mass that Bishop Alan had celebrated with one of his Diocesan schools since the start of the pandemic and the first lockdown in England.

Bishop Alan took the opportunity during his visit to tour the school and meet each class. The children were so pleased to see their special visitor. They were warm and welcoming and a testament to the wonderfully close community of St Augustine's and Old Costessey – a community that boasts five generations of one family that have continuously attended St Augustine's.

St Augustine's has celebrated its 200th anniversary with a Festival Finale, right, and a visit from Bishop Alan, below.



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Contact Charlotte by phone 01440 730399 or email charlotte@cathcom.org

YOUTH MATTERS

World Youth Day East Anglia

The Diocesan Youth Service created an experience of Catholic faith for all the senses at its World Youth Day celebration in St John's Cathedral Narthex on November 20. Eldred Willey reports.

■ “When we hear about World Youth Day, we might think of hundreds of thousands of young people travelling abroad,” explained Hamish MacQueen, Director of the Diocesan Youth Service. “Pope Francis has asked that as well as these International events ‘World Youth Day’ is to be celebrated locally by each diocese on the Feast of Christ the King.”

The Diocesan Youth Service rose to the challenge by running an event in St John's Cathedral Narthex. Some 85 young people from across the Diocese enjoyed a packed programme which included Mass, worship sessions, prayer, comedy, a varied series of talks and an African-style gig. The Ignite Lite team provided catering and there were plenty of spaces for young people to relax and mix.

Hamish MacQueen, Director of Youth Service, kept the day moving to timetable and oversaw sound and lighting, while Ignite leader Ciaran Losasso played master of ceremonies and managed the transitions.

Tony Vino, a comedian from Preston, opened the events on a light note. He has been entertaining audiences across the country for 17 years after switching from a career as a solicitor.

After lunch, Matt Dean, an experienced worship leader, took the microphone and,

World Youth Day in Norwich including Joe Savage, below, Matt Dean, right, and Fr Alvan Ibeh and his band and singing group, below right.



alongside well-known songs, introduced some of his own. For young people who wanted to listen again there was a free album of his music to take away at the end.

Sr Rose Rolling OP then spoke on conversion and continuity which, after a break, led into adoration and then a Mass celebrated by Bishop Alan Hopes. Afterwards the Bishop gave the group an opportunity for a question-and-answer session.

After more worship, Joe Savage, an CAFOD intern, gave a presentation about his experience of COP26, with much technical information about offshore energy, coal-fired power stations and climate compensation schemes.

This led into the concluding talk from Fr Luke Goymour, who shared something of his own story of conversion through nearly becoming a professional golfer, wondering if he'd made a mistake becoming a priest and then rediscovering what was for him the most fulfilling vocation in the world.

He closed on a quotation from St John

Paul II: “If we let Christ into our hearts, we lose nothing of what makes life free, beautiful and great... Do not be afraid of Christ. He takes nothing away and He gives everything.”



Ignite team are back on the road

The Ignite Team is rejoicing to be back with in-person visits, as well as embracing the best of the online work from the last year. Ciaran Losasso reports.

■ It's started to feel, dare I say, normal once more for the Ignite Team. Since the Spring, we have found ourselves visiting more and more people and places in person, following all the disruption of pandemic restrictions.

The new academic year has got off to a good start with new members joining our 'Ignite Lite' group of volunteers and a steady stream of invites to schools and parishes arriving in our inbox. Some of these are bookings that were postponed since Spring 2020. Others are parishes who have had to progress quickly through two or three cohorts of sacramental preparation classes to make up for lost time.

It's been heartening to see places where flames of faith amongst our children and young people have kept burning in spite of all the challenges. We are, however, also

Ciaran Losasso with a group of young people from the Diocese.



acutely aware of our part in the ongoing challenge of reaching out to those young people who have not yet returned, having lost touch during the pandemic, and also engaging those who have found God for the first time during these unusual times.

Embracing the best of the past year, we are continuing to offer online content to schools and to parishes, especially the

popular Third Thursday Assembly for primary-school-aged children. But really, I'm most pleased about getting back to more in-person visits to young people across the length and breadth of our Diocese. Just recently, we had our first residential retreat since before the pandemic and it was a real joy to spend a few days with a group of teenagers drawing close to the Lord. It's

the sort of experience that simply doesn't translate onto Zoom.

In the coming year, we are continuing to offer the possibility of joining us full-time in either the January or September intakes and we continue to welcome as-and-when volunteers to our Ignite Lite group.

We have lots to thank God for and lots to look forward to. Please keep us in prayer and do consider inviting us to work with children or young people in your parish or school.

■ For more information on booking the Ignite Team to visit a church, non-Catholic or Catholic school or to assist with a project for young people in your parish (e.g. setting up a youth group) please email Ciaran on igniteteam@rcdea.org.uk

■ To join the Ignite Prayer Network, a group for all ages who pray for East Anglia's young people and for the ministry of the Ignite Team visit www.rcdea.org.uk/youth/prayer

■ For more information on becoming an Ignite Lite volunteer or an Ignite Team Member visit: www.rcdea.org.uk/youth



Catholic fertility treatment gives Lucy hope

With a Mass for those affected by infertility being held in Newmarket in November, Lucy from East Anglia tells her own story of 'unexplained infertility' and how a Catholic alternative helped her.

■ In 2017, I was 31 and it was an exciting year for me, I got engaged and married. My husband isn't Catholic but is Christian. During our engagement I mentioned the Catholic Church's Natural Family Planning (NFP) courses and we completed the Sympto-Thermal method of NFP course. Feeling confident with cycle tracking, I thought when the time came to get pregnant it would be easy – after all I'd know when my ovulation day would be every month.

Months passed without getting pregnant. My GP said it was likely stress related. This progressed to dozens of monthly migraines. I had blood tests, referrals and investigations.

Two years into trying to get pregnant, my symptoms intensified and affected my ability to leave home. We'd ruled out my husband having any fertility issues. Around this time, I asked my GP for endometriosis investigations as I had every symptom. Scans came back fine, and the gynaecologist convinced me I didn't have endometriosis. Other doctors also couldn't find the reasons behind my symptoms.

Fortunately, several Catholic friends, including a former GP, suggested I look into NaProTechnology (Natural Reproductive Technology) which is a medical route using the NFP method called the Creighton model. Developed by the Catholic church, it concentrates on understanding the symptoms relating to gynaecological and fertility issues through cycle tracking and symptom analysis. We booked a course with a NaProTechnology practitioner.

We also stuck with traditional medicine. Three years into trying to get pregnant, a second gynaecologist diagnosed us with 'unexplained infertility' and offered us free IVF, which we declined.

Months of cycle charting with the Creighton Method indicated three possible issues: endometriosis, low progesterone and oestradiol. Our NaPro-



Lucy with her husband at St Peter's in Rome, where the Pope blessed their marriage.

Technology practitioner referred us to a NaProTechnology gynaecologist. New scans showed another potential issue - ovulation with an immature egg. I had laparoscopy surgery which found advanced endometriosis. My surgeon said 20% of cases don't show on scans even in severe cases like mine. He also did a hysteroscopy showing a uterine septum (uterus issue) where I'd need another surgery.

My Catholic faith saved me from infertility and serious complex bowel issues arising from endometriosis, which could

have led to lifelong permanent issues. After the 'unexplained infertility' diagnosis by traditional doctors and being asked if I wanted to pursue IVF, I felt disappointed. With my beliefs, IVF has never been an option for me. Knowing now the issues I have, I realise IVF likely wouldn't have even worked for me. Endometriosis, low hormones and a uterine septum can cause miscarriages.

I'm so impressed with NaProTechnology finding five resolvable issues. The surgeon said there's definitely no 'unexplained infertility' in our case. There are

Bishop offers comfort to those who suffered loss

■ During Baby Loss Awareness Week in October Bishop Alan Hopes celebrated a Mass for couples who had experienced miscarriages.

The national week enables those affected by pregnancy loss to share their experiences and know they are not alone. One-fifth of pregnancies sadly end in miscarriage. The Mass was an opportunity to remember the lives of the babies lost and entrust them to the Lord.

"Each of you will have your own story to tell," said Bishop Alan Hopes in his homily. "Your unborn child has a story to tell as well – not a long one, for their life on earth was short. But in this sacred place we do not only speak about our life here on earth."

Our vocation on earth, said the Bishop, was to know, love, and serve the Lord. "But those of your children who have gone to the Lord have the same vocation – to know, love and serve the Lord. We do this on earth, they do it with God in eternity. The know him better than we do. They are with him eternally in his loving arms."

Parents were able to record the names of lost children in a book of remembrance at the Mass at Our Lady Immaculate and St Etheldreda's Church in Newmarket, on October 10.

There was also a special event for couples in this Year of the Family – a Mass for infertility, also in Newmarket, on Saturday November 6.

clear reasons for our pregnancy difficulties and my many other symptoms.

My husband has embraced the beauty of the Catholic Church's NaProTechnology route and agreed with me on not pursuing IVF. NaProTechnology isn't just for Catholics, it's for everyone. It's an alternative to IVF and research shows it has a higher success rate than IVF. I would encourage anyone struggling with gynaecological and infertility issues to pursue the Catholic Church's NaProTechnology route.

I'm really looking forward to 2022. It will be a great year with fewer symptoms and after three years of hoping for a baby we may have one. We continue praying and hope God will bless us with a baby soon.



Parish quiet garden created

■ On the eve of the feast of St Francis, Fr Michael Vulliamy blessed the Quiet Garden behind the Sacred Heart Church in Ramsey, which is for both parishioners and wider community. Eilish Storey reports.

Over many years, the garden behind the church had become overgrown. At a parish council meeting in spring 2019 it was suggested that the grass should be gravelled over to create more parking.

This was the catalyst for creating the 'Quiet Garden for Ramsey Project', which, from the beginning, has aimed to involve the local community in creating a wildlife-friendly garden where local people or all faiths or none, can find welcome, stillness, spiritual refreshment and a sense of mental wellbeing.

Work started in the summer of 2019. The first achievement was moving a strip of turf to increase parking space. Then a small group of volunteers cleared the overgrown

borders. By the time of the first Covid lockdown in March 2020, we had a plan.

In keeping with the aim of reaching out to the community, it was decided to set up a Community Association to manage the project. Permission was sought from the Diocese to use the garden for this purpose. Grant applications were unsuccessful. This turned out to be a blessing as we have had to be creative and resourceful.

One of the great joys of this project is the support and encouragement received from dozens of local people, most of whom have no connection to the church. The willingness of so many people to give their time and share their skills has been wonderful.

We have started running monthly Quiet Mornings on the theme of 'Exploring Silence and Nature'. There are plans for more events next year. Follow us on Facebook: www.facebook.com/Quietgardenforramseyproject



Anna Bayles in her workshop.

Hand-made parcels of love from Anna

Anna Bayles, a 96-year-old dressmaker from St Thomas of Canterbury in Wymondham, has sent her latest consignment of clothing as gifts to Christian refugees in Jordan. Eldred Willey reports.

■ “We have just dispatched about 700 hand-made items of children’s clothing to the 5th Gospel Christians,” reports Arnie McConnell from the Wymondham parish, where Anna is an enthusiastic member.

Anna works each day in her ‘factory’ – the front room of her bungalow – where the walls are covered with photos of

children wearing her beautiful products.

“God has given me a gift,” she said, “and I could not live without it.” Anna asks friends and fellow parishioners for second-hand pillowcases, curtains and tablecloths, which she turns into colourful, bright dresses.

5th Gospel Christians, who have received her latest products, is a charity giving direct support to Christian refugee families from Iraq, with a particular focus on the community of 400 people living in Madaba in Jordan. These refugees refused to renounce their faith and were forced to flee when the Islamist terror group ISIS (Daesh) seized the Nineveh Plains in the summer of 2014.

The charity also assists Jordanian parishes coping with the poverty in their own community and schools, with particular

focus on the Catholic parish of St John the Baptist in Madaba.

Anna goes to Mass during the week when she can, and to the Exposition of the Blessed Sacrament on a Tuesday.

“As soon as I come home from church I get onto it,” she said. “Seven days a week. I can make a dress in 45 minutes and a skirt in 20. But I don’t force myself; it just comes naturally. I finish about 4pm. I belong to a couple of clubs, but I don’t have time to go.”

“There is an important message here,” comments Arnie, “about the connectivity between compassion from an inspiring woman living out the Gospel, and a group of Christians supporting a traumatised group of people who have lost everything.”

Visit: www.5gc.org

Trio receive service medals

■ Three members of Our Lady & St Joseph in Sheringham have received the East Anglia Diocesan Medal for their service both during the Covid pandemic and for many years before.

The three “worthy recipients”, received the medals from parish priest Fr James Fyfe on Sunday September 19. They were:

Keith Holt – for his work over many years as Treasurer and for his extra work on the house and fabric. The parish has benefitted from his wise advice and experience and will miss him.

Michael O’Connor – for his long service as an Altar Server and, since retirement from that, he has devoted



many hours to keeping the gardens around the house and church in good order and has greatly enhanced the look of the Memorial Garden next to the

church.

Mary Mustoe-Arthur – for her communications skills. Since the pandemic began, especially when Mass was said by the priest and no-one was in church, Mary has sent out a regular newsletter together with the usual parish newsletter. Both have been a great blessing to the many people who have been kept in touch with parish news and notice of various events, etc.

Pictured left is Fr James Fyfe presenting the medals to Mary Mustoe-Arthur (main picture), Michael O’Connor (top left) and Keith Holt (bottom left).



Help us see an end to leprosy

■ Many people believe that leprosy is just a disease of ancient times, occasionally mentioned in the Bible. But the reality for many millions, is that it is still a devastating disease of today.

Over 200,000 people are newly detected with leprosy every year, but this number only includes those who are actually found and diagnosed. Millions more go undiagnosed, spreading infection within their communities or living with the devastating effects of the disease and its consequences. To put leprosy into context, the disease exists in 120 out of the 195 countries in the world today.

What is leprosy?

Leprosy is a disease of the nerves. If left undiagnosed, it attacks the nerve endings and causes a lack of sensation in the peripheral parts of the body such as the hands and feet. This lack of sensation easily leads to unintentional injury, then chronic ulcers and if left untreated, clawing of hands and feet, amputation, and blindness. Leprosy causes more disability than any other infectious disease.

In times gone by, people with leprosy were considered a threat to society. They were often forcibly and legally removed to leprosy colonies or asylums where they lived in poverty for the rest of their lives.

There was a degree of justification for doing this. Leprosy couldn’t be cured in those days. People with leprosy became deformed, blind, and outcast. Leprosy shocked and horrified people. It is no surprise, then, that leprosy was a highly stigmatised disease. The L-word “leper” still carries a sting of fear and horror to it and never should be used to described people affected by the disease.

Tragically, leprosy is still one of the most stigmatised diseases on earth. A leprosy diagnosis is a life sentence for some, often considered a curse from God and the result of sin. Many people with leprosy are thrown out of their homes, communities, or forced to leave their employment leading to a life of begging. Unbelievably, there are more than 120 laws in the statute books, worldwide, today, that actively discriminate against people with leprosy.

What’s the solution?

St Francis Leprosy Guild has cared for people with leprosy for over 125 years and its current operating strategy emphasises active case-finding and early detection followed by treatment with multidrug therapy, or MDT, which is an effective antibiotic which has cured around 16m people of leprosy since the 1980s.

If we can find and treat people affected by leprosy, village by village, town by town, city by city, and country by country, we will see an end to leprosy at last. But it is not easy, and we need all the support that we can get to make it a reality. Will you help?

For more information, please visit: www.stfrancisleprosy.org

Pictured top, children from a leprosy-affected community. (c) St Francis Leprosy Guild

OBITUARIES

Long-serving Deacon Michael

Deacon Michael Wells was ordained in 1991 and served the parish of St Benet's, Beccles, until his death in hospital at Gorleston on October 13. His brother-in-law Richard Jones pays tribute.

■ Michael was born at Weston Longville, Norfolk, on August 21, 1946, the only child of Philip and Mary Wells. His early years were thus spent in Parson Woodforde country, the renowned 18th century diarist having been vicar of the village church of All Saints. Mike was proud of this connection! The family moved to Heckingham where Philip was a farm manager; meanwhile, Mary became involved with the Mass centre at Loddon.

Mike attended St Benet's school in Beccles where my sister and I were contemporaries. After further studies in Lowestoft and Norwich, Mike qualified as a quantity surveyor and became a Fellow of the Institute of Management. Mike and Hilary

married at St Benet's in 1983 when the parish priest was Abbot Aelred Watkin OSB.

During the early decades of the restored permanent diaconate, the Diocese of East Anglia was still young. However, Bishop Alan Clarke promoted this ministry afresh, and a number of men, including Mike, prepared for ordination. Mike received valuable advice at this time from Fr Tony Sketch, parish priest at Lowestoft. Following ordination, Mike's ministry included the chaplaincy at Blundeston Prison, Hilary providing musical assistance.

Hilary's memories of holidays with Mike include a visit to Rome where they were given expert guidance by Dom Richard Yeo, formerly parish priest at Bungay. Sadly, such travels ceased when Mike became confined to a wheelchair.

The funeral Mass was celebrated at St Benet's on October 29 by Bishop Alan Hopes, together with priests and deacons of the diocese; the time between Mike's passing and burial had coincided with St Luke's Little Summer! My wife Marion and I were grateful that our sons and their families could participate in the deeply moving liturgy,

enhanced by the assistance of musical friends from other churches. Mike's fellow deacon, Tony Felton, preached the homily.

In my Words of Remembrance at the end of Mass, I referred to two passages of Scripture: "While we have time let us do good" from the Epistle to the Galatians, and St Paul's statement upon reviewing the hardships of his life in the Second Epistle to Timothy: "I have kept the faith".

Mike endured his own trials, but never missed the daily Office; he loved the rhythm of the deacon's prayer life. During lockdown Mike regularly 'attended' Mass via the internet with the Dominican Sisters at Lymington in Hampshire, a neat link as Dominican Sisters served the parish of St Benet's in its earliest years.

Mike explored many avenues during his life. It therefore felt apt to quote from TS Eliot as we prepared to commit Mike's mortal remains to the beautiful cemetery at St Benet's:

"We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time."



Deacon Michael Wells.



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Sr Thaya gets to work in the Montana rose garden.

The Benedictine Sisters at Montana are enhancing the environment of their care home by making a rose garden. Fr Paul Maddison reports.

■ For over 60 years, the Grace and Compassion Benedictine sisters have been caring for residents at their outstanding care home in Great Barton, just outside Bury St Edmunds. With almost 20 residents, a family atmosphere runs throughout the building and the excellent care provided there. Recently rated as 'outstanding' by the Quality Care Commission, the sisters are always looking for ways to enhance and improve the environ-

ment in which they offer their care.

Recently work began on the renovation of the front garden to transform it into a rose garden; accessible for residents, their families and friends, and the care staff who work here, the new garden will provide level paved access and seating areas allowing all to enjoy the display and scent of the flowers.

The work is being carried out by volunteers and is being funded by donations and grants. It is hoped that the work will be finished for planting in the spring, and everyone is looking forward to its completion. If you would like to make a donation to buy a rose bush – as a gift, or in memory of a loved one – please contact Sr Thaya on admin@montanacarehome.com

Get to know new man at Radio Maria

In September Fr Andreas Schätzle was appointed as Priest Director of Radio Maria England, which is based in Cambridge. He gave an interview to the diocese to help us to get to know him.

■ Can you tell us a bit about your family and upbringing?

■ I grew up in Saarbrücken, a German city on the border with France. My father was German and my mother Austrian. This international mixture has shaped me from childhood on. Both of my parents were teachers, in German, Geography and Latin. I had an older brother and a younger sister. As a family we were often out walking in nature and in the mountains, but we also took part in cultural life: theatres, concerts, exhibitions. Early on I was a server and a musician in my parish. Sport, music and religious education were my favourite subjects at school. As a youngster I started to write songs. Later I studied music and theology and at first wanted to become a teacher. But things turned out differently.

■ What were the biggest influences on your faith when you were young?

■ Certainly, it was prayer in my family and in the parish community, but intense experiences of nature also had a big influence on my faith. My contacts with religious orders when I was young, together with vivid experiences of faith and community life, were formational for me. When I was a student, it was friendships and the shining personalities of priests which showed me the way.

■ How did you come to work for Radio Maria?

■ When I was a chaplain, a nun invited me to work with her as a volunteer at Radio Maria. I was fascinated and enthused by this mission to the whole country, which was simple and profound. Alongside biblical and spiritual broadcasts I put together a weekly broadcast for young people. In 2004 my bishop, Cardinal Schönborn, appointed me as Priest Director. Although Radio Maria is a private and not a church organisation, the relationship with the Church in the region and its bishops, and its role in supporting parishes and dioceses, is very important.

■ Can you tell us about a particularly memorable event at Radio Maria Austria?

■ An apparently insignificant, but typical event, was when a taxi driver told us that he had Radio Maria playing in his vehicle and then talked to customers about the faith. Or an organic farmer, who had Radio Maria playing on his stall or in his tractor. Or when we sent one of our staff to Radio Maria in Africa for three years and as a family of listeners funded her, which gave us a new insight into the world Church and its missionary task. Or a child, who donated some of his pocket money, because he wanted to help Mary.

It was certainly a special moment when, in December 2005, after seven years, we reached break even through the donations of our listeners and have since been self-sufficient. Radio Maria is supported solely by the gifts of its listeners and the work of many volunteers.

Fr Andreas Schätzle,
Priest Director of
Radio Maria England.



■ How did you feel when you were invited to come to England?

■ Radio Maria England is part of an umbrella association, the World Family of Radio Maria, which now broadcasts in over 80 countries. As a long-term staff member, I have accompanied programme directors in other countries and helped to build up new stations. Long before the foundation in England I asked Emanuele Ferrario, who was then president of the world family, "What about England?" You can imagine how happy and grateful I was, when I heard two years ago that a new Radio Maria was beginning in England. And even happier when I was invited to help with it. I've always dreamed about such an international mission.

■ In your opinion, how does Catholicism in England differ from Catholicism in Austria?

■ Many parts of the population in Austria are still much more marked by Catholicism than in England, which shows itself in many traditions. At the same time, we've taken up many initiatives from other countries in the last decades: the charismatic renewal, new movements, the prayer movement around Medjugorje, perpetual adoration, but also initiatives from the English-speaking world such as Alpha, 24/7 prayer, Mary's Meals, or the Legion of Mary. All of this is a dynamic process of spiritual renewal and exchange, which in my opinion is taking place all across Europe. The Holy Spirit is at work.

■ What is the unique mission of Catholic radio? How does it differ from the mission, for example, of Catholic television or Catholic social media?

■ Radio, of course, focuses on hearing, which is certainly no mistake. "Faith comes from hearing," as St Paul said. Radio is therefore a medium which is ideal alongside housework and cooking, or which you can listen to driving at night. Radio Maria is about proclamation, and has three pillars: liturgy and prayer, catechesis and proclamation on the faith, and human formation, or education of the heart. However, Radio Maria also tries to be present and active on social media. Many events are also made accessible through video or video podcast, which is a sign of our modern times.

■ What pastoral or social challenges are closest to your heart?

everything close up!" The cross-border, international work with other stations of the World Family of Radio Maria is something unbelievably enriching and important in our times, in which so many barriers and walls are being put up. On November 28, for example, we broadcast the rosary worldwide from the Kibeho Marian pilgrimage site in Rwanda. More than 30 million people are then joined in prayer and in the vibrancy of African songs and dances.

■ As Radio Maria England continues to develop, what do you especially hope to see?

■ The motto of Radio Maria, its mission statement, runs: "Proclaim the Gospel to all people at all times everywhere." May Radio Maria, which at the moment is receivable via DAB in the Cambridge and London areas, also reach people in the whole of England through the website and app. May it help many people to open themselves anew to the presence of God. May it grow in its listeners, its colleagues and supporters in cooperation with other Christian communities in England. May it grow and at the same time remain a simple, clear and loving voice – also for those who have no voice.

As well as receiving Radio Maria England via DAB, you can also listen online through the website at radiomariaengland.uk and through the Radio Maria Play App that is available for Apple, Android and Google Apps.

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News picture gallery from parishes around the Diocese

■ Bishop Alan Hopes celebrated a private Mass in the 15th-century Chapel of Our Lady on the Mount in King's Lynn on September 20. The Red Mount Chapel was built as a staging post for pilgrims on their way to Walsingham. After the Reformation it became the property of the Borough Council which allows King's Lynn Catholics to celebrate Mass in it during the summer months. Bishop Alan commented that he felt surrounded by the invisible presence of all those pilgrims who had passed through the chapel throughout the ages.

Pictured right is Bishop Alan with local parishioners at the Red Mount Chapel.



■ Sixteen priests from around the Diocese of East Anglia took part in this year's annual retreat. Fr Philip Shryane reports.

This was the first retreat for three years because of the pandemic. It took place from Monday November 8 to the morning of Friday November 12 at the Benedictine Monastery of Douai, a few miles from Reading. Each day we celebrated the Office and Mass together.

The speaker was Canon John Udris, a priest from the Northampton Diocese who, until recently, was the Spiritual Director of Oscott Seminary, but who is now the parish priest of Marlow.

Fr John gave two talks each day and the topic for the whole retreat was 'Be Expanded'. His talks were supported by audio-visual technology, making for a complete experience with lovely slides and music to augment his message.

All in all, it was a very good retreat, guided by an excellent speaker, and it was very refreshing to see brother priests and share their company for the first time in many months.

Pictured left are the priests on the Douai Abbey retreat.

■ Representatives from St Mary's Thetford chose yellow and white as their colours in a town ceremony to mark Remembrance Day, on Sunday November 14.

They joined with other community groups and dignitaries from across the county to remember those who have died as a result of war and conflicts.

The parish banner was marched through the town accompanied with a special wreath specifically made for the occasion.

The wreath, made from yellow and white carnations symbolised the Catholic Church. Paul Gilbert, Chair of the Parish Council said: "The idea for a yellow and white wreath came from a discussion with the Royal British Legion as each colour has a specific meaning with remembrance. The colours correspond with those of the Vatican flag. It is symbolic in many different ways."

"White symbolises peace and remembering all of have died because of war, both those in the armed forces and civilians. Yellow symbolises the disappointment of war and also optimism for peace and reconciliation between all nations and communities."

The parade assembled at the town's marketplace, in preparation for the two-minute silence at 11am. A number of the townspeople movingly came out to support this act of remembrance.

Pictured right are Nathan Connor (left) with the parish banner and Paul Gilbert with the special wreath from the Royal British Legion.

