



Holy Land benefits from parish help - see page 11



Bishop Alan to be workshop patron - see page 2



Pope awards Benemerenti medal - see page 12



School children singing out at St John's Cathedral - see full story on Page 8

Invitation to the Rite of Election

BISHOP Alan is inviting as many people as possible to come to the Rite of Election on Sunday 9 March at 4pm at the Cathedral of St John the Baptist in Norwich when Catechumens and Candidates begin the last leg of their journey to become full members of the Catholic Church.

Many will be accompanied by their families, friends and sponsors as they are welcomed by the diocese.

All have studied the faith by taking part in the RCIA programme that prepares them for reception into the Church at the Easter Vigil on Holy Saturday.

A mother and daughter from St Mary's in Ipswich described



Catechumens and Candidates begin the final leg of their journey the experience of the Rite of Election and its impact.

Topaz Ladbrook, now 14, said: "At the Rite of Election I was asked why I chose to become a Catholic.

"I answered that I had attended Mass with my mum and had been curious about what church was about.

"I joined the Journey of Faith to learn about being a Catholic - about prayer and the sacraments.

"Since being received into the Catholic Church at Easter 2013 my faith has continued to grow and those of us who had been on the journey together still meet regularly to discuss

our faith. "We discuss things like what it means to be a Christian in our daily lives while continuing to explore the Mass and sacraments."

Her mother Sarah was just as enthusiastic and said: "The Rite of Election was attended by those from churches in the diocese who were wanting to become Catholics.

"The candidates were asked questions about their faith - and I was a mother attending as a sponsor for my daughter.

"It was a very proud and inspiring moment to hear a 13 year old answering why they wanted to become a Catholic."

New design for your diocesan newspaper

The diocesan newspaper has been transformed and will now be called Catholic East Anglia.

Print is on new, higher quality paper which will ensure that articles and photographs are clearer and easier to read.

The newspaper has run almost continuously under

different titles and formats, since 1992.

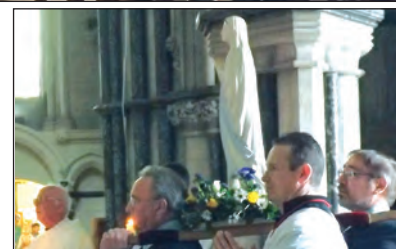
Now, our new Bishop, in line with bishops before him, has asked for changes in design and format.

It has taken us a while to refine the final design and I am sure that there will be more changes in the future.

As well as Bishop Alan,

who has inspired the design, changes, the editorial team now includes Fr Sean Connolly from St George's in Norwich, Fr Luke Goymour from St Mary's in Ipswich and Fr Pat Cleary from St Laurence's in Cambridge.

I hope you like the design. Patrick Byrne (Editor)



Crowded Cathedral, top, Our Lady of Lourdes, above, Bishop Alan, left, and laying on hands

Anointing of the Sick

PEOPLE from all over the Diocese came to St John the Baptist Cathedral for a Mass for the Feast of Our Lady of Lourdes with Anointing of the Sick celebrated by Bishop Alan on 15 February.

He said he wanted to share the feast with those who were sick and those who were infirm through age.

In his homily he said Lourdes was a place of ministry for the sick but he also said it gave witness to a powerful message from Our Lady that we all do matter to God.

"God loves and cares for us - a message expressed in different ways through the goodness and love of so many who care for the sick and infirm."

He recalled the visit of Pope Paul II to Lourdes when he was old and suffered infirmity because of his age and said this was an example to all.

Bishop Alan was joined by many priests of the diocese administering the sacrament by laying on of hands and anointing the forehead and hands with the Oil of the Sick.

Church to be consecrated

The new church of St Felix in Haverhill is being consecrated on Friday 14 March at 7.00pm by Bishop Alan and he hopes as many people as possible will attend as it is such an important occasion. The next edition will have coverage.

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News from communities and parishes around the Diocese

Bishop's workshop role

BISHOP Alan is to become one of the patrons of St Michael's Workshop at Bowthorpe near Norwich which he visited in January.

This is a traditional honour going back 30 years ago and begun by Bishop Alan Clarke.

The role of the workshop which opened in 1984 is to help people with learning difficulties and physical disadvantages to develop their full potential, staff at St Michael's said.

"Working with wood, fostering social skills and encouraging creative and therapeutic activities form the basis of each week.

"Among our 20 trainees are Downs people, those with autistic traits, others with learning difficulties, those who are registered blind, needing a wheelchair or prone to seizures.

"They attend for between one and three days each week, giving a unique mix of people on each day. Most trainees are involved in the finishing of wood items by hand-sanding, wax polishing and oiling.

"Some have a particular gift for painting. Others have skills in

drawing out shapes and cutting them on a fretsaw. Some have been trained in the safe use of other woodworking machinery such as the band-saw, pillar drill and electric sander.

"It is satisfying for each person to see their work being valued by customers, and to take a pride in keeping standards high."

Half the funding for St Michael's Workshop comes from government via Social Services and the rest from the items the trainees make and sell.

The workshop is the main UK supplier of Godly Play materials used to present Bible and faith stories using simple wood. Godly Play is widely used in schools as well as churches and a variety of craft items, crosses, children's templates to draw round, plus personalised items are made on request.

Half the trustees are appointed by Bowthorpe Church, an Ecumenical Partnership seeking to serve the local community.

Please contact them if you would like further details or feel you may have a part to play.



Bishop Alan welcomed by trainees and staff at St Michael's Workshop

Invitation to celebrate married life

I extend a personal invitation to all those who have celebrated the Sacrament of Marriage, together with their families, to join me at the Cathedral in Norwich for the annual Mass for Marriage and Family Life on Saturday 21 June at 11.00am.

Those who are celebrating significant wedding anniversaries will be presented with a special Diocesan certificate to record the event.

I would also like to invite any engaged couples who are preparing for their marriage to join us for this joyful affirmation of marriage and family life.

This is a very special occasion and in my first year as your Bishop I look forward to welcoming you to it and meeting you afterwards.

+Alan S Hopes Bishop of East Anglia

Further information will be in parish newsletters and on the diocesan website nearer the time.

Learning together programme

Professor and Deacon John Morrill is looking forward to seeing you on the 8th year of the Diocesan Commission for Evangelisation Learning Together Programme.

"All sessions are on Saturdays from 11am – 3pm. The format remains the same. Arrive for tea or coffee at about 10.30am ready for a prompt start at 11am," he said.

"Listen to a lively speaker, and take part in even livelier discussions, in two 90 minute sessions (11.00-12.30 and 13.30-15.00) and in between enjoy the packed lunch you have brought and meet old and new friends from across the diocese.

"We are in venues with plentiful parking and we will try to ensure warmth in the winter and comfortable seating too! We have tried to provide an interesting and varied programme.

"It helps if you can contact us in advance to tell us you are coming, but prebooking is not required.

"Our new email address is learning2014together@yahoo.co.uk or you can write to us at: Learning Together Programme, Catholic Pastoral Centre, 14 Exeter Road, Newmarket CB8 8LT."

DETAILS

15 March - Clare Ward: *How can we live the new evangelisation?*

Parish Centre in Newmarket

26 April - Dilys Wadman: *Speaking the Truth: spirituality, communication and the Church*
Pastoral Centre in Poringland

31 May - Adrian Graffy:

The letter of St Paul to the Romans
Parish Centre Newmarket

21 June - Andrew Bayes: *The experience of pilgrimage and its lessons for the Christian journey*
St Luke's Church in Peterborough

27 September - Karen North: *YOUCAT and its use in the home and the parish*
Parish Centre in Newmarket

25 October - David McLoughlin: *What does the New Testament Tell us about the Jesus and family?*
Parish Centre Newmarket

1 December - John Morrill and others: *The family in modern Catholic thought*
Pastoral Centre in Poringland

For more on the work of the Commission, visit the Evangelisation page on the diocesan website

The Catholic Chaplaincy at the University of East Anglia, in collaboration with the Diocesan Commission for Evangelisation, is also running a series of (free) Newman lectures for Lent **Mondays at 6pm** in UEA, Arts 1. Just turn up!

Catholics and English History

10 March - John Morrill: *Dungeon, Fire and Sword: English Catholics in the age of persecution*

17 March - John Charmley: *Gladstone and Newman*

24 March - Nick Vincent: *Thomas Becket and the Victorians*

31 March - Andrew Eborne: *The Passion of Thomas Tresham: liturgical space in the recusant age.*

Fr Anthony tells of early life as priest

Fr Anthony Foreman, right, writes about his life in the priesthood in a new book that covers the years 1941-1976.

I had always wanted to be a priest but as with many vocations it did not come as a blinding flash of light.

It was a thought that somehow had always been there and germinated under the influence of the Dominican Sisters and Fathers. However the response to a vocation can wax and wane and has to be taken up anew each day. Seminary life at Oscott 50 years ago did little to prepare me for parish life coming as I did from a quiet Suffolk village and the rigours of boarding school from the age of seven.

The Vatican Council was in full swing and we could all see what the possibilities might be for the future of the Church. We realised that the semi-monastic training of the seminary, with little contact with the outside world, was far from what was needed and the professorial staff were largely bewildered by the turn of events.

Ten years as curate at Our Lady and the English Martyrs, Cambridge – quite a record – with Canons Diamond and Taylor was a rude awakening and I was, at the age of twenty four, thrown in at the deep end of parish life.

The challenges of introducing the revised Liturgy to sometimes hostile groups, the exciting hopes for ecumenism and the multitude of convents, schools, hospitals we had to cover without the aid of deacons, Eucharistic ministers or pastoral



assistants provided a steep learning curve. A brief respite at St George's, Norwich with the great Fr Bob Manley presented new challenges until I received my first appointment as parish priest or Our Lady's Sudbury.

I had kept a daily diary since my last year at school so I considered it would be, as much as my personal experiences, an historical record of those turbulent times. I have entitled the book – 'In at the deep end - the Memoirs of a Catholic priest'.

Part 1 'The way we were 1941 – 1976. Part 2 will hopefully cover my time as parish priest at Sudbury, Newmarket, Stowmarket and beyond.

It is a fairly frank account of those years – but it's not all serious stuff – there are lots of joys as well and sorrows in the priesthood and the book is dedicated not only to my family but also to the extraordinary fellowship of lay people and clergy.

The book costs £10 plus £2 post and packing, 360 pages, and can be obtained directly from me – Fr Anthony Foreman, 'Wheelwrights', Lidgate, Newmarket, Suffolk CB8 9PR.

BISHOP ALAN TO CELEBRATE STATION MASSES DURING LENT

Throughout Lent, Bishop Alan will be travelling around the diocese to celebrate 'Station' Masses with the priests and people of different areas. One parish church from each deanery has been selected to host each event.

For one hour before the Mass begins there will be Exposition of the Blessed Sacrament during which the bishop and local priests will be available to hear confessions.

The celebration will conclude with Lenten refreshments such as soup, bread and cheese, during which the bishop hopes to meet as many of our people as possible.

The origins of 'Station' Masses goes right back to the early Church and the city of Rome. As the Christian community there grew larger, it became the most practical way for the bishop to meet and unify his people. He would celebrate Mass in different churches around the city.

By the end of the sixth century, Pope Gregory had established the practice of Station Masses as a type of pilgrimage in Lent. People would walk to a different church each day, usually associated with a local saint or martyr. By the end of Lent, 40 churches would have been visited.

The churches became known as 'stations' because they were the stopping point for that day's pilgrimage. Once there the people would celebrate Mass with their Pope.



The Pieta at St John the Baptist Cathedral

Pope John XXIII re-established the Roman 'Station' Masses in the 1960s and since then it has become a popular practice for bishops to spend Lent travelling around their dioceses, celebrating Mass with their people.

Bishop Alan will be celebrating 'Station' Masses during Lent in each of the eight deaneries of the Diocese.

It is hoped that as many people as possible from each deanery will attend. They will also have a chance to see, firsthand, the Diocesan Cross, which is to be used in parishes around the diocese later in the year as part of our programme for the New Evangelisation.

The Stational Masses will be celebrated at the following churches:

- Tuesday 11 March: King's Lynn, at 7.00pm
- Friday 21 March: All Soul's, Peterborough, at 7.30pm
- Tuesday 25 March: OLEM, Cambridge, at 6.15pm
- Thursday 27 March: Sheringham, at 7.30pm
- Tuesday 1 April: St Mark's, Ipswich, at 7pm
- Thursday 3 April Sacred Heart, Southwold, at 7pm
- Tuesday 8 April: St George's, Norwich, at 7pm
- Thursday 10 April: Haverhill, at 7pm.

Priests, deacons, religious and people at Chrism Mass

For a long time now, the Diocese of East Anglia has held the annual Chrism Mass on the Wednesday evening of Holy Week to enable as many people as possible from around the diocese to join in the celebration.

Each year our Cathedral is packed with priests and people gathered around their bishop as he blesses the holy oils for use in parishes during the year.

There is an important symbolism to this gathering in such great numbers. The next three days will see each parish in the diocese celebrates the Triduum: the Mass of the Lord's Supper on Maundy Thursday, the Celebration of the Passion on Good Friday, and the Easter Vigil sometime after dusk on Holy Saturday.

Just before we embark on this great journey, then, into Christ's priestly act of offering himself in sacrifice, we come together as the local Church and express our priestly identity and our communion with each other.



Holy oils are blessed for use during the year to baptise, heal, ordain and consecrate

Gathered around the altar with our Bishop, we make up Christ's body, head and members. What we do and say in the liturgy, then, are not purely human actions and human words. The Mass, whether at the Chrism Mass in Holy Week or on a Sunday in our parish, is never simply a social event in which we gather to give thanks to God.

United, bishop, priests and people, by the power of the Holy Spirit, our sacrificial offering, our prayer and praise, becomes that of Christ's himself as he intercedes for us with the Father.

The renewal of promises the deacons and priests will make at the Chrism Mass is more than just a personal re-commitment to ministry from those involved. It is a reminder to us all that any Christian's life should be imbued with the spirit of

service and self-sacrifice of which these promises speak.

And the blessing of oils, which will be used over the next three days to baptise and confirm, and later in the year to heal and ordain and consecrate, helps us remember that we are ourselves an anointed people and thus, quite literally, other Christs, bringing him and his Gospel of love and mercy to the world.



Packed Cathedral expected for the Chrism Mass



All will renew a re-commitment to spirit of service



Diocesan Schools in Focus

Ambassadors speak out about RE



Chaplains at St Bede's in Cambridge set up prayer stations marking Holocaust Memorial Day and enabling students to bring to mind the persecuted and those who died in genocide.

Students were invited to cut out a yellow star and write in their own name as an act of solidarity with persecuted Jews in Nazi oppression. They laid stones in memory of the dead, they read stories of courage, bravery, terror and suffering written by survivors of the concentration camps.

Several students said this of the experience: "Thank you for the time and space to reflect in such a welcoming and peaceful environment. The activities were fantastic and really made me think."

"I feel that the time to reflect was in an important thing to do."

"It makes you think about what really matters to you"

"What happened was so awful. It's hard to believe. That's why we mustn't stop telling people about it."

Five Young Ambassadors for RE at St Bede's Inter-Church School in Cambridge received their certificates from Bishop Alan.

Young Ambassadors Ellie Archdeacon, Ashley Burr, Jasmine Habacon, Ben Ashwood and Lydia Hamilton-Rimmer were chosen to represent and promote RE in their school, locally and nationally, after producing a short film about why the subject matters.

Acting head of RE Caroline Venn said: "They have had a busy year with attending the Young Ambassadors Conference, leading workshops on using interactive

prayer spaces with local schools and clergy, writing to the Pope and meeting with the former Archbishop of Canterbury, Dr Rowan Williams.

"Recently they were invited to speak at the high-profile 'RE Review' event held at the Institute of Education in London about why RE is important to young people.

"The Young Ambassadors enthusiasm for RE was clearly event from their conversations with Bishop Alan.

Ashley said: "RE opens our minds to the exciting world of theology and philosophy, it teaches us to argue properly and maturely, to think of the

effects and consequences of actions."

Lydia felt that RE had helped her on her faith journey. "RE helps young people to deepen their faith, and grow as Christians.

"It also helps young people who haven't grown up with a faith to explore the important questions of life and to understand other's beliefs."

Ashley shared his concerns with Bishop Alan that the subject has been under threat in state education and without RE young people would not be able to understand different cultures or respect religious traditions.

Cookbook plea

Pupils from years 3 and 4 at Sacred Heart School in Swaffham won second prize of £100 and a commended accolade in Farming and Countryside Education's local food map competition.

Under the direction of Meg Heale the pupils have been collecting and testing recipes for a cookery book which is going to be published for the Sacred Heart School Centenary Year.

The school is looking for help with production costs on 01760 721330 or email info@sacredheartschool.co.uk



Children at St Edmund's Primary in Bury St Edmunds produced this mural during a recent celebration week. Jo Pepper, RE coordinator contacted the artist Brian Whelan because they wanted to use his picture for stimulus. "He very kindly said that they could copy the original. Every child in the school was able to paint some part of it."



Twenty-two children from St Martha's School in King's Lynn Children sang at the town's Holocaust Memorial Service Let there be Love shared among us, and also read from the book of Micah and lit a candle.

ICT award

Children at St Alban's Primary in Cambridge have been awarded the ICT Mark following an extensive external assessment.

The award recognises the school's success in developing the strategic use of technology in both administration and across the curriculum.

Meteor test on Peterborough field

To begin the new Key Stage Two theme - a Journey into the Unknown - Sacred Heart Primary in Peterborough brought a huge meteor to the school field which scientists tested and analysed. The children interviewed the scientists and searched the internet for meteor facts and recent sightings in the area before producing a newspaper report.



Learning about Light of the World



Reception class pupils from Moreton Hall Prep School are pictured taking part in Candlemas celebrations at St Edmundsbury Cathedral Discovery Centre. The children heard the story of the Presentation at the Temple where Simeon and Anna recognised Jesus. Light from the Cathedral tower flooded down and lit up a statue of Our Lady which reminded the children that Simeon and Anna recognised Jesus as the Light of the World.

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Youth Matters

Planning events and pilgrimages

The Diocesan Youth Council is a group of young people who meet five times a year to plan diocesan events and pilgrimages for young people (see list below).

Set up over 10 years ago, with the idea “young people know what they want to do better than older people thinking they know what young people want to do”, the Youth Council has gone from strength to strength.

“We’re really pleased Bishop Alan is supportive of the Youth Council ‘

“Now we know we are continuing, we would like to welcome anyone age 15 – 21 to come and join,” director of youth services Hamish MacQueen said. “It really is an opportunity to

give YOUR ideas and plan events and pilgrimages how YOU would like them to happen.

“Usually the Bishop joins us for some of the meeting and is always keen to hear directly from the young people of his diocese.

“Then we have mass together, followed by pizza.

“We have usually met in Poringland, but we are now planning to move the meetings around different parts of the diocese.

“If you would like more details or are interested in joining, please contact Hamish in the Diocesan Youth Office, dys@east-angliadiocese.org.uk

Diary dates to remember

For more details see www.catholic eastanglia.org/youth

May 5

Pilgrimage Walk to Walsingham

Joining with the Diocesan Pilgrimage. For young people of secondary school age upwards.

May 31 - June 1

Celebrate East Anglia Faith filled weekend for all ages.

July 26 - August 4

Young Adults Pilgrimage to Taizé

July 5 - 6

Ignite Youth Festival
Our main event of the year. Details soon.

August 18 - 25

Pilgrimage to Lourdes
Joining the Diocesan Pilgrimage. For those aged 17+.

August 4 - 9

New Dawn Conference
National family conference in Walsingham.

August 21 - 25

Youth 2000 Festival
National prayer festival in Walsingham.

August 25 - 28

Diocesan Summer Camp at Eccles Hall
Faith, food and fun in the heart of the Norfolk countryside. For those aged 8 - 14.

For Contacts

The Diocesan Youth Office,
The White House, 21
Upgate, Poringland,
Norwich, Norfolk NR14
7SH Tel: (01508) 494833
Mobile: (0781) 2004934
Email:
dys@east-angliadiocese.org.uk
Leave a message if no answer.

TARDIS for Fr Luke's birthday

Many young people around the diocese will know of Fr Luke Goymour.

He was on the Diocesan Youth Council before training to be a priest and has been involved in diocesan youth work ever since, amongst other things, going to four World Youth Days and countless pilgrimages to Taize.

For his 30th birthday last December, knowing Fr Luke is a massive Dr Who fan, many of friends clubbed together to buy him a surprise present - a TARDIS! The inscription on the plaque inside read:

To our dear friend Fr Luke. Over the past 30 years you have touched all our lives.

On this day of celebration we give to you our love, prayers and a TARDIS.

Fr Luke was lost for words! But once he got over the shock, he said he was looking forward to sitting in it reading, and praying.

Time travel may be a bit more ambitious but you never know...

Families celebrate Epiphany

On the eve of the Epiphany, young people from across the diocese joined Bishop Alan for a joyful celebration Mass by candlelight.

The Church of Our Lady of the Annunciation in Poringland was packed with families for this special Mass, concelebrated by Fr Luke Goymour. Music led by the Cathedral's music group added to the inspiring and joyful atmosphere.

Bishop Alan invited children to join him around the crib as he explained the significance of the gifts presented to the newborn Lord. The congregation was then invited to place a fragment of frankincense into a burner set before the altar, as a symbol of offering their lives to Christ.

After Mass, all young people received their own Epiphany gift from a lucky dip. The congregation then spilled out into the White House gardens to enjoy hot dogs, jacket potatoes, a bonfire and fireworks.

Youth masses in Ipswich

Youth Masses this year are to be celebrated at two churches in Ipswich all at 6pm on these dates.

March 2 at St Mary Magdalene, 6 April at St Mary's, 11 May St Mary Magdalene, 8 June at St Mary's, 13 July St Mary Magdalene, 14 September at St Mary's, 12 October at St Mary Magdalene, 9 November at St Mary's, 7 December at St Mary Magdalene.

The addresses are - St Mary's Church, 322 Woodbridge Rd, Ipswich IP4 4BD and St Mary Magdalene's Church, 468 Norwich Road, Ipswich, IP1 6JS.

Invitation to celebrate EA faith weekend

LAST year more than 200 people came together in Bury St Edmunds for Celebrate East Anglia - a vibrant faith filled weekend.

People of all ages (over a third were under 18) were nurtured in their faith through talks, workshops, music, mime and liturgy.

The good news is Celebrate East Anglia is back – this year on 31 May and 1 June 1.

Hamish MacQueen is inviting all to come and bring family and friends.

For more information and a booking form see www.celebrateconference.org, click on Celebrate Weekends and then East Anglia.

If you book before the end of March, there is a discount.

Hamish said: “I thought Celebrate East Anglia was an amazing weekend and I’m so pleased it’s happening again.

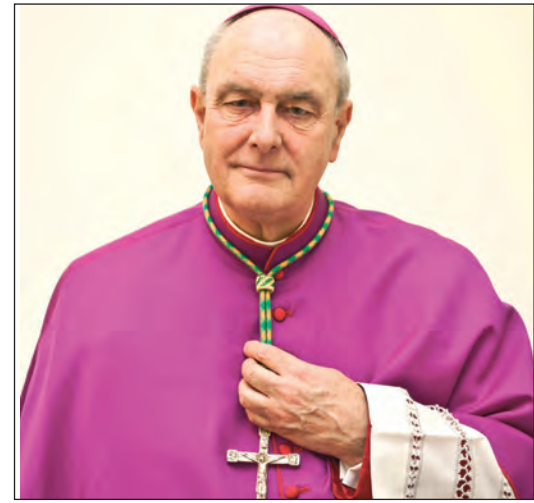
“It can really help make faith relevant to young people’s lives. I recommend it to every young person in the diocese, especially those preparing for Confirmation.”



Fun and faith at Celebrate enjoyed by all



Advertisement



Reflections on Lent

bishop's message for Lent

PARISHES RESPOND TO NEEDY

PEOPLE in parishes across East Anglia are responding to real need they are finding in their communities.

They are raising funds, supplying food banks, volunteering to work in many support organisations, visiting isolated people and responding to emergency appeals.

Many are also working alongside people from other denominations in a strongly ecumenical effort to help people who are suffering distress from unemployment, mental health issues or the effects of the recession.

Liz Giles, from Access Community Trust in Lowestoft - one of the region's more deprived areas, said its work was boosted by support from several Catholic parishes.

The Trust has run a food bank for several years from its drop-in centre in Commercial Road where some 300 people are supported in many different ways.

Late last year the Trust launched an appeal expecting a severe winter and received a combined amount of £655 from The Sacred Heart in Southwold and St Edmund King and Martyr at Halesworth.

Liz said: "Very often the donations will be in the form of a cheque, BACS or CAF payment. Bernard Segrave-Daly, chairman of the Social Concern Commission, also brings in cash donations from many of his network of friends and from events they may hold such as music recitals."

Little did the Trust know how important these donations would be as the North Sea tidal surge in December inundated the centre's hostel for homeless single people. The Trust's Bridge View Drop-in Centre manager Stuart Jennings said it would be uninhabitable for more than six months.

Amazing resilience

"Many residents of the hostel lost personal belongings, some linking them to families they are no longer in contact with, in the basement that was flooded."

The residents have been rehoused as the Trust has leased a closed down hotel in the town so all 27 residents were back under one roof for the winter.

Stuart said: "It was amazing the resilience these people showed in the face of all the flooding. It shows that the work we do to build people's confidence and to support them can work."

The Trust provides many support services for people in distress as well as running training programmes to help them back into employment.

The drop-in is also an important social gathering place for lonely people of all ages but they rely on donations and other



Fr Denys Lloyd with trustees Malcolm and Tine Nicholas and Kevin Willimott

financial help to provide the extras that people need to face up to distress.

Food banks which alleviate in the short term the distress of families and individuals are now a vital part of support services for people under pressure across the diocese.

The community around the parishes of Cromer and Sheringham was inspired to join Christians of other denominations in setting up a food bank from scratch.

Foodbank trustee Michael McMahon said they adopted the Trussell Trust model which provided a framework and management system which enabled them to get up and running quickly.

"The foodbank is strongly supported by all local Christian communities and churches, including Our Lady and St Joseph in Cromer and Sheringham, and the Sacred Heart in North Walsham.

"We opened our first distribution centre in Cromer 18 months ago, and since then we have opened centres in Sheringham, North Walsham, Aylsham and Holt. To date, we have issued more than 2,500 three-day emergency food parcels.

"This part of Norfolk is thought of as prosperous, but there is a great deal of unseen deprivation, with many people in crises caused by redundancy, low pay, long-term sickness, benefit cuts and delays, and a shortage of full-time jobs. We have come across people living on the streets or in their cars, and parents who have not eaten for days so their children could be fed."

The foodbank is finding an increasing number of clients who have no money to pay for fuel to cook the food supplied. The foodbank is not able to hand out cash, but it works closely with the SVP, which - supported by a significant grant from the St Edmund's Fund - has been able to buy

been the organiser for 21 years and more recently added the food bank to her responsibilities."

Ipswich winter night shelter gave prayer a greater prominence this year with volunteers giving one hour or more during the campaign to prayer and contemplation.

Catholics in North Suffolk worked with Gunton Baptist Church to distribute in excess of 1,200 food boxes containing enough for a family for several days as an emergency measure. June Love, the minister and her husband, organise and deliver the boxes. They said Our Lady Star of the Sea parish was its second strongest supporter.

Pat Bedford has been involved with Peterborough Food Bank since the very first meeting with the city council in January 2012.

Working with mosque

With Sr Mary-Clare Mason she is on the management board and is the trainer for distribution centre staff.

"We opened our doors to clients in October 2012 with just three distribution centres in local church premises - a Baptist church and two Methodist churches.

"We now have nine Centres and are the first Trussell Trust food bank in the country to operate through a local mosque.

"We are able to be open seven days a week as the mosque opens on Sundays for us. Since we opened we have fed 3,349 adults and 1,695 children from mainly white ethnic origins and predominantly the 25-64 age group.

"The main crisis types we have serviced are benefit changes and delays but low income is also an issue. We deal with 62 referral agencies and voucher distributors including the local probation services, prison, health clinics, dependency charities, housing associations and children's services," Pat said.

The scale of the problem is immense and more help in the way of volunteers and prayer is needed.

In Norfolk from April to December 2013 food banks fed a staggering total of 16,332 people, almost the same as the populations of Aylsham (6,016 population - from 2011 Census) and Attleborough (10,549) combined. Cromer foodbank fed 1,700 people, King's Lynn (2,360), Mid Norfolk (1,674), Norwich (7,096), Thetford (1,502), Waveney (797) and Great Yarmouth (1,203 - only recently opened).

The hope is that more people will respond by making contact with their local food bank.

gas or electricity credit for those in need.

"The need is great, but so is the generosity of donors including churches, schools community groups, as well as countless anonymous individuals," Michael said. "At one of our supermarket collections last year, a man gave us two trolleys full of food. Last Christmas, a woman turned up with her car boot filled with chocolate treats."

The support, prayers and work of the people in the parishes are gratefully received by those working in the support organisations and food banks.

Prayer given prominence

Bishop Alan addressed the AGM of the Social Concern Commission and said the work should be done ecumenically and hoped more people would take part.

Bernard Segrave-Daly, the chairman, said there were vacancies on the commission and hoped people would respond when they realised the importance of its work.

Margaret Edmonson and Alison Wagstaffe from Ipswich, where there is a nightshelter and a foodbank, sent their thanks for support for their Christmas Appeal.

"Over the Christmas period we packed and distributed 1,143 Christmas hampers filled with food and festive goodies as well individually wrapped presents for each family member.

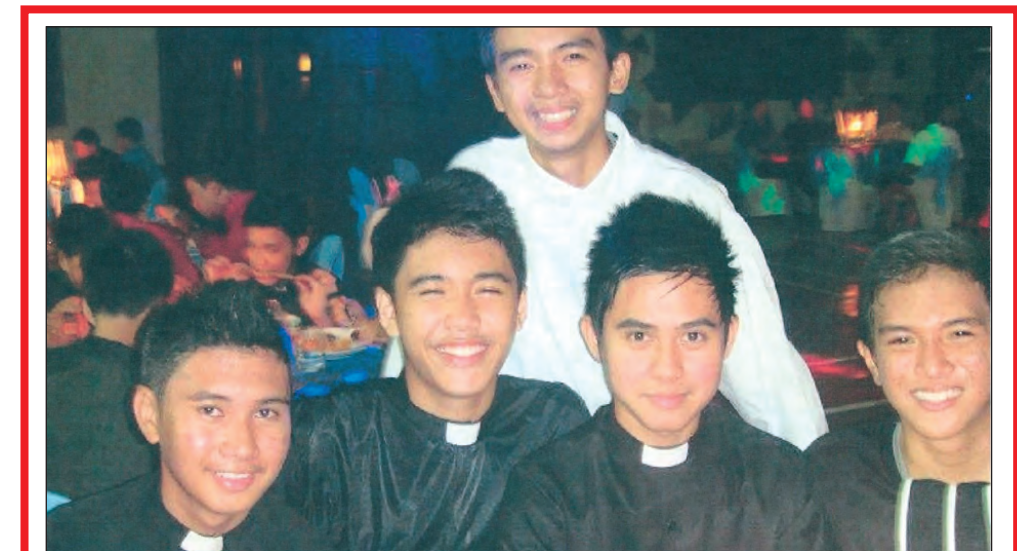
"These amounted to 1,300 presents for children 0-16 and 1,070 for adults," Alison said.

"All this as well as our other work can only be accomplished with the tremendous support of churches, schools and others for which we are extremely grateful.

"Disabled Maureen Reynel MBE has



Stuart Jennings and Liz Giles at the Bridge View Centre, above, where people receive support, help training and use computer facilities, below



Help for typhoon-hit seminarians

The UCM at the Sacred Heart and Margaret Mary in Dereham responded to a call from victims of super typhoon Haiyan in the Philippines that severely damaged a seminary where a nephew of one of their parishioners was studying.

Myrna Kemp's parents live in Southern Leyte and have recently celebrated their diamond wedding anniversary. Even when Myrna heard through others that they were safe, she was "desperate to contact them and hear their voices".

She also had many family members in the Philippines but the seminary was badly damaged but the students, some pictured above, were safe.

Myrna's nephew at the Sacred Heart Seminary at Palo, Leyte, is Joseph Gregory Lagapa.

Brenda May of UCM said: "Our church responded to the national appeals from CAFOD but the need was - and is - still overwhelming. W

"Myrna suffered many days of silence before she eventually heard that her family was safe; during that time, we all supported her in prayer.

"So many people in the area affected rely on farming for their food and livelihood - coconut, bananas, root crops, fruit farms, fish farms and animals were all lost, and quite a lot of rice fields were flooded to a point of ruin.

"The church and hospital in Palo, South Leyte (near Tacloban), where her parents live, were badly damaged, as was the Sacred Heart Seminary, where our parishioner's nephew is training. Another nephew is hoping to follow when he is a little older.

"Our Union of Catholic Mothers members decided to reserve £100 from our Cake Stalls to give to the Seminary - a drop in the ocean of their need, but it's a start!

"Myrna sent the donation direct and rounded it up, so that they received a of 10,000 pesos. I am sure they would welcome any other donations, no matter how small!"

NEWS
from
THE
CATHEDRAL
OF ST JOHN THE BAPTIST



Fr Owen O'Donnell with Andrew Clark and some of the children



For the Requiem Mass of a stalwart of St John the Baptist parish, Frank Devany, the Cathedral was packed with family, friends and representatives of many Catholic charitable organisations. Foremost among them were the brothers of Norwich Circle of the Catenian Association who paid tribute to Frank Devany.

Frank was born on 9 September 1926 in the Norfolk village of Gooderstone, the second son of quite elderly parents. He grew up in Oxborough and attended Downham Market Grammar School.

After war service he applied for an ex services grant to study history at Sheffield University where he indulged in his passion for cricket by playing for the university team.

He taught at schools in Yorkshire and Suffolk playing cricket for various teams as he moved around.

He was appointed head of St Edmund's Catholic Secondary School in Gorleston in 1963 from where he retired in 1986.

He was a great socialiser and a past President of Probus. He took part in many pilgrimages to Walsingham, Lourdes, Rome and the Holy Land.

He was a member for 51 years of the Society of St Vincent De Paul.

He was the recipient of the 'Pro Ecclesia et Pontifice' medal.

He leaves his wife Brenda, seven children and seven grandchildren.

Help for poor in Malawi

CATHEDRAL parishioners Mary and Andrew Clark, are well aware that there are many links with Malawi throughout the diocese.

Not only do many individuals have connections with the country but also several parishes have established links with this very poor country.

Since returning from two years volunteering in Kenya and Zambia with Volunteer Missionary Movement (VMM), Mary and Andrew have helped start a charity - Network for a Better World.

In the charity's first full year it provided resources for UEA medical students visiting Cambodia as well as placing an agricultural worker in northern Malawi.

Andrew said: "We also distributed locally purchased mosquito nets and blankets and paid local tailors to provide school uniforms in Mua, Malawi. Most significantly, the charity entered into a partnership with the Diocese of Zomba in Southern Malawi.

"The diocese is administered by the Montfort Missionary Fathers and in the picture you will see Andrew with one of the last 'ex-pat' SMM Fathers, Fr Owen O'Donnell.

"Fr Owen is based in the parish of Sitima

and it is there that Network for a Better World is building a house for volunteer workers to stay. The house will be finished by Easter and it is hoped to place the first volunteers by September.

"The intention is that the volunteers will assist local community leaders and women's groups in education, health promotion and agriculture," Andrew said.

Alongside the volunteers, the charity is providing basic equipment for the poorest families.

The charity is providing basic items: sleeping mat, mosquito net, soap, toothbrushes and paste for £10.

In addition, to prevent a child being 'chased away' from school for not having a school uniform, the charity has negotiated - through Fr Owen - a price of £1.50 per metre from a local tailor.

The charity is run by volunteers who have all spent several years working in various African countries. At the heart, and head, of the charity is Alice Davidson OBE who was so instrumental in helping Dr Anne Merriman start the Hospice Africa movement in 1990.

More information about the work of the charity on their website www.n4bw.org.uk.



Children singing for CAFOD work

The voices of 400 children filled Norwich's catholic cathedral in a landmark concert which raised more than £1,000 to help the world's poorest people.

For the first time, all six catholic feeder primary schools for Norwich's Notre Dame High School (NDHS) - from throughout Norfolk and Suffolk - performed together.

Every child who performed presented a filled collection box for CAFOD's World Gifts fundraising scheme, which enables people to buy gifts to improve the lives of people in developing countries.

The money will buy gifts such as tools for an apprentice so a young person fighting poverty can gain skills and craft a better future for themselves. Or vaccinations and

pre and post-natal care for mothers and babies.

The primary schools were St Francis of Assisi in Norwich, St Mary's schools in Gorleston and Lowestoft, St Augustine's in Costessey, St Benet's in Beccles and St Edmund's in Bungay.

Bishop Alan, pictured above, blessed everyone at the concert and praised the children, adding that the money through CAFOD would help "look after people who are not as fortunate as we are".

Alex Savage, NDHS assistant head, said: "Some parents had travelled a really long way for the concert and the children gave a very professional performance. It has been great to have CAFOD at the heart of it".

Thanks to everyone who sends in material most of which is used but please send pictures as files and not included inside documents.

Please give documents a descriptive name rather than just labelled diocesan article or news.

Send material to Patrick Byrne The Editor, Our Diocesan Family,

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Advertisements



News from communities and parishes around the Diocese

Leukaemia failed to dampen Freya's life

SACRED Heart Convent school has paid tribute to a former pupil Freya Barlow, pictured right, who was an inspiration to so many young people.

Freya lost her struggle with leukaemia aged 22, but in her short life she achieved so much like gaining high grades at GCSE and A Level exams.

She was also accepted as a medical student, worked as a voluntary medical orderly for AIDS patients in Ghana, scaled Ben Nevis, gained her gold D of E Award, running a marathon during her illness and organising the Freya Barlow Trust for cancer patients and so much more.

Sr Francis said: "She was a quiet, reserved young lady with an inner strength and a power to influence all around her."

"As a popular girl at Beeston, Sacred Heart and Gresham's Schools, many sought her counsel because she was kind hearted and selfless. She was admired for her musical, artistic and sporty talents and her ability to encourage others to succeed, for one of her great passions besides medicine was education.

"She was a deeply spiritual person and loved her Catholic faith. She described her World Youth Day experience in Australia as one of her most memorable experiences.

"When she knew that she was dying she worried more about her friends and family than she did about herself, and how they would cope after her death.

"Two days before her death she spent three days at the Sacred Heart Convent with her sister organising her own funeral and seeking the Sisters' help to prepare her family



for her death and the difficult time she foresaw lay ahead for them.

"She wanted to renew her faith and said that she felt nearest to God at her former school and convent.

"Her wish was that through her Trust teenage cancer patients would be able to experience a quiet reflective period with faith activities.

"The Diocesan Youth Event, Ignite, held annually in June at the Sacred Heart, appealed to her as a possibility.

"Brought up on Bishop Michael's slogan 'Faith, food and fun' she was insistent that everything be done to give teenage cancer patients of whatever faith or none the opportunity for a time to reflect in a place that had brought her so much peace and joy."

Over 500 young people at her funeral in Ely Cathedral prayed for her and themselves as they joined in the celebration of her life through the Eucharist. "Every detail of the Mass was organised with Fr Michael Johnstone, who celebrated her Requiem Mass, and the Sisters: flowers, the Cathedral alight with candles, her 6th Form school at Greshams forming the choir, the Sacred Heart intoning the responsorial psalm and friends and family reading and giving the eulogies," Sr Francis said.

Tributes to SVP founder member in King's Lynn

A founder member of the SVP in King's Lynn has died at the age of 93 and the conference has paid tribute to him and his work.

Pauline McSherry from St Mary's SVP Conference at the Church of Our Lady of the Annunciation said founder member David Harvey died on 12 January.

"He was born in Scotland and for many years lived in King's Lynn. His Scottish roots meant much to David, and like St Peter, his accent betrayed him.

"What a great man he was!" she said.



"David was one of the founder members in King's Lynn and with his SVP brothers he did outstanding work

to aid the victims of the 1953 floods in the town."

David was awarded the Benemerenti Papal Medal in 2002 in recognition of 50 years' service to SVP.

"His faithful devotion to the Society will live on for ever in the history of this parish," Pauline said.

"David was a friend to many, most especially if you were a Celtic supporter and spoke his language!

"To his three sons and their families we extend deepest sympathy.

"David was loved and admired by us all. Now may he rest in peace," she added.

Timorese celebration

All Souls in Peterborough added another International Mass to their Christmas Day Schedule in 2013. Along with Masses in Italian, Portuguese and Lithuanian, Mass in Tetum was celebrated for the first time

Thanks to Celso Oliviera, the East Timorese rep in the parish and city, Fr Nelson Freitas, an East Timorese priest, studying in Rome, spent 10 days in Peterborough with the Community.

His visit was a packed one, as he met with the parents of families, the young people (there are many single young men) and the women's group as well as blessing homes and hearing confessions.

The highlight of his visit was Mass on Christmas Day with traditional dance forming part of the offertory procession then there was get together afterwards in the parish centre.

Before returning to Rome, Fr Nelson celebrated Mass for the Community on New Year's eve.

Over 120 people attended both Masses, a sign of how this community is growing and integrating in to parish life as well as City Life.



Timorese people packed the church to hear Mass in their own language





News from communities and parishes around the Diocese

World of music at workshop



Learning new hymns for schools and churches

ALISON Adam from the Iona Community joined musicians from schools and churches across the Diocese for a workshop to learn new hymns from around the world.

Despite the chilly weather outside, everyone soon warmed up by singing songs from South America, South Africa and even Cambodia!, organiser Alex Savage, leader of the Notre Dame Schools Cluster, said.

It was aimed at helping music groups to discover and share a wide variety of hymns to enhance liturgies.

Those taking part will teach the hymns to the pupils in preparation for their annual Pilgrimage to Walsingham in June.

“After a day of singing, eating a delicious bring and share meal and enjoying each other’s company, everyone agreed with St Augustine that to sing, is to pray twice!” Alex said.



The 50th anniversary celebration for the 17th Norwich scouts based at St George’s church in Norwich came to a conclusion with a Gang Show, see right. Gillian Hanley, chairperson of the executive committee, said: “We started last February with a celebration Mass and parade followed by a reception complete with a cake for the parish to enjoy. “During the year, we have enjoyed a

Founders’ Day meal, themes events, outings and camps. “In June we held a reunion and activity day which was a great success. “Our Gang Show was appropriately named a Journey Through Time with Beavers, Cubs, Scouts and leaders of all levels taking part. “It was a memorable occasion and true finale for the year. We went out on the crest of a wave.” she said.



On St Stephen’s Day at St Felix’ Haverhill the altar servers celebrated Mass and renewed their promise of service. This year we were delighted that Fr Michael Teader presented silver medals, for 10 years service as members of the Guild of St Stephen to John Batty and Katrina Williams. Six new members entered the Guild after completing an induction and demonstrating their commitment. Marc Alexander, Lauren Falconio, Nathan Falconio, Kacper Jozefowicz, and Kacper Woligora were enrolled on St Stephen’s day and Anna Berry the following Sunday at the parish Mass. The parish is blessed with a large number of young people who regularly serve at Mass and, in addition to those present on St Stephen’s day there were another 12 unable to attend.



BUILDING BRIDGES in The Holy Land

Twinning has brought funds to benefit Christian communities in many different ways

Our diocese has been twinned with the Latin Patriarchate of Jerusalem for over 12 years now, and a significant sum of money has been raised to support various projects which benefit not only our Christian brothers and sisters in the Holy Land, but also the wider community. These projects bring not only material comfort, but they also bring hope in a region of the world where daily life is so difficult and different from our own.

However, our twinning programme has not just been about raising fund and supporting projects, important as that is; it has also been about "encounter". To visit, stand with and learn about Christians in another part of the world is something very special and strengthens not only our own faith, but our understanding of what it means to be part of the "...one holy, catholic and apostolic church."

Part of our twinning has been to allow Fr Paul Maddison to step out of pastoral ministry for the last three years to establish a registered charity which facilitates pilgrimages to the Holy Land and to share our faith with the living stones of the region – our Christian brothers and sisters.

Over 2500 people have been to the Holy Land through Palestine Pilgrimage and many who have been are asking either: "Can we go again!" or: "Where else do you go?" Responding to these questions has seen the charity grow, needing more staff and bigger premises; all to support and facilitate pilgrimages that go beyond mere whistle-stop package tours.

To this end we now offer pilgrimages to Poland, Spain, Turkey, Rome and France; all with their profits going to support our projects in the Holy Land. If you are reading this article, how about asking you priest to think of organising a pilgrimage? We will do everything we can to support you.

As our destination list has grown, so we have outgrown our original name and will be changing the name of the charity to: "Pilgrimage People"; reflecting that we arrange pilgrimage that support not only the people who are on pilgrimage, but the people who are supported by our twinning with the Latin Patriarchate.

Another part of our work is to assist those who wish to spend some time volunteering in the institutions we support; only last week a student returned from working in the Bethlehem Arab Society for Rehabilitation hospital in Beit Jala. We have had students working on parish summer camps, teaching sport in refugee camps, working as language assistants in schools, and participating in music projects. If you know someone who might like more information on volunteering, ask them to get in touch.

To the parishes and schools who are linked with the Holy Land, it sometimes can be frustrating that contact is sporadic and slow but your support and encouragement is appreciated. If you would like to explore the possibility of a link, please do get in touch. We would be delighted to help, come and



Visits have helped people from East Anglia to make lasting friendships with people under pressure do a presentation in your parish or school, or suggest ways in which you could help.

The change of the charity name is, in some ways, cosmetic; what really matters is that the incredible support that we, the people of East Anglia, offer to the living stones of the Holy Land will continue and grow, bringing hope!



Help has also gone to young people and schools

CAN YOU HELP?

Our two 'Building Bridges' projects this year are renovating the Taybeh Old People's Centre in the Holy Land and a new project for Cambodia which is yet to be announced.

Would you like to support these projects? Cheques should be made payable to the 'RC Diocese of East Anglia'.

First Name.....

Surname.....

Address.....

.....

.....

Postcode..... Amount enclosed.....

Anything you give will be divided equally between Cambodia and the Holy Land, unless you indicate below by ticking one or other that all your money should go to that project:

CAMBODIA (Formation centre for Children, Youth and Adults in Battambang.)

HOLY LAND (Taybeh Centre)

GIFT AID DECLARATION (if appropriate)

I wish the RC Diocese of East Anglia to reclaim tax on this donation. I have paid an amount of UK Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the tax amount claimed by all the Charities and Community Amateur Sports Clubs (CASCs) to whom I have donated in that tax year. Only tax arising from Income or Capital Gains applies to Gift Aid. Other taxes such as VAT and Council Tax do not qualify.

Signed.....

Date.....

Please send to:

'Building Bridges', 21 Ugate, Poringland,
Norwich, NR14 7SH
Registered charity no. 278742

Remember Pope's theme

THE Justice and Peace Commission is asking groups organising events around the anniversary of the death of Archbishop Oscar Romero, right, to remember the theme set out by Pope Francis - A poor Church for the poor.

Bernard Shaw, from the Commission, said this theme resonates powerfully with Archbishop Romero's ministry.

"This year's special Romero Week speaker is Martin Maier, a German Jesuit priest and theologian, who studied and worked as a parish priest in El Salvador and is the author of books and articles on Romero and the Salvadoran martyrs.

"He will be speaking at Fisher Hall, Cambridge CB2 3NH on the Pope's theme - A poor Church for the poor - Romero's Witness to the Joy of the Gospel' on Friday 21 March at 7pm.

"Julian Filochowski, who chairs the Archbishop Romero Trust and first met Oscar Romero in the 1970s, will chair the event.

Further details from Bernard Shaw



The Norwich Justice and Peace group will continue the tradition of hosting an annual Romero Lecture.

Jan Graffius will speak on "Blood and Sweat: the Witness of Romero's Relics" in the Narthex of the Cathedral of St John the Baptist NR2 2PA at 7pm on Friday 28 March.

Jan Graffius is the Curator at Stonyhurst College and has worked on the conservation and display of the relics and personal possessions of the archbishop and of the six Jesuit theologians of the University of Central America.

Benemerenti medal for Mary

Pope Francis has awarded the Benemerenti Medal to Mary Patrick of Thetford parish, pictured right, for her outstanding service to the Catholic Church.

Mary has been living in Thetford since 1964 and married at St Mary's in 1966. For the past 30 years she led a team of volunteers that arranges the flowers, clean the church and run the repository. She has been a Eucharistic minister for the last 22 years. Since 1990 she has been organizing regular fundraising events to raise money for the Street children of Bolivia and Haiti which so far has raised more than £60,000. Being a chef by profession she has organized several meals to raise money for such appeals as the Care Home in Bangaluru in India. Ft Mathew George presented the medal.



Dennis given Papal award

Dennis McGarry, former head teacher of St Albans Catholic High School in Ipswich, has been awarded the Cross of Honour for service to Catholic education.

Dennis retired from St Albans at the end of the spring term in 2013 after 17 years of service as head teacher.

He still serves on the Diocesan Schools Commission and is an extraordinary lay minister of Holy Communion in the parish serving at the Church of the Holy Family and St

Michael's in Kesgrave.

Fr John Warrington, parish priest, celebrated Mass at the Holy Family & St Michael's during which Dennis, above, received the medal known as Pro Ecclesia et Pontifice, literally meaning "For Church and Pope".

The award is the highest honour and medal that the Pope can bestow upon laity and religious and is given for distinguished service to the Church. On one side is a cross with the image of Leo XII imprinted.

Icon of Our Lady unveiled

Our Lady of Good Counsel and St Peter Church in March, Cambridgeshire, unveiled an icon created by Fadi Mikhail for the church. He painted the icon on the Royal Mail Christmas 2013 £1.88 stamp.

"The icon of Our Lady of Good Counsel respects Catholic tradition while sharing the artist's own Coptic heritage of iconography," said Rebecca Bretherton, chair of the parish pastoral council.

