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The Diocese of East Anglia group at Lourdes and, below, Bishop Alan giving the opening homily. Pictures by Durand.

Record East Anglia group visits Lourdes

Pilgrimage Director Deacon John Morrill reflects on a successful time of prayer and healing in Lourdes for a record number of pilgrims from East Anglia.

■ This year for the first time for many years, more than 100 men, women and children, including more than 20 assisted pilgrims from East Anglia, were in Lourdes for the annual pilgrimage.

In fact, for the first time ever, there were more East Anglians than pilgrims from any of the other (much larger) dioceses or groups. And what is more we took more 'assisted pilgrims' than anyone else and more nurses; and East Anglian volunteers continued to command the laundry which is a vital if unglamorous part of our commitment that allows us to have beds in the Accueil St Bernadette.

We also had more young people with us this year than for a while, but still need to build on this (take a bow the Ball family from Norwich for their leadership with young people). To crown it all, this year Bishop Alan was the 'lead bishop' and led the whole pilgrimage, presiding at the opening and closing Mass.

The weather was kind, the schedule full and – based on the testimony of many – the atmosphere of prayer and togetherness really wonderful. Highlights, as ever, were the Mass in the Grotto where Our Lady appeared 18 times to Bernadette in 1858 and, for the



assisted pilgrims, the visit to the baths and to the healing spring that gushed forth after Our Lady asked Bernadette to dig her fingers into the sand in the Grotto.

Many people will have had their own special moments. I think of important conversations – perhaps especially with two non-Catholics who had had devastating medical diagnoses and could think of nowhere but Lourdes to come to terms with them, or another non-Catholic, recently and very suddenly bereaved, who had come for the same reason.

They said, they found it as much in the people they were with as in the place itself. And of course, I rejoice in times of personal prayer, and of a journey with a seminarian up the funicular railway to Pic de Jer, with Lourdes spread out 1,000 feet below and six buzzards drifting on the thermals just below us. Everyone

would want to share different but comparable experiences.

Of course, it is challenging to get there. It is expensive, not least because of the weak pound, and although much effort is put into finding ways of keeping costs down, it is expensive and one of the sadnesses this year is how many people signed up and then had to pull out for financial reasons.

There is some diocesan money to help, but it is not enough to meet the full demand. With six dioceses and other groups, with about 20 leaders meeting daily to co-ordinate all that goes on, a few things slip through all the good intentions. But I hope it is the case that everyone who came is glad that they came. I know for sure that for some it is the highlight of their year.

On the diocesan website you can see Bishop Alan's inspiring homily at the opening Mass of the pilgrimage – in the underground basilica, the extraordinary underground church which seats about 20,000 pilgrims and is inspired by the idea of an upturned boat.

We had three of our major liturgies in this church and most of us took part in the procession of the Blessed Sacrament from across the river close to the Grotto to the basilica for adoration and benediction, the dulcet tones of one of our deacons leading the prayers inside and broadcast far beyond the church.

For all those who came in 2019, and all those wondering about coming in 2020, come to the Mass on Saturday February 8 in the Cathedral to find out more about an even bigger and better pilgrimage next year.

Time capsule is discovered

■ An almost 100-year-old time capsule, discovered under the pulpit of The Sacred Heart Church in Southwold during renovations, has been opened to reveal some fascinating items. Cedric Burton reports.

Southwold parishioners gathered in the Cardinal Newman Hall recently to witness the opening of the time capsule discovered under the pulpit by contractors working to repair and renovate the church.

Artefacts had been placed in a bottle, possibly a milk bottle, of thick glass sealed with a cork and wax. A wax seal depicts the Lamb of God with what appears to be the Union Flag rather than the cross on His staff.

Anticipation grew as the cork was finally removed and the contents revealed.

There was a scroll in Latin in beautiful script, giving the date May 15, 1923, names of the Pope (Pius XI) and the Bishop of Northampton. Also included were the names of the donor of the pulpit and the parish priest, Fr Henry St Leger Mason, who buried the time capsule.



Fr Henry served as parish priest in Southwold for his entire priestly career from 1897 until his death in 1940. He had also included six pages from the May 15, 1923, edition of The Times, three contemporary coins and a photograph of himself.

Sadly the photograph has degraded quite considerably but seems to be of him holding the time capsule. Work will be done to try to enhance the image.

After work to conserve the contents and copies being taken, we plan to add items reflecting the current period in the church's history and to bury it all under a new ambo which is being made from the pulpit's stonework.

Dr Louise Hampson, from the Centre for the Study of Christianity and Culture at York University, working with parishioners on interpretation of the church for visitors, explained that the custom for using time capsules was quite prevalent at the turn of the 19th/20th centuries.

The renovation work is part of a £220,000 heritage project, with the help of the Heritage Lottery Fund, to renovate and restore the church and make its history more accessible to visitors including new lighting, digital technology and a viewing platform in the tower.

news in brief

Tribute to Fr Ben O'Rourke

Fr Ben O'Rourke OSA, who was parish priest of the Clare Priory church of Mother of Good Counsel for 16 years, has died at the age of 90. Fr David Middleton OSA pays tribute.

■ Fr Ben came from Co Kerry in Ireland and was ordained as a priest in 1956, spending 25 years at Austin Friars School, Carlisle, where he was an inspiring teacher of English and a very successful headmaster.

In the early 1980s he was appointed to join the Augustinian community at St Mary's, Harborne in Birmingham as parish priest.

And finally he served at Clare Priory for 20 years, 16 of those as parish priest. In addition he was a well-known spiritual guide.

Many people are grateful to him for the counsel that they received from Fr Ben. For many, an encounter with him was a life-changing moment.

His book *Finding Your Hidden Treasure* is highly regarded as a guide to contemplation and prayer. And his translation of *The Confessions of St Augustine* from the original Latin shows very clearly, in a modern and often poetic style, the journey of faith that make Augustine so relevant to us today.

Bishop Alan Hopes said: "Fr Ben will be remembered by many with great affection and especially for making the *Confessions of St Augustine* so available for our young people."

Latterly Fr Ben has been cared for by the Little Sisters of the Poor in St Joseph's care home in Harborne, Birmingham. He died on August 25, four days after his 90th birthday, and was buried at Clare on September 17.



Catholic East Anglia

Newspaper of the Diocese of East Anglia

EDITOR: Keith Morris
tel: 01508 488318 or
07712 787762

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

email: keith.morris@rcdea.org.uk



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Julian reaches 1,000 ship visits

■ Felixstowe ship visitor and St Mark's Ipswich parishioner, Julian Wong, reached a milestone in his ship-visiting ministry recently, with his 1,000th ship, the Suecia Seaways.

Julian started ship visiting with Catholic charity Stella Maris (Apostleship of the Sea) in November 2014 and can still remember climbing the gangway and stepping on board his first ship, the Lisa.

Since then he has become a 'friend in port' to the hundreds of seafarers he has met, bringing them rosaries, prayer cards, phone top-up cards and being present to lend a listening ear and to offer support when it is needed.

"The Suecia Seaways comes into Felixstowe regularly and I have come to know the seafarers on the ship very well. I have a good rapport with them, and they have come to trust me," said Julian.

"Not too long ago, Roberto the ship's cook texted me as he needed a phone top-up card urgently. Through my contact at the Seafarers Centre, I was able to arrange this promptly. Roberto was very pleased when he got the card as he was



Julian Wong with the crew on the Suecia Seaways in Felixstowe.

able to speak to his wife back home again," added Julian.

Julian occasionally shops online on the crew's behalf and delivers goods to their ship because the seafarers are in no position to do this themselves due to their tight work schedules and short stay in port.

"It feels good to have reached this landmark in my ship-visiting ministry. I have always said that I'm most happy when I'm on a ship, visiting seafarers, and I have lost count of the number of friends I have made. God bless all seafarers and their families!" he said.

Priest retires after 56 years of ministry

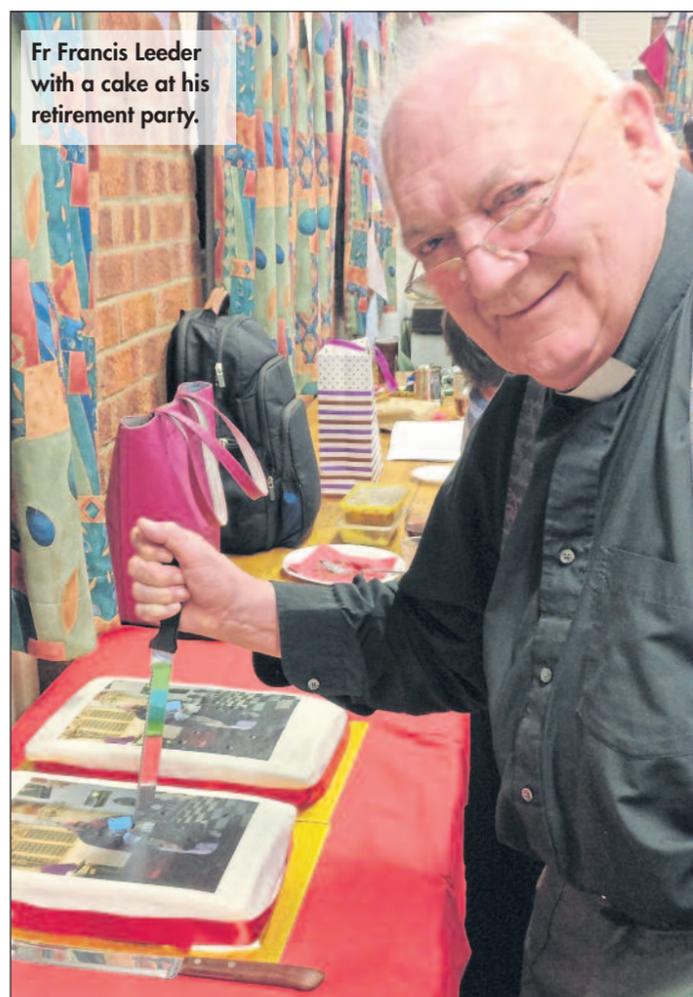
80-year-old Ipswich priest, Fr Francis Leeder, retired on September 1 after an impressive 56 years in ministry. Stephen Donaghy reports.

■ Fr Francis, often known as Sam, was ordained on June 9, 1963 at St Joseph's, Luton and went to Ipswich as his first priestly appointment. He has been parish priest at St Pancras in the town centre for nearly 40 years over two separate periods. He says he has lost count of the number of couples he has married and babies he has baptised.

Fr Francis said: "I have had a great life. People have been so kind to me. I shall leave St Pancras with many happy memories and warm feelings as a result of the welcome and support that I have enjoyed from the parishioners. My successor is coming to a lovely parish."

He says he witnessed "many miracles of healing" as a hospital chaplain but also had to cope with the deaths of three children in a house fire, which meant he "never had any time for anyone who played with matches". Fr Francis also had to deal with an arsonist setting the church on fire on Christmas Day in 1985.

He came to St Pancras as a curate, his first permanent appointment, before moving to St John's, Norwich, now the Catholic cathedral, from 1970-73 and then Woodbridge before returning to St Pancras



Fr Francis Leeder with a cake at his retirement party.

in 1981.

As a mountain man, one of Fr Francis' jobs was to clean the very high Cathedral gutters so that water did not come pouring into St John's during a storm. It was a job he was asked to repeat several times many years later, working in the foot-wide gutters in wellies and with a shovel for the pigeon mess.

For many years Fr Francis was an active member of the

local Scout movement and restarted the 12th Ipswich troop at St Pancras in the 1960s

"We did proper scouting with wood fires, tents, oil lamps. We dug latrines halfway up a Welsh hill and did winter walking, ascending Ben Nevis in snow," he said.

Fr Francis also used to sail, and act as a caller for two barn dance bands in his leisure time.

In 2011, he helped St Pancras celebrate its 150th anniversary and he holds the title of the parish's longest-serving priest.

Fr Francis will be retiring to Melton and Fr Russell Frost succeeded him as parish priest from September 1.

A retirement mass for Fr Francis, attended by local clergy and the deputy mayor took place at St Pancras on Thursday August 29, followed by a cheese and wine reception in the parish hall.

"The dean of Ipswich, Fr John Barnes, preached the sermon at Fr Leeder's retirement mass and guests at the cheese and wine reception afterwards included the deputy mayor of Ipswich, councillor Jane Riley, and the minister of the neighbouring Christ Church URC/Baptist church, Rev Neil Coulson.

Parishioners also packed into the church hall after Fr Leeder's final mass as parish priest on Saturday, August 31 for a Tavern Evening.

Stephen Griggs, who served as parish council chairman for many years paid tribute to Fr Leeder saying: "Those of you who have sat in the presbytery will know that the phone and doorbell ring without mercy. Fr Leeder, Sam, Rev you have served your parish well. Your ministry has touched so many families through the sacraments and as a friend, Scout leader and master of the river.

"On behalf of all your parish and friends I wish you peace and contentment in your retirement."



Delegates at the Catholic Voices workshop in Wymondham and, below, speaker Brenden Thompson.

Workshop in how to defend your faith

How to defend your faith and share the story of the church without raising your voice, was the subject of a well-attended workshop run in Wymondham on Saturday September 7. Keith Morris reports.

Over 50 parishioners from across the Diocese of East Anglia attended the workshop at Our Lady and St Thomas of Canterbury, arranged by the Communications and New Evangelisation departments within the diocese.

The main speaker was Brenden Thompson, CEO of Catholic Voices, a project set up to help people share the story of the church and improve its representation in the media.

When faced with difficult questions about your faith or controversies facing the church, Brenden argues that people often instinctively either fight, flee or freeze.

Instead he says, you should avoid the temptation to quickly become defensive and try to see where the person talking to you is coming from.

Using a technique Catholic Voices have developed, called "reframing", you should try to work out the frame or perspective from which the questions are coming.

"You should try to identify the positive intention of the questioner and then reframe



the question, and your answer, to be positive rather than defensive," said Brenden.

"Ask yourself what they are really saying, what values do they hold and what values do you hold," he said. "You should then ask yourself what you need to know to answer the question and what do you want to communicate."

Using the example of clerical abuse in the Catholic church, Brenden said that we need to acknowledge the wrong-doing and the hurt and agree that we share the anger felt and want to channel that into making sure justice happens and that abuse cannot take place in the future.

"Because the abuse is historic doesn't mean that the pain is historic," said Brenden. "We need to acknowledge that we are a reforming institution but not yet reformed and we need to listen to the voices and stories of the victims.

"Integrity must come before policies if they are to have any effect," he argued, "and we need to shift the focus from the so-called 'scandal' to the victims. We need to learn to speak in a non-defensive way."

In all of our communications we are in fact aiming at a type of repentance argued Brenden – a conversion of not only minds but also hearts: "Don't win the argument but lose the soul."

In a final session, Brenden outlined the Catholic Voices ten principles of civil communication:

- Don't get mad – reframe.
- Shed light not heat – the aim of communication is always deeper understanding.
- Think in threes – three is a holy number and it often helps to have three points you want to make.
- People don't often remember what you said so much as how you said it and how it made them feel.
- Show don't tell – Jesus told

parables which showed incarnate truth in a way in which bald statements simply cannot do.

- Remember to say yes and not always no – we say 'yes' to life and not 'no' to assisted suicide for example.

- Compassion counts – sometimes we just need to listen.

- Avoid robotic answers such as just throwing statistics around.

- It's about witnessing and not winning.

- It's not about you – the church is a mission and Christ has given us all we need to succeed in it.

Participants appreciated the workshop and ideas talked about.

Ciaran Losasso, from the Ignite Team, said: "Brenden was an excellent speaker who gave us a lot of insight into how we can share our faith including those aspects which are more controversial and how to share it with clarity, with confidence and with positivity.

Teresa Wiseman from Wymondham said: "It was excellent and thought-provoking. It would make the average Catholic think twice before they jump in to an argument to try to defend the faith. With a little knowledge, and confidence in what you are saying, he suggested you should think about what perspective the person you are talking to is coming from.

You can download Brenden's presentation and see more pictures at www.rcdea.org.uk www.catholicvoices.org.uk

Biography of a new English saint

On Sunday October 13, in Rome, Pope Francis will canonise Blessed Cardinal John Henry Newman, one of the great figures in the story of our faith in this land. To pay tribute here is the first of a brief three-part biography of the new English saint.

John Henry Newman was born in London on February 21, 1801. His father was a banker and his mother a descendant of French Huguenot refugees. He attended school in Ealing and in his early life he had a deep Christian conversion and became a convinced evangelical.

He was enrolled at Lincoln's Inn as a lawyer and was sent to Trinity College, Oxford. However he broke down under the strain of examination and so graduated with only a 2/2 BA degree. He next went to Oriel College where he was more successful.

John Henry Newman was ordained as an Anglican priest in 1825. He continued at university and his reputation as a sharp intellect and deeply learned man was established.

He became Vicar of St Mary's University Church in 1828, a very prestigious appointment. His religious views began to change and he became part of the Oxford Movement, which sought to return the Church of England to its Catholic roots (though not to reunion with the Holy See of Rome). He wrote several pamphlets called Tracts for our Times to try to convince others.

He faced much opposition and his own religious thought was leading him more and more to an understanding and acceptance of the Catholic Church's claims.

He withdrew to Littlemore near Oxford in 1842 and lived a semi-monastic life. He was received into the Catholic Church in 1845 by Blessed Dominic Barberi.

The effects on him were great and costly – his friends, family and colleagues ostracised him. His farewell sermon at the university church had been titled "The parting of friends".

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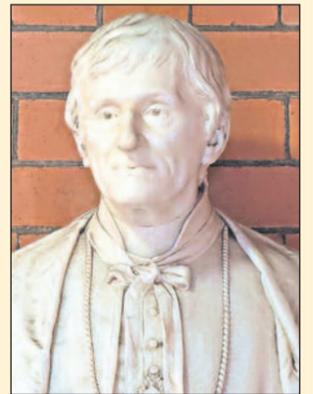
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A prayer of Cardinal Newman

*May He support us all the day long,
till the shades lengthen and the evening comes,
and the busy world is hushed,
and the fever of life is over,
and our work is done.
Then in His mercy may He give us a safe lodging,
And a holy rest and peace at the last.*

Find out more about Cardinal Newman's canonisation at: www.newmancanonisation.com



Celebration of creation around parishes

Parishes across the Diocese of East Anglia have been holding Creation Celebrations over the summer. St Laurence's in Cambridge, a CAFOD Live Simply parish, combined its Creation Celebration with a garden tidy-up. CAFOD Parish Coordinator Serga Collet reports.

■ We had a fabulous Creation Celebration on Sunday July 17. This was combined with a garden tidy-up the previous day. Lots of helpers came along and worked extremely hard to improve our parish environment, spurred on by refreshments.

Fr Simon Blakesley joined in too, planting a Monkey Puzzle tree in the church gardens, to encourage the replanting of trees and general care of the environment, even his dog Bentley helped.

The Sunday Creation Celebration was a memorable occasion. The children's liturgy group made individual

leaves with their names written on them, which were brought in and hung on a 'tree of life' by the altar. After the Eucharistic prayer the children returned to the altar and used Makaton signing led by myself and another Makaton user to sign the Our Father to the congregation who signed it back to us. This was very moving. All the bidding prayers, prayers and hymns were all linked with God's creation.

After Mass we moved into the parish rooms where we enjoyed a well-attended parish picnic, which was a bring and share event with varied and international dishes. As the weather was good, we were able to enjoy it in the newly tidied garden.

More creation themed events are planned. We will join in the World Prayer Day for Creation during Mass on September 1. Another Saturday garden tidy-up will be held in October, as we intend this to be a regular event.

It's not too late to plan a Creation Celebration for your parish, take a look at CAFOD.org.uk or contact eastanglia@cafod.org.uk



The St Laurence garden tidy-up

Special youth Mass

■ Around 50 young people from the Catholic Youth Groups in Peterborough and St John Fisher High School gathered for a special mass and social time at St Luke's as they looked forward to the summer holidays.

Fr Luke Goymour, diocesan youth chaplain, gave the homily while Sr Maria-Laura, Hamish MacQueen and friends led the music.

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Carnival Day in Downham Market was an opportunity for St Dominic's evangelisation team to spring into action, writes Joe Walton.

■ During Carnival Day in Downham Market Festival Week, at the end of May, the big parade comes right past St Dominic's Church. As a parish, we always like to join in the festivities.

We serve refreshments and sell cakes and plants on our stalls. It's an ideal occasion to open our doors and welcome passers-by to our church. Over the years, though, it's become much more than just a refreshment-stop.

This year the Parish Evangelisation Team joined other parishioners to invite people into our church. We welcomed non church-going Catholics, Christians from other churches and others who were curious about us. We invited people to light a candle and to add a simple prayer to our prayer board.

Many people wanted to talk about their experiences of church. A couple who had drifted away from their church decided to give it another go after talking about what being part of a Christian community had meant to them. One man sat quietly in church and thanked us for giving him that peaceful time. We invited people to come back and join us for Mass when



Members of the evangelisation team: from the left, Eddie Luyten, Godfrey Dennis and Joe Walton.

they were ready.

Outside the church, the team used a simple 'personal belief survey' to open conversations about God and to let people share their ideas about what happens when we die and whether prayer works. People talked about bereavement and their worries about suffering and evil in the world. We were ready to explain our Catholic understanding of these matters when it was appropriate. We weren't the only ones sharing our faith. One woman spontaneously prayed for us and our

work in the street. As the carnival floats went past someone in the crowd said to us, 'God gives us this joy.'

Even with a lot of prayer asking the Holy Spirit for courage, it was a bit scary approaching people in the street but most people were happy to explore their thoughts with us. We offered to pray for the people we had spoken to. So, with a long list of names, when the crowds had gone, all the parish helpers came together in church to pray for the people we had met and their needs.

For me, taking part in the personal belief survey was an amazing experience. I was really struck by people's readiness to tell their stories and engage in a conversation about their beliefs.

It was daunting at first but by following some simple guidelines it became more natural. Listening is key and being open, friendly, interested and sincere help to build a bridge of trust. The experience also helped me to grow in confidence and see how we may evangelise as part of our everyday lives.

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Chloe honoured for 30 years' service

Parents and children have helped to honour the unstinting service of Chloe Gill who, over 30 years, has run a parents and toddlers group at Our Lady and the English Martyrs in Cambridge, reports **Mel Ward**.

On July 17, Chloe was presented with a Memory Book of photos and messages from as far as the USA from so many for whom the group was an oasis of love and laughter over the last 30 years. In addition, Chloe was presented with a Bishop's Medal and certificate by Canon Eugene Harkness after Mass at OLEM on August 4.

Over the last 30 years, Wednesday mornings in the parish centre have seen tears of hilarity, exhaustion and grief during what for many can be some of the

most joyful, but isolating, financially insecure and emotionally demanding years of our lives.

'Toddler Masses' for young families were happy and inclusive.

Everyone was welcome and many long-standing friendships made. Chloe's deep sense of justice and sound common sense supported many of us.

The messages written in the memory book are a deeply moving testament to the vital and necessary role of such nurturing in the church.

Two of her daughters, Tibba and Annie, and her husband Andrew have helped her greatly in the past few years as she has lost her sight and now uses a guide dog, but she has carried on relentlessly.

Pictured right is Chloe Gill (on the left).



Fr David Bagstaff saying goodbye to parishioners in Diss.

Fr David says farewell to Diss

Five years, almost to the day, since he arrived at Most Holy Trinity Parish, Diss, parishioners gathered at the beginning of September to bid farewell to Fr David Bagstaff, reports **Judith Tooth**.

Expressing their deep gratitude for his ministry and pastoral care, they presented him with a cheque, photograph album and farewell cake to send him on his way to his new parish at Bury St Edmunds.

"I've thoroughly enjoyed my time here in Diss," he said, as he prepared for the move. "It's a great parish community, and I feel very privileged to have been a part of it. It is the people that make the community and I thank everyone for welcoming me into their lives. It has also been good to work with the ministers and communities of the other churches in the town.

"It is never easy to move on, and when Bishop Alan asked me to take up the appointment of parish priest of St Edmunds, it came as quite a surprise.

But as a priest I have to see the hand of God in this and respond generously."

Fr David said he would take many memories with him, in particular the parish community's timely efforts to become a LiveSimply parish, living simply, sustainably and in solidarity with the world's poorest. The parish was the 25th to receive the LiveSimply award from CAFOD, and the campaign coincided with the publication of Laudato Si', Pope Francis's encyclical on care for our common home.

He was also pleased to witness the growing involvement of children in Sunday worship through their children's liturgy, or 'Little Church', as it is known in Diss.

He had also enjoyed the many social activities organised in the parish: as well as being good fun, they helped build community, he said – and many of them raised funds to help pay for the building of the parish's new church of St Henry Morse.

Fr David's replacement is Fr Alex Anaman, who has recently arrived in this country from Ghana.

"He will bring a new dimension to the parish and I'm sure the community will quickly take him to their hearts," said Fr David.

news in brief

Bishop's Council of Laity to meet

Each year in May and November, Bishop Alan meets with representatives from parishes across the diocese at Poringland at the Bishop's Council of Laity, reports Secretary **Maureen Costello**.

The parish representatives are usually the chair of the Parish Council or the Finance Committee or someone who comes in their place. Information about the meetings is sent out to parishes by email and the representatives who have previously attended receive this information directly. If there is a parish which has not been represented, then the parish priest is requested to pass on the information to the appropriate person.

Bishop Alan sees the council's purpose as twofold: to allow the bishop to hear from parishes and, secondly, for representatives to take back to their parishes the Bishop's 'message'. At the meetings there is the opportunity to:

- hear from Bishop Alan about key developments, activities and events taking place in the diocese;
- listen to presentations from people working in the diocese;
- learn about important current documents e.g. Apostolic Exhortations and Papal Encyclicals;
- have group discussions, share views and ask questions;
- have a plenary discussion

The date of the next Council is Saturday November 23 at the Conference Centre, Poringland. There will be a presentation from Jacinta Goode from Caritas East Anglia. The meeting is from 11am to around 1.15pm followed by refreshments.

We hope to see all parishes represented.

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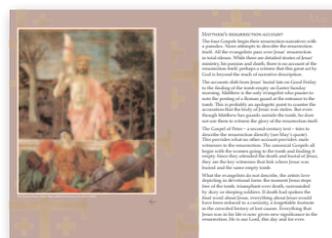
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Margaret Mary's spiritual journey

Spiritual director and school teacher Dr Margaret Mary McFadyen has been appointed as the diocesan representative to the Bishops Conference Spirituality Committee. Here she talks of her own spiritual journey.

■ I am what is normally referred to as a "cradle Catholic" from the west of Scotland. I moved to Norwich to study at UEA for a PhD in Atmospheric Chemistry.

I was involved with the chaplaincy there and was Liturgy Secretary on the Catholic Committee for three years. I was also involved with the Catholic Student Council and was elected Secretary when I attended their Easter conference on Education.

It was then that I had a "Damascus moment" and decided to train to be a teacher once I had finished my PhD. The chaplain at UEA helped me with funding so that I could complete the "Certificate of Religious Education" by a correspondence course with Strawberry Hill College, as it was then.

I began making annual individually guided retreats nearly 20 years ago, seeking the support of a spiritual director in everyday life after five years, and I recently trained as a spiritual director myself, in Ignatian spirituality in particular, which includes accompaniment in The Spiritual Exercises of St Ignatius.

This is the background which brought me to the point of talking to Bishop Alan, telling him of my story and my ideas. I feel inspired to share what I have learned about prayer and how to find God in all aspects of daily life through my experiences and training. I am leading workshops on Exploring Personal Prayer in parishes in the diocese, with his support, and with the support of the parish priests.

Bishop Alan subsequently invited me to represent the Diocese of East Anglia at the annual meetings of The Bishops Conference Spirituality Committee, the first of which I attended in March.

It is a role which has room for development, and I have been contemplating and discerning how I am being called to move forward with it. I am very excited about the coming year of "The God Who Speaks", about the groundswell of interest in deeper spirituality and prayer, in which I sense a countermovement to the times in which we live.

I feel both privileged and grateful to be appointed to this role within the diocese, and I take the responsibility of it seriously. I look forward to working with parishes within the diocese to promote an active, deeper engagement with spirituality in the plethora of traditions across the Church, all to the praise, reverence and service of God.

You can contact Margaret Mary at: mmmfadyen@gmail.com

Pilgrimage of ma

Around 3,500 pilgrims, representing the worldwide Catholic Church, gathered at the National Shrine of Our Lady at Walsingham on Sunday September 9 for the colourful and joyous annual Dowry of Mary Pilgrimage. Keith Morris reports.

■ Led by Bishop Alan Hopes, the day of pilgrimage began with a colourful parading and reception of national flags and banners including from the Philippines, Vietnam, Benin, Lithuania, England, Ireland, China, Sri Lanka, India, Trinidad, Ethiopia, Zimbabwe, Eritrea, Uganda, Nigeria, France, Mauritania, Tanzania and Kenya. Many of the national groups said the Hail Mary in their own native languages.

In his welcome, Bishop Alan said: "It is a special joy to welcome people and priests from the many different ethnic communities from across the country represented here today.

"We are gathered from many nations as one people – the family of God – united in our Catholic faith and in our common purpose to make Jesus Christ and his blessed Mother known to all.

"We unite ourselves in prayer and solidarity with all of our Christian brothers and sisters across the world who are being systematically persecuted and martyred, especially in Iraq and Syria, in northern Nigeria, Pakistan and India and many other places.

"We also pray for peace and reconciliation in those places where there is war, division or unrest. We pray especially for the people in Congo and in Zimbabwe."

Bishop Paul McAleenan, auxiliary bishop from Westminster, gave the homily.

"We are always being asked by God to move forward," he said. "You can live without many things but you can never lie well without hope.

"Today is a pilgrimage to honour Our Lady, to thank her for presence and thank her for her prayers. Coming here today is like coming home to our blessed Mother. Like all mothers she wants us to progress and to move forward. She wants us to empty ourselves of ourselves so that we can be like her – full of grace and full of God's love."

A solemn Mass of Our Lady was then celebrated by Bishop Alan in the open air Chapel of Reconciliation.

After picnic lunches, pilgrims processed, many singing and dancing, along the Holy Mile between the Catholic Shrine and Walsingham Abbey where Benediction of the Blessed Sacrament took place and prayers were said for the conversion of England at the original shrine site in the Abbey grounds.

The pilgrimage is named after the 14th century convention of England being known as the "Dowry of Mary" and is the principal pilgrimage in honour of Mary.

■ There is a full picture gallery at: www.rcdea.org.uk



ny nations



Pictures from the Dowry of Mary pilgrimage.

You can see, and download, a full gallery of pictures at www.rcdea.org.uk



The roof damage caused when part of the stone cross blew off St Edmund's church and, below, Fr Charles Fitzgerald-Lombard.

Priest's narrow escape as stone cross falls onto church roof

Bungay parish priest, Fr Charles Fitzgerald-Lombard, had a narrow escape on August 10 as violent winds blew a stone cross onto the roof of St Edmund's church sacristy while he was in there.

■ "I was unharmed," said Fr Charles, "apart from the shock at the extremely loud bang which sounded like a small bomb."

A brief but violent wind-storm hit the town of Bungay on the Norfolk/Suffolk border on Saturday August 10. Around 10.30am it blew off the stone finial cross at the north-west end of the apex of the church roof at St Edmund's Catholic Church in St Mary's Street.

The stone appears to have fallen first on the sacristy roof some 10 metres below and broken a large number



of clay tiles while part of it broke off and bounced onto another face of the same roof and broke more tiles before falling to the ground.

Fr Charles said: "In all I would estimate that more than a hundred tiles were broken and the wooden sub-structure and felt lining of the roof in at least two places was damaged. Some guttering was also broken off."

Quite miraculously there was only slight damage to one of St Edmund's famous Victorian stained-glass windows nearby and no damage appears on the inside ceiling of the sacristy.

The church has insurance for storm damage brokered by the Diocese of East Anglia which has

arranged for a loss-adjuster to visit the site within the next few days.

Cambridgeshire retreat for readers and ministers

■ Readers and Eucharistic Ministers from Cambourne, Huntingdon and Sawston took part in a Retreat at Buckden Towers on Sunday June 30, reports **Mel Ward**.

Parishioners from St John Fisher in Cambourne, St Michael's Huntingdon and Our Lady of Lourdes Sawston came together to reflect upon our ministries.

Fr Jim Kennedy led us with brief talks which were knowledgeable prompts to us all as individuals as members of Christ's body working together. These were punctuated by ample time to reflect upon his words and our own calling to serve in the beautiful surroundings.

Many had not visited this place before and were astounded and moved

by its historic links to the Catholic Church and encouraged by the work of the Claretians there today.

The serenity of the gardens, the joy of meeting friends old and new and the refreshment of both the tea and coffee variety as well as the oasis of silent reflection together, made this a truly uplifting and encouraging afternoon.

We would wholeheartedly recommend other parish groups to make the opportunity to do the same and we will certainly be back.

As a church in Cambourne which has no permanent Catholic buildings, grounds or Eucharistic presence, we really cherished this time to rest in the company of others serving in surrounding parishes and in God in such a holy, historic and welcoming place.

YOUTH MATTERS

Over 50 young people and helpers enjoyed a fun-filled diocesan summer camp over the August bank holiday weekend. Among them was 11-year-old Tabitha Blackman Northwood.

■ My brother Joshua and I went to the diocesan church camp at Moreton Hall Prep School, Bury St Edmunds, where we had lots of fun and I am sure everyone else who came had a great time too.

We arrived on Friday and we went to church in the chapel that was built into the school. We learnt the route to happiness with the "J.O.Y" acronym. Love "Jesus", "Others" and then "Yourself".

After Church we said goodbye to our parents, we put our bags into our rooms then we split into our older and younger groups and went to our classrooms and played some games and then went to bed.

On Saturday morning everyone got up and had breakfast. We were then put into groups to play games and competitions.

After that we went to the Chapel and a lady called Catherine came in and told us about a charity called Aid to the Church in Need and how people get taken out of their country because they are Christians.

Then we went to our bedrooms and got changed to go to the pool. The pool was very fun and just before we left we played a game of water polo. After we were changed from the pool we had dinner.

After dinner we had a reconciliation



Mass. The Mass was very nice and calm and relaxing after the busy day we had.

Sunday was very similar to Saturday but instead of the pool we played a water and shaving foam obstacle course. The best part was the tunnel with shaving foam.

On the last day we went to a cozy room while one of the staff members played the piano. We sat on couches and reflected on the great weekend we had had. It was a very fun weekend. I have learnt that you can pray through music not just sitting

down and saying your regular prayers.

My brother and I would like to thank all the staff, led by Lorraine Furmedge, who made it a lovely weekend. The chefs who cooked all the delicious food and the Priests that came and said Mass.

Leaders: Lorraine, Ursula, Daisy, Claire, Sarah, Nathan, Kerry, Lauren, Joe, Bob and Abbey. Chefs: Paul and Jess. Staff at School: Andy and Katie. Ignite Team: Fr Luke and Hamish. Thank you to the parishioners in the diocese for their donations,

without which the camps wouldn't happen.

Campers: Giles, Hannah, Alfie, Jensen, Sophie, Maria, John, Doffy, Ethan, Angel, Anslo, Benjamin, James, Elizabeth, Teresa, Bessie, Jelissa, Thomas, Samuel, Rafael, Ishmael, Angela, Kristine, Abigail, Annie, Emily, Joshua, Tabitha, Max, Will, Zita, Sean, Conal, Adam, Amy, Thomas and Tania.

We are both looking forward to next year.

For more details on next year's camp, email: diocesansummercamps@gmail.com

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School consultation

On September 9, the Diocese of East Anglia launched a six-week consultation on its proposal to build a new Catholic primary school at the Hampton East development in Peterborough.

■ The diocese has published a consultation document that provides more details about the proposed school, including how it will be run, and everyone is invited to complete the consultation response form which needs to be returned by Sunday,

20th October 2019. Consultation drop-in sessions have also been organised at:

Sacred Heart Catholic Primary School on Tuesday, October 1, at 3.30pm.

Hampton Vale Community Centre on Monday October 7, at 7pm.

Helen Bates, Assistant Director for Schools, explains: "It is really important that as many people as possible respond to this consultation by completing the response form. The final decision as to whether the new Catholic primary school can go ahead will be made by Peterborough City Council, and the responses we get to our consultation will be important

for the City Council in helping to determine how much support there is for the new school."

The consultation document and response form, together with some FAQs can be found on the Diocese's website at www.rcdea.org.uk/vaschools. Paper copies can be obtained by either emailing ssc@rcdea.org.uk or writing to Diocesan Schools' Office, 21 Uppgate, Poringland, Norwich, NR14 7SH.

All response forms must be returned by Sunday, October 20.

■ More details online at www.rcdea.org.uk/vaschools

Double celebration for St Albans



■ There have been double celebrations at St Alban's Primary in Cambridge.

Firstly, it has been awarded the Silver Arts Mark, acknowledging all the excellent opportunities the school offers the pupils. The school was a finalist in the Cambridgeshire Sing for your School competition and performed at the Corn Exchange Cambridge in front of a packed crowd. Other events which contributed to the success is the discrete teaching of Performing Arts with all children in KS2 learning to play a brass instrument and the development of the music school after the school day. Throughout the year the children have enjoyed watching Shakespeare in the Park, performing at the Summer Music festival and many more Cambridge events.

In July a group of school parents (pictured left) climbed Ben Nevis, Scafell Pike and Snowdon – known as the Three Peaks Challenge – to raise money for the KS2 playground at St Alban's. It was a tremendous achievement because not only did they do it in 24 hours but they raised almost £7000 to go towards developing the KS2 playground.

YOUTH MATTERS

New-look Ignite team

The Ignite Team is now entering its fifth academic year of full-time youth ministry in schools, parishes and at events across the Diocese.

■ This year's full-time team consists of Emily Murphy, who is joining from the United States for the year; and Ciaran Losasso who is commencing his third year with the team, along with Fr Luke Goymour (part-time Chaplain) and Hamish MacQueen (Director of Youth Service). Ciaran takes over from Catherine Williams who served the Diocese for three years as Ignite Team Leader.

"I'm excited to see how God will use the team over the coming months," says Ciaran. "There are lots of schools and parishes that we hope to return to, but we'd also like to be invited to more places that have never had a visit from the team, including more non-Catholic schools."

The team, which continues to be based in Walsingham, commences its year with a few weeks of training, prayer and formation in preparation for the year ahead. They'll spend the rest of the year responding to invitations from



The new-look Ignite Team, from the left, Hamish MacQueen, Emily Murphy, Ciaran Losasso and Fr Luke Goymour.

parishes and schools around the Diocese to carry out retreats, workshops and other missionary activity with the aim of drawing each participant deeper into relationship with Jesus Christ and His Catholic Church.

The team also help to facilitate events around the Diocese, such as the annual Ignite Festival, for those of secondary-school age.

"We're hoping to continue to grow our smaller events, such as the Glow Days, which hap-

pen in different locations around the Diocese throughout the year," says Ciaran. "I'd also like to welcome more young adults to our group of part-time volunteers, Ignite Lite."

With events of their own, and ministry on behalf of schools and parishes, the team will be busy over the coming months. Ciaran recommends booking the team as early as you can: "We welcome bookings all year round but at this stage in the year there's a lot

more flexibility for parishes and schools to be able to choose the date, or dates, they'd like."

Reflecting on the year ahead, Ciaran adds: "We're really blessed to have a full-time youth mission team in our Diocese. There's been a lot to thank God for over the last few years but also plenty of room for growth and improvement."

"Our work is in the hands of Jesus – we can trust Him to show us what's next."



Diary dates 2019/20

■ **November 2 and 3: Ignite Lite Discipleship Weekend** – for those aged 16-35 who want to grow in their faith and for members of the Ignite Lite volunteer group.

■ **Sunday November 3: Diocesan Post-Synod Event: Youth, Faith and Vocational Discernment**

An event reflecting on the Pope's letter to young people *Christus Vivit*. The event is by invitation only – delegates should be contacted with further details in due course.

■ **May 8-10, 2020: Ignite Youth Festival** – Sacred Heart Swaffham

■ **June 20-21, 2020: Celebrate East Anglia** – St Benedict's High School, Bury St Edmunds

For more details of each event, please see www.rcdea.org.uk/youth

Youth contacts

Tel: 01508 486236

Email: Ignite Team enquiries
igniteeam@rcdea.org.uk

All other enquiries: dys@rcdea.org.uk

Facebook: www.facebook.com/igniteyea

Twitter: @igniteyea

Instagram: @igniteyea

Web: www.rcdea.org.uk/youth/

Emily's youth ministry

The newest member of the Ignite Team for the next year is American Emily Murphy from New England. She explains what brought her to East Anglia.

■ No matter how I do it, I know that I am meant to work for God and help prepare young souls for salvation.

I discovered this while working in youth ministry part-time at St Christopher's Parish in New Hampshire. The parish didn't have a youth ministry programme, so I started one from scratch, discussing teens' questions about the faith, teaching them different styles of prayer, and, of course, playing games and eating snacks.

After two years, I expanded the ministry to include programming for younger children who, with a little creativity – Catholic jump rope rhymes, anyone? – benefitted just as much as the teens! I found youth ministry so important, fulfilling, and too often neglected that I decided to make it my full-time work.

I was last in the UK in 2016, when I studied abroad for a semester at Canterbury Christchurch University in Kent. The impetus to do that was my love for Jane Austen and other British period dramas. I found that I loved the modern culture too – so much that I wanted to return to England someday. So I simply searched the internet for jobs at the country's Catholic dioceses until I found the Ignite Team here in East Anglia. I'm



Emily Murphy.

excited to help bring the diocese's youth a little closer to Heaven!

Aside from youth ministry, I have also worked in journalism and am a self-published author. I have a BA in creative writing and English from Southern New Hampshire University. In my free time, I like hiking, baking and making up stories. I'm also quite the name nerd, so I'm happy to be working with people named Ciaran and Hamish!



Thanks to you Sr Clara rescued these girls from exploitation

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Listen to the God who speaks

The Bishops' Conference of England and Wales has designated 2020 as a year in celebration of "The God who Speaks", inviting the Church to listen afresh to the Word of God. The year will official launch on September 30 and, as an introduction, the project's Suffolk representative, Jean Johnson, talks about her own love of Scripture.

■ I thank my family for my love of the Bible. When I was seven my father wrote in my first Bible, 2 Tim.3:15, which reads "From infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus".

It was certainly true that I knew the Scriptures from childhood. In the school holidays I saw my grandma read her Bible every afternoon after the chores were finished. My family were Evangelicals and we went to the Gospel Hall three times on Sunday. Between them, my father and grandfather were preachers for over 100 years.

From being a little girl, I often went with my father and sat on the front row when he was preaching. Every Sunday morning there was a Breaking of Bread service, so although we sang, 'only bread and only wine...' and understood them as symbols, it prepared me for the importance of the Eucharist. Our spirituality was much influenced by hymns, and choruses in Sunday School, such as: "Read your Bible, pray every day... and you'll grow, grow, grow."

I believe that the best book to read is the Bible and Romans 10 and 9 are my favourite part.

Early in my teens I did a course answering questions on every New Testament chapter, receiving a small New Testament, and then on the Old, to gain a much prized black leather Bible with a zip. I still have it, almost falling apart with use!

Love of the Bible led me, in 1974, towards the Catholic Church: I enrolled on a New Testament Greek course at Ipswich Civic College, and was persuaded also to enrol for a diploma in Religious Studies.

The Scripture courses were great but the doctrine was challenging. However, all the Catholics knew what they were meant to believe (from the Catechism, of course).

Newman, like me, was influenced by Evangelicals in his youth but it was study of the Fathers that led him to the Church.

As we studied the Early Church I too saw that all the things I had been taught were wrong in the Catholic Church (bishops, priests and deacons, devotion to Our Lady, prayers for the deceased etc) had been there by the second century, in writings such as those of St Ignatius of Antioch. When I told my parents I was to become a Catholic I didn't know if my father would ever speak to me again as he believed that Catholics did not understand the Bible. However, he came when I was received into the Catholic Church on December 17, 1977, at St Mary's Ipswich and did one of the readings.

Over the years, it has been a joy to lead Bible study sessions at an Augustinian parish and to help friends from St Pancras, Ipswich who, for ten years, led Bible study evenings also attended by URC friends, and to see how their confidence developed.

It is a great thrill to be working with the God who Speaks: 2020 Year of the Word. As John 20:31 says of that lovely Gospel: "I too am assured that reading and believing Scripture will give us life in His name."

www.cbcew.org.uk/home/events/the-god-who-speaks/



Jean Johnson.

Appeal to help solve paintings mystery

Diocese of East Anglia archivists are appealing for help to solve a nineteenth century artistic mystery concerning Italian paintings, the Duke of Norfolk and St John the Baptist Cathedral in Norwich.

■ The 15th Duke of Norfolk, whose generosity helped to fund St John's Cathedral, travelled to Florence in 1867 and records in Italy indicate that he may have bought 15 paintings there. They were frescoes transferred to canvas from an ex-monastery in Florence. The artist was a Tuscan painter of the XVII century and may be Giovanni Mannozi (known as Giovanni di San Giovanni or Giovanni da San Giovanni) or one of his school. A 1903 English publication refers to them as being "in Arundel" in the early 20th century, with images reproduced with the Duke's permission.

The paintings represented the 15 Mysteries of the Rosary. 13 are lunettes (semi-circle or half-moon shape) and measure 1.95m x 2.85m (Annunciation - Visitation - The Nativity - The Circumcision - The Finding in the Temple - The Agony in the Garden - The Flagellation of Christ - The Crowning with Thorns - The Way to Calvary - The Crucifixion - The Resurrection - The Ascension - Descent of the Holy Spirit. The remaining two are rectangular, and even larger, measuring 3.6m x 2.4m (Assumption of the Virgin - the Virgin with the Rosary and Saints).

Today's mystery appeal started with a request from an Italian re-



Two of the lunette paintings, above the Nativity and left, the Annunciation.

searcher to the archivists at Arundel Castle and at the Diocese of Arundel & Brighton archivists, which drew a blank. The Duke was involved in the building of many, many Catholic churches, including St John's in Norwich and could have passed the paintings to one or more of these institutions. Hence the request was then passed to East Anglia archivists, Michael and Gill Hill.

"Unfortunately, after some investigation within the archive and through contacts, we cannot say where they might be now - and they would be hard to miss," said Michael. "But if any readers have seen or heard of something similar please get in touch, as we would love to know what happened to them."

You can contact Michael and Gill at archive@rcdea.org.uk

reflection

Now is the moment which God wants

Now is the moment which God wants from me, says Dcn Peter Coates from Woodbridge, in his monthly reflection.



■ When I was about eight, innocent and full of confidence, I told my mother that I had a vocation to be a missionary to the poor. Wisely she told me that I was too young and that I should talk with an experienced missionary before taking any drastic steps.

Perhaps foolishly, I thought I had no time to waste so I went to the Cathedral and interrupted a priest meditating on the Stations and asked him how I could become a missionary. We talked for some time before he gently sent me away to learn as many languages as I could. Later I got the same advice from the Methodists!

Pope Francis has clearly laid down the theme for October this year. The 93rd World Mission Day is on 20th and the Holy Father's message is entitled "Baptized and Sent!" He says: "Every baptised man and woman is a mission." It made me think first about Baptism, that first moment when God comes to us and says "I love you,

child of mine". Was the Sacrament of God's initiative of grace the first time God called me to serve the poor? This is one of the occasions when hindsight is truly valuable.

We can look back and see that from the very beginning of our lives God has been offering us love and calling us to service. We cannot always see it at the time and we certainly do not always respond when we do realise that something is happening. He calls and waits for our response.

My former spiritual director had to get angry with me before I accepted that a) "there is no second best with God" and that means b) "there are no 'what ifs' or 'if onlys' either". Now is the moment which God wants from me. He is not looking at the sins He has forgiven. He is building on what He has done for me and has prepared me for this moment when He gives me the task He wants done.

It is now that He is calling you and me to be His mission. He has a job that only you can do and He is now waiting for your response. Do not worry that the last time He called you were not responsive, He is calling now. It may be something that appears to be unimportant like smiling at your unhappy neighbour or it may be a call to what the Church calls a vocation. "Here I am Lord, send me!"

John on path to sainthood

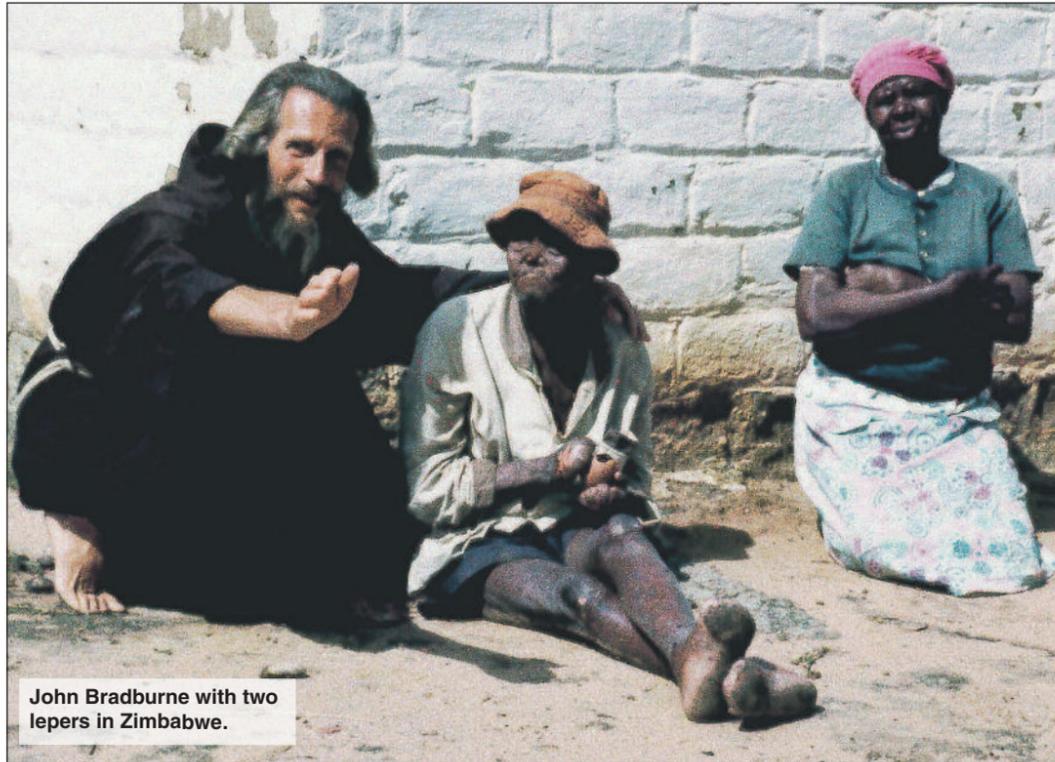
The Vatican has approved the Sainthood cause of John Bradburne, a Franciscan missionary and former Norfolk schoolboy, who cared for a colony of lepers in Zimbabwe before being murdered by guerrillas.

■ The John Bradburne Memorial Society has confirmed that the Congregation for the Causes of Saints in Rome issued a formal "nihil obstat" on July 1, allowing the cause of beatification, the first step to sainthood, to begin.

The ex-Gresham's pupil, and son of a North Norfolk vicar, found his true mission in life, after a long search, loving and caring for a colony of lepers in civil war-torn Rhodesia (now Zimbabwe) – a role which led him to be murdered by guerrillas.

Known as The Vagabond of God, John was the son of Cawston Anglican vicar, Thomas Bradburne, and as a youth spent time there and also at Gresham's School near Holt.

In April, Archbishop Ndlovu, primate of Zimbabwe, had convened a meeting of Zimbabwean Bishops at which there was unanimous approval to support the cause. A postulator, Dr Enrico Solinas, a lay judge at the Umbrian Interdiocesan Ecclesiastical Court of Perugia, was appointed in 2018,



John Bradburne with two lepers in Zimbabwe.

and is now taking the cause forward.

John Bradburne, born in Skirwith, Cumbria, in 1921, a third-order Franciscan, was killed in Rhodesia in 1979 for refusing to abandon the lepers he had looked after for many years. Since his death, Mutemwa, the leprosy settlement where he worked, has become a major pilgrimage centre. Each year, on the anniversary of his death, September 5, thousands gather to hear Mass and process up the mountain where he walked and prayed.

On September 5 this year, the fortieth anniversary of John's assassination, there

was a special ceremony at Mutemwa, where the cause was officially launched. Thousands of people were expected to be there, including many from outside Zimbabwe.

Two weeks later, On September 21, the celebrations will continue in London, with a Mass at Westminster Cathedral, followed by an exhibition in the hall about John's life, along with a talks and Zimbabwean music.

John's Franciscan habit will be one of the things on display, as will his beloved typewriter, and some of his manuscripts. This will be the first time John's relics have been displayed publicly.

The John Bradburne Memorial Society was established in 1995 by Celia Brigstocke, John's niece and John Reid, to do two things: to continue his legacy by providing perpetual financial support for Mutemwa, desperately in need of help, and to promote his cause for beatification, given the widespread belief in his sanctity expressed by all who met him.

The administrator of the Society is Celia's daughter, Kate Macpherson, who can be contacted for further information by email at info@johnbradburne.com or by post to P O Box 32, Leominster, Herefordshire HR6 0YB.

The principle of human dignity

The first principle of Catholic Social Teaching is Human Dignity says Caritas East Anglia Development Worker Jacinta Goode.



■ Julie Andrews famously sang in The Sound of Music that a very good place to start is at the very beginning. Let's begin our consideration of human dignity, then, in the first book of the Bible. In Genesis (1:26) God said: "Let us make humankind in our image, according to our likeness." By our very existence, then, we can safely say that every one of us has a God-given worth. God made each of us out of love, in His own image and likeness. Can it be any clearer that each and every one of God's children is of equal value?

In the 1996 document, The Common Good, the bishops of England and Wales speak to us about the importance of human dignity: "Christ challenges us to see his presence in our neighbour, especially the neighbour who suffers or who lacks what is essential to human flourishing. In relieving our neighbour's suffering and

meeting our neighbour's needs, we are also serving Christ." They continue, "We should regard the discharge of those responsibilities as no less important than fulfilling our religious duties and indeed as part of them." Giving dignity to every person is clearly central to our Christian calling.

Bishop Alan also spoke about this during the recent Diocesan Pilgrimage to Lourdes. He said, "The message of Lourdes is that every single person alive on this planet matters." No matter whether or not society considers a person to be useful: God created each of us, and as everyone is created in God's image as his children, we are all sisters and brothers of Christ. It is our responsibility, therefore, to care for each other in the way we would care for Christ, from the beginning of life to its natural end. Jesus says, "What you do to the least of these – you do unto me." (Mt 25:40). Bishop Alan said that those caring for the sick are "serving Jesus Christ Himself."

In considering human dignity, we may rightly think of the unborn child, or the elderly or disabled. We could suggest it covers the dignity of people at work and it rightly does. We can also consider everyone having the right to live in a

peaceful society and being able to be part of a community, or giving preference to the poor. We need to walk with those on the margins of society who feel, or indeed are, rejected by others. The effects of how we care for the environment will affect the lives of the poorest. All of these issues are raised when we consider the dignity of the human person. All of these issues are Principles of Catholic Social Teaching and they all flow from the first – Human Dignity.

Our neighbour, as Bishop Alan reminds us, includes every person on the planet. We're not just talking about the people around us. This expanded understanding of who our neighbour is stretches our responsibilities. Which brand we choose in the supermarket will affect the livelihood of someone, somewhere. Does my bank invest ethically? What consequences will my life choices have on my sisters and brothers in another country?

This month, look around and begin to notice where people are showing dignity to others in your parish - and also in the wider community. What one thing might I be able to change, to give dignity to my neighbour, either here in East Anglia or further afield?

news in brief

Weekend series of retreats

■ A series of weekend retreats are being offered by the sisters of the Community of Our Lady of Walsingham at Dowry House in Walsingham on subjects including marriage enrichment, prayer, relationships and Lectio Divina.

Dowry House Retreat is a beautiful, listed building situated just opposite the 12th Century Walsingham Abbey grounds in Walsingham. The Community of Our Lady of Walsingham would be delighted to welcome you to one of their many retreats taking place or simply to come for some quiet time.

■ Loving for Life – Marriage Enrichment Retreat: October 4 to 6

Take time out to turn your marriage into a great marriage. Whether recently married, married for several years or enjoying the golden years your marriage will be strengthened.

■ The Joy of Walsingham: Mary, Model of Thanksgiving: October 18-20

The fifth in a series of retreats on Walsingham Spirituality and discovering from Mary herself how to receive and live the gift of the Divine Will with a spirit of thanksgiving so central to the message of Walsingham.

■ Prayer, Intimacy and Relationships: November 22 to 24

A weekend looking at how the journey into a deeper prayer life enables us to love the people in our lives, even the most difficult!

■ Beginning Lectio Divina: November 29 to December 1

Join others in learning the art of Lectio Divina so that entering more deeply into the Word of God, our hearts can be filled with the thoughts, desires and sentiments of Christ.

For more information visit: www.dowryhouse.org.uk, email dowryhouse@walsingham.org.uk or call 01328 801018.

Annual collection for St Edmunds Fund

■ The annual collection for the St Edmunds Fund to help those who are in need in the Diocese of East Anglia is set for Sunday November 3.

The fund is now within the authority of Caritas East Anglia and is able to provide financial assistance to anyone who has a need, says its administrator Deacon Tony Felton.

"During this last year claims to the fund have been fewer than in previous years but we are well aware that the need for help does exist in many areas and circumstances," he said. "All claims will be dealt with sympathetically, confidentially and as quickly as possible.

"I have found that it is often the case that people feel that their need is too small to be addressed. I want to assure you that this is never the criteria.

"We have a simple process for making a claim that your Parish Priest can help you with, or you can contact me direct on 07985 228397 and I can talk you through any concerns you may have," said Tony.

News picture gallery from parishes around the Diocese

■ Three junior sisters from the Daughters of Divine Charity, based in Norfolk, renewed their vows for another year on August 14.

Sr M Renata Pivarnikova, Sr Anna Yeo and Sr Mary Goncalves came together with fellow Sisters to celebrate the wonderful occasion in their St Theresa's Convent in Hunstanton.

The Sisters take vows of chastity, poverty and obedience and continue to make God's love visible in Chesterfield, Hunstanton and Swaffham.

They also currently have three candidates staying with them to discern their vocation.

The Sisters can be contacted on at fdcisters@gmail.com

Pictured right, are, from front right, Sisters Renata, Anna and Mary.



■ Fr John Barnes hosted a Teddy Bears Picnic in the presbytery garden at St Felix in Felixstowe on Sunday September 1. Many youngsters from the parish attended with their teddy bears and had a wonderful time with games, crafts and of course a scrummy picnic.

■ It has been the tradition of many years for Norwich Circle of the Catenian Association to award a shield to the brother with the best record for visiting other Circles during the Presidential Year. The idea was conceived by the late Donny Strivens, after whom the shield is named.

This year there was a dead heat between the Circle's vice President Francis Harmer and the current President Phil Hoy who each made precisely the same number of visits.

The presentation, pictured above, was made by Nina Strivens, widow of Donny.



■ Octogenarian cyclist from Our Lady and St Walstan's Costessey Michael Hughes has a leading role in a new inner-city cycling project

The Marlpit Community Centre in Hellesdon Road Norwich is the base for the newly formed Marlpit Cycling Hub

Michael is the administrator for the hub and said: "The aim of the club is to make friends, help the community and lose nothing but weight."

"Young and old whose bicycles currently live undisturbed in sheds and garages will be encouraged to venture forth as the Hub will offer safety checks, guidance on maintaining bikes and confidence building rides in small groups for those starting to ride or who are returning to cycling after a long lay-off."

The venture is backed by the local authorities and Cycling UK to develop the use of Marriotts Way by shoppers, those going to work as well as for leisure

Michael and his wife Paula (pictured above), took part in this year's Norfolk Churches Trust Bike Ride and Walk on September 14 to mark the Diamond Jubilee of their marriage, in October, and set themselves a target of visiting 60 churches in the course of the day.



■ A celebration has been held to honour a Catholic nun who has given 40 years of service to the community in Hunstanton, West Norfolk.

Sr Bernarda is one of the Daughters of Divine Charity, based at St Theresa's Convent in Sandringham Road, Hunstanton, and for the last 40 years has been serving the parish and local community.

The celebration was held at Our Lady of Perpetual Succour and St Edmund on Saturday September 1 after Morning Mass. Pat Maddox presented Sr Bernarda with a card and money collected from parishioners and well-wishers and Fr Henry MacCarthy said a few words and proposed a toast.

The whole parish wished Sr Bernarda health and happiness for her future in retirement back in her native homeland, Croatia.