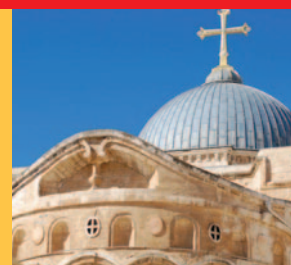




**Bishop blesses  
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Bishop Alan Hopes meets some of  
the aid team at St Olga's  
Ukrainian church in Peterborough.

## Bishop offers prayers at Ukrainian church

**Bishop Alan Hopes offered his support and prayers for Ukrainians in Peterborough and their families in the conflict zones on March 8 when he visited St Olga's Ukrainian Catholic Byzantine Church in the city. Keith Morris reports.**

■ St Olga's Church has been the focus of regional efforts to gather aid supplies to be transported to Ukraine and Bishop Alan took the time to visit, with Fr Jeffrey Downie, Catholic Dean of the Peterborough Deanery, to offer his personal support and prayers for parishioners' magnificent efforts.

With more donated medicines, food and other supplies arriving at the church every few minutes, the church team took

time to talk with Bishop Alan, show him the church hall packed with aid supplies, and prayed with him. They also welcomed him to St Olga's with traditional Ukrainian bread and salt.

One of the organisers, Yuri Zhuravel, said: "Since the invasion began we have been overwhelmed with support and are trying to help Ukraine as much as we can. The reaction of the people of Peterborough has been amazing, many coming to see us with tears in their eyes.

"Everyone in our church has a grandmother, mother or sister in Ukraine. There are no words to describe what is going on there right now.

"We would ask people to pray for Ukraine, pray for peace, pray for every family, every mother, every soldier who is defending the country. You can also donate clothes, medicines and food for us to take over there.

"We have never ever been so proud to be Ukrainians as now. This has brought us all together and we have never been so

strong as we are now."

Organiser Olena Hravovenska said: "The biggest problem at the moment is our aid getting stuck at the British border with the EU because of the bureaucracy and paperwork. We would ask for a simplified procedure for such an ad hoc situation. We have 128 pallets stuck here and people in Ukraine needing the food and medicines."

Another of the organisers, Alla Irodenko, said: "We have had an overwhelming response from our communities. All nationalities and religions are coming through our doors every single day, non-stop. Supplies will be shipped to Ukraine to those most in need.

"My aunties are in an un-safe area and they are petrified as they don't know what is happening. There is not much they can do except to try to keep safe.

"We would ask people to pray for us, pray for our soldiers and families. We need help to end this."

■ Continued on page two.

## Faith and hope wins over fear

**In an Easter message, Bishop Alan Hopes says we have watched with horror and fear the war in Ukraine.**

■ Some of us will be deeply involved practically and emotionally. Evil very easily rears its head; we live in a fallen world and the effects of original sin are real, not theoretical.

We have seen again the worst examples of human depravity. Christians are always aware of the fragility of human structures and the unreliability of human saviours; our hope cannot be invested in political solutions to that fallen reality.

In the midst of tragedy, though, we always find truth and goodness. Human beings have great potential; extremes can bring out that potential. We have seen courage, generosity, kindness, and love; a desire for the real truth, and a desire to defend what is good and beautiful.

During Eastertide, we meditate with the confidence given to us by the reality of the bodily Resurrection of Jesus on the power of God which conquers every evil.

We still live with a foot in both camps: but led by the Risen Jesus, we are stepping out of the old world of sin and sadness, and are walking into the new creation of peace and joy.

We believe that the Resurrection has changed the cosmos. It has opened up another option: to embrace the liberation of Jesus offered to us by his conquest of death. The Christian has no reason to be paralysed by fear. The virtue of Christian hope allows us to live in this fallen world, knowing that its evils do not have the last word. The Devil has lost; God has won.

In Lent, we look forward to Easter. At Easter, we do not stop on our journey, but look forward to Pentecost. The Holy Spirit is constantly at work. He himself is invisible, but we can see his effects. In this war, we can see his gifts of courage and piety shining through the darkness of violence. In the pandemic, we saw the gifts of kindness and understanding through the darkness of confusion.

He is constantly at work, and when we see darkness, rather than despair, we Christian people see faith and hope. We can always lovingly respond with courage, knowing that the Victorious Christ is leading us. He never fails us, and his triumph over evil is certain.

**+Alan S Hopes  
Bishop of East Anglia**





Bishop Alan with one of the St Olga's team.

## Bishop visits Ukrainian church to offer support

■ Continued from front page.

Bishop Alan told church members that the Diocese of East Anglia Lenten alms will be going to Aid to the Church in Need to help Ukrainian refugees.

"You have become famous since you appeared on the TV for collecting aid," he said. "I pray that God will grant you the space to get the donations to the Ukraine and shift minds and hearts in governments. All I can do is express our love and prayers for you."

Bishop Alan then led the parishioners in prayer: "We ask you God to grant peace to your world, peace to the people in Ukraine, peace to all of our communities, to our families and put your peace in our hearts. We seek an end to the invasion and for all those people who have suffered under the present attacks and for all of those who have died."

"Most of the world has come together against what has happened in Ukraine and it must be good to know that there are so many people supporting you," he said.

The team at St Olga's are also trying to locate a local warehouse to help store supplies. You can contact them on 07974 244581.

The Ukraine community group based at St Olga's have also launched an appeal to raise £7,500 to pay for the transport of donated aid supplies. Visit: [www.justgiving.com/crowdfunding/peterboroughstandwithukraine](http://www.justgiving.com/crowdfunding/peterboroughstandwithukraine)

# Catholic EastAnglia

Newspaper of the Diocese of East Anglia

**EDITOR:** Keith Morris  
tel: 07712 787762  
Pear Tree Farmhouse,  
Wymondham Road,  
Wrenningham, Norwich,  
NR16 1AT.  
[keith.morris@rcdea.org.uk](mailto:keith.morris@rcdea.org.uk)



Articles and photographs for the next edition are very welcome and should be sent to the editor, ideally via email, by Monday, April 11.

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# Ipswich vigil for people of Ukraine

■ More than 600 people gathered in the centre of Ipswich on Wednesday March 9 for a vigil to show solidarity with the people of Ukraine.

Ukrainian families living in Ipswich joined the event in front of the town hall organised by the borough council. Many taking part waved Ukrainian flags and wore its blue and yellow colours. The town hall has been lit up at night in the colours since Russia invaded.

Rev Tom Mumford, vicar of St Mary-Le-Tower, the town's civic church, told the crowd that they were gathered to support Ukrainians: "following the great acts of evil and war happening in their country. We are also here to demonstrate that love, light and hope can and will always win."

Fr Paul Spellman of St Mary Magdalen and parishioners from St Mary's, St Pancras and St Mark's were among the Catholics who took part.

Jean Johnson said: "The message we sent to Ukraine was, 'Ipswich is with you'."

"As we all lit candles or torches or phones we had a minute's silence and a prayer led by the mayor followed by the Ukrainian national anthem. This was the



Fr Spellman with parishioners from St Mary's, St Pancras and St Mark's at the Ipswich Ukraine vigil.

most moving part: two young Ukrainians behind us sang the words, obviously heart-broken.

"As I waited with a fellow St Mary's parishioner for a bus home we talked with a widow whose husband was Ukrainian. She had come well over a mile in an electric wheelchair to be at the vigil. It was a privilege and an honour to be at the event."

"We were encouraged to give to the Disasters Emergency Committee but to be prepared to work for Ukraine for years to come."

The mayor of Ipswich, Cllr Elizabeth Hughes, Anglican archdeacon Rhiannon King and Simon Barrington, former CEO of international relief charity, Samaritan's Purse UK, also spoke at the event.

# Over 1,000 reponses to Synodal Pathway survey

The first phase of the Synodal Pathway journey is now complete in the Diocese of East Anglia, including over 1,000 responses via the online survey, many parish meetings and reports and two online events run by Caritas East Anglia.



■ The next phase of synthesising the responses for the final report has now begun, according to Dcn Huw Williams, who is part of the Synodal Pathway diocesan team. He said: "We would like to thank everyone who has contributed in any way to the synodal pathway process. We received 1031 responses via the online survey, which is a wonderful result."

A Diocesan meeting is planned for Saturday May 14, 11am to 3pm, at the Cathedral in Norwich to which all parish priests and parish coordinators are invited. More details about the format of the meeting will follow in due course.

In February, Caritas East Anglia held

two online events as its contribution to the Pathway. Caritas Development Worker Jacinta Welch made contact with various groups and spoke on BBC Radio Cambridgeshire and BBC Radio Norfolk about the events.

Jacinta said: "The Vademecum – the handbook for the Synod – repeatedly instructs us to seek out and listen to those on the margins. Jesus puts those on the margins at the centre of His ministry and Pope Francis speaks of them being the centre of the Church. It was with this in mind that Caritas worked to reach out to these children of God – our sisters and brothers in Christ."

Bishop Alan Hopes recorded a welcome for those attending and Dr Austen Ivereigh gave an introduction to Synodality and explained what Pope Francis is asking of us in this 'Synod on Synodality.'

"We welcomed people who feel they are on the margins of the Church, alongside people who were unable to join parish events," said Jacinta. "We prayed together, listened to one another and reflected on what we had heard. All were then encouraged to complete the Diocesan Synod Survey."

"A wide range of topics were covered, a report of which has been submitted to the Diocesan Synodal Pathway Team for inclusion in the Diocesan Report."

Feedback after the events was very positive. One participant said: "Thank you for organising the recent consultation. I appreciate the effort that Caritas East Anglia is making to engage with those who no longer regularly attend church."

Jacinta said: "May we as a diocese continue to reach out, to welcome, listen to and support the poor and the marginalised, so all God's children are at the table."



Guests outside the fast-developing St John Henry Newman school in Hampton, Peterborough. Pictures by Keith Morris  
To view a picture gallery of the blessing visit: [flic.kr/s/aHBqjzF9mz](https://flic.kr/s/aHBqjzF9mz)

# New school site is blessed

**The site for the new St John Henry Newman Catholic primary school in Peterborough was blessed by Bishop Alan Hopes on March 8 in front of civic, education and diocesan guests. Keith Morris reports**

■ It marks the latest stage in the building of the school, which will open on schedule for around 60 Reception and Year 1 and 2 pupils in September. It is especially significant as it is the first new Catholic school to be built in the whole country for more than ten years.

The school is the first one in Peterborough to be built off-site, by contractors Eco Modular Buildings in Hull, and then transported to Peterborough. The full school structure, comprising 109 modular sections, is now in place and work is continuing on the internal and external finishes. It is an all-electric building built in line with the latest eco standards.

Chair of governors, Flavio Vettese, speaking on behalf of headteacher Mark Cooper, who was unable to be present, because he was suffering from Covid, said: "The opening of St John Henry Newman is a fantastic opportunity to grow Catholic education in Peterborough and one of which I am extremely excited and proud to lead.

"This joint DFE, Local Authority, and diocesan project will provide the city of Peterborough and the Hampton community with a state-of-the-art eco school building and I will strive to ensure that we offer a curriculum and educational journey that matches."

Before walking around the site and blessing it with consecrated water, Bishop Alan told guests: "This is a very important moment in the life of the Diocese of East Anglia. The blessing of the site of our new school here in Hampton marks a

significant step towards its opening in September.

"The saint, under whose protection and prayers we will place our school students and staff is John Henry Newman. He was someone who was dedicated to the work of education. He was the first English person, who was not a martyr, to be made a saint since medieval times. We thought it appropriate that our new school should bear his name.

"I would particularly like to thank Helen Bates, one of our assistant education directors, for the many hours of committed hard work and unfailing patience with everyone to make this project a reality."

Peterborough City councillor, Ray Bisby, said: "The council is very excited to see the building installed at the Hampton Waters site as the culmination of all the work that the Diocese of East Anglia, the council, the DFE and the contractor have done to get the project to this stage.

"This new facility will provide a fantastic environment for children. It will be run as an all-electric building, supporting the council's strategic priority to reduce the city's carbon footprint. We look forward to the successful delivery of this school build project and its opening to the first cohort of children in September."

Guests at the blessing included Mayor of Peterborough, cllr Stephen Ward, city Catholic head teachers and priests, ecumenical representatives, education staff and Canon Andrew Read, Diocesan Director of Education in the Anglican Diocese of Ely.

Mark Cooper sent a message which said: "We are ready to welcome 60 children in September in Reception and Years 1 and 2 and the application window for the Years 1 and 2 cohort opens very soon on the local authority admissions portal.

"The recruitment process for our teaching teams will begin very soon with adverts published shortly."

[st-johnhenrynewman.org.uk](https://st-johnhenrynewman.org.uk)



Head of Governors Flavio Vettese, right, and Anglican Education Director Canon Andrew Read outside the new school.



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# Prayers for Ukraine

**Prayer and fasting for Ukraine was the focus as Bishop Alan Hopes celebrated this year's Ash Wednesday Mass at St John's Cathedral.**

■ Bishop Alan announced: "As a Diocese we are offering our prayer and fasting on Ash Wednesday for the people of Ukraine and peace in the present crisis.

"I have also asked the parishes to make their donations through Aid to the Church in Need for Ukraine – money which will go directly to Ukraine and not to the general fund of the charity. They will also be collecting Lenten Alms for this crisis and for the many refugees."

"Let us use these forty days of Lent to turn our lives around once again towards God," said the bishop in his homily, "and to put him and our neighbour before ourselves.

"We do so, as Jesus teaches us in the Gospel, through fasting and penance; through prayer; through works of charity and mercy; through repairing our friendship with God and each other in the Sacrament of Confession."

Aid to the Church in Need is committing 1 million euros towards emergency aid to support the work of the Church in Ukraine. The emergency aid will meet essential needs, including heating,

lighting, water and food.

Bishop Pavlo Honcharuk of Kharkiv, one of the dioceses in eastern Ukraine that ACN is supporting, said: "The situation is getting worse every day. Prices are rising, especially for essential goods." The bishop recently sent a videoclip to ACN showing badly damaged apartment blocks. "Those were flats," he said. "All the windows were blown out. Many

people were killed."

Yuri, a Ukrainian parishioner from St Olga's in Peterborough, said: "We have been so touched by the support we are receiving. Thank you so much for every donation, big or little. We have tears in our eyes at such a reaction."

You can donate online to Aid to the Church in Need's Ukraine appeal at: [acnuk.org/get-involved/donate/](http://acnuk.org/get-involved/donate/)



Bishop Alan distributing ashes at St John's Cathedral.

## Time to forgive and be forgiven

**In the latest in his Voice of Hope series Fr Alvan Ibeh looks at a time to forgive and be forgiven.**



■ Lent is a time we are encouraged to pray more, fast more and give more, and all these should be for no other reason than to strengthen our walk with God.

Lent is a time of repentance. A time we make extra effort to amend our ways and come back to God in repentance of our sins, just as the prophet Joel urged us in Joel 2:12, "Yet even now", declares the Lord, "return to me with all your heart, with fasting and weeping and mourning".

To return to the Lord means going back to Him with a humble and contrite heart, asking for forgiveness and believing that He will forgive us; "a broken and contrite heart (broken down with sorrow for sin and humbly and

thoroughly penitent), such, O God, you will not despise" (Psalm 51:17, The Amplified Bible).

Forgiveness is a gift God graciously gives to us at any time we sincerely ask for it. God is never tired of forgiving us of our sins. He is ever ready to forgive us. He is not intimidated by our sins; therefore, we shouldn't be afraid to ask Him for forgiveness, knowing that "if we (freely) admit that we have sinned and confess our sins, He is faithful and just (true to His nature and promises) and will forgive our sins (dismiss our lawlessness) and (continuously) cleanse us from all unrighteousness (everything not in conformity to His will in purpose, thought and action)" (1John1:9, The Amplified Bible). If we have this conviction then, nothing should stop us from "fearlessly and confidently and boldly drawing near to the throne of grace (the throne of God's unmerited favour to sinners), that we may receive mercy (for our failures) and find grace to help in good time for every need [appropriate help and well-timed help, coming when we need it] (Hebrews 4:16).

If, therefore, we receive forgiveness unconditionally and without charge, God expects us consequently, not just during this Lenten season but every day of our lives to readily forgive others of whatever perceived offence or offences they committed against us. "And forgive us our debts, as we also have forgiven

(left, remitted, and let go of the debts, and have given up resentment against) our debtors" (Matthew 6:12).

If we receive forgiveness, we must not refuse anyone our forgiveness no matter what happens. Yes, sometimes it may be challenging to forgive someone who has not just broken our hearts but also betrayed every single trust we reposed on them. Jesus did not make forgiveness conditional. He did not say we 'May forgive' (conditional), He said we 'Must forgive' (unconditional), "For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses" (Matthew 6:14-15). Asking for something we know we can't give to others will make us selfish, and Jesus has made it clear that it is impossible. I can't be asking God for forgiveness every day at Mass during the penitential rite, saying 'Lord have mercy' when I have refused to have mercy on my brother or sister who is even there present at Mass.

During the Lord's Prayer, I ask Him again to forgive me my trespasses while I know I have refused to forgive someone who has trespassed against me. Who benefits from forgiveness? Is it the one who forgives or the one who has been forgiven, or instead both? We shall find out in the next edition.

Contact Fr Alvan: [fralvanibeh@yahoo.com](mailto:fralvanibeh@yahoo.com)



# Holy Week and Easter at Cathedral

■ The following remaining Lenten Station Masses across the Diocese will take place in each deanery at 5pm for Exposition and Confession and 6pm Mass, with Lenten Supper afterwards at 7pm:

Ipswich Deanery: St Mary - March 29  
Bury St Edmunds: St Edmunds – March 31

Coastal Deanery: Our Lady Star of the Sea, Lowestoft – April 5

Norwich Deanery: St John's Cathedral, Norwich – April 7

■ Holy Week at St John's Cathedral  
**Chrism Mass** – Tuesday April 12, 12 noon at St John's Cathedral, Norwich. It will also be broadcast live online on YouTube.

**The Easter Triduum at St John's Cathedral**, which will also be live-streamed on YouTube, is as follows.

**Maundy Thursday 14 April:** Solemn Mass of the Lord's Supper, 8pm

**Good Friday 15 April:** Solemn Liturgy of the Lord's Passion, 3pm

**Holy Saturday 16 April:** Solemn

Paschal Vigil with Baptisms and confirmations and First Mass of Easter, 8pm

**Easter Sunday 17 April:** Solemn Mass of Easter Day, 11am; other Masses will be at 9am, 3pm (1962 rite), 5.30pm.

Solemn Vespers and Benediction, 4:30pm

You can find St John's YouTube channel at: [www.youtube.com/channel/UC1L1vHKBeZgiaUf6hUxbT0A](https://www.youtube.com/channel/UC1L1vHKBeZgiaUf6hUxbT0A)

## Chance to see Passion Play in Norwich

■ A professional Passion Play is being staged in Norwich city centre this Easter on with support from a broad range of churches and their leaders across Norfolk, including Bishop Alan Hopes.

Norwich churches, Saltmine Theatre Company and ecumenical charity Celebrate Norfolk are joining together to put two free performances on Holy Saturday, April 16 at 11am and 3pm, starting at Hay Hill and moving to Millennium Plain and St Peter Mancroft Church.

Bishop Alan and the Anglican Bishop of Norwich will both be attending a performance.

The drama tells the history changing story of the last few days of Jesus' life. Taking part in the immersive 90-minute performance will be a dozen professional actors from Dudley-based Saltmine Theatre Company as well as 20 or so community cast actors from a number of Norwich churches.

First performed in Birmingham city centre in 2019, the play attracted audiences of several thousand people following it through the city centre streets.

Celebrate chair of trustees, Keith Morris, said: "We hope that the dramatic performance of the greatest story ever told, on the streets of Norwich for all to enjoy for free, will be an engaging and immersive experience not to be missed."

"Everyone is welcome to attend and please bring your family and friends with you."

If you can help with stewarding of the event, please contact Keith on 07712 787762 or at [keith.morris@rcdea.org.uk](mailto:keith.morris@rcdea.org.uk)

# Homeless are offered shelter at Cathedral

During the winter months, St John's Cathedral has been providing a night shelter four nights a week for homeless people. Eldred Willey reports.

■ The Winter Night Shelter is run by Norwich City Council in partnership with local churches. It opened in November and will continue until the end of March. The churches provide the venue (Norwich Central Baptist Church for three nights per week and St John's Cathedral for four nights); other agencies provide additional support including cleaners and security. Referral to the night shelter is through Pathways or Norwich City Council.

There are on average 10-15 people staying night-by-night, but that number does fluctuate. Bedding is provided and is laundered regularly by a local evangelical community. The hall is cleaned after every use, not only to keep Covid-safe, but also to provide a decent and clean place for people to sleep.

The shelter usually starts at about 8.30pm, after soup runs in the city centre, and remains open until 8am. When people leave at 8am they often visit the local day centre for rough sleepers run by the Salvation Army.

The night shelter relies on volunteers every evening and morning whose primary role is to talk to anyone accessing the shelter, check on their wellbeing and liaise with partners to support them in finding longer-term accommodation options.

Alongside this corporate response, many parishioners work in their own capacity, doing works of charity to help the homeless in various ways.

"During these winter months, we in Cathedral House have acquired wonderful new neighbours," said Fr Simon Davies, "and we have learned a lot about the experiences of the homeless in our city; I have been privileged from time to time to hear



A homeless visitor to St John's Cathedral night shelter.

some of their stories. Many of them have lived very hard lives, and are filled with sadness, though many, too are full of joy.

"We are greatly privileged with our beautiful Cathedral, and it is wonderful to be able to share some love and hope with those in dire need. Some also avail themselves of the Cathedral church, either saying their prayers before the hall opens, or even visiting the Cathedral church in the morning. I've had someone who even sometimes quietly hears my private Mass in the morning at a side chapel now and then."

"Homelessness is a great ignored plight in our modern world. As we strive to live securely and warmly, many get left behind for all sorts of reasons. We hope that, as well as providing practical help, we have been able to raise awareness of the needs of others."



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

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

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

To find your local Circle please contact our provincial membership Officer Paul Thompson on [p\\_s\\_thompson9@hotmail.com](mailto:p_s_thompson9@hotmail.com)

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# Chance to support child in foster care

**Charlotte Valori from Our Lady of Perpetual Succour in Gillingham is encouraging Catholics in Norfolk to support a child through the Independent Visitor Service.**

■ Charlotte herself has been paired with a five-year-old child through the service and expects to remain with them until they leave the care system at the age of 21. It is the young people themselves who choose whether to have an Independent Visitor and they could be a child or teenager when they are matched up.

"It is so like being a godparent," said Charlotte. "I already have four godchildren aged 23, 17, 13 and 5, and I see this child really as being one more."

Independent Visitors (IVs) normally meet with their child once a month. They have to commit for at least two years, but often it works out much longer. "Children change foster home and social workers move on," said Charlotte. "So you are often the only person who has known the child for most of their life. You see them as a person, not a problem."

A female IV could be paired up with either a boy or a girl, and a male IV likewise, although male visitors are usually paired with a boy. The role tends to attract more women than men, so male visitors are in short supply – a significant lack when so many boys need stable and positive male role models.

In Norfolk the scheme is managed by a national health and social care charity called Change Grow Live. In other counties it will be Barnardo's or Action for Children which oversees the projects.

Training for Independent Visitors is focussed on safeguarding, the impact of trauma, attachment theory, special educational needs, delays and disorders resulting from a disturbed start to life, the losses experienced by children and young people in care, boundaries and health and safety.

Charlotte's child is obsessed with architecture, so was delighted by a visit to St John's Cathedral. "There was special excitement at the baptistry, and I was asked where the babies were."

The challenges include the sense of responsibility which comes from knowing that you are looking after someone else's child. As a result of trauma, some children find it stressful to build a relationship: when they feel themselves becoming close, they may suddenly pull back. It may take time to regenerate the child's trust in adults.

IVs are not allowed to take children to their home or introduce them to family or friends. It is a case of picking up the child once a month from the foster home and taking them to a public place, which could be anything from a park to a theatre. There is a £15 budget for each outing.

Charlotte has risen to the challenge of keeping abreast with children's culture. "I have learnt about Peppa Pig and TikTok; learning about it all keeps me young."

The role can be very rewarding. "A high point for me," said Charlotte, "was the first time I took the child in the car, and it fell asleep on the way back. I realised I had successfully tired it out and that it felt safe with me. Then there are little moments of conversation when you realise you are forming a strong bond."

More independent visitors are needed in Norfolk, particularly in parishes of Norwich, Aylsham, Dereham, Watton and south Norfolk. To find out more about becoming an Independent Visitor, ring 01603 215348, email: [norfolkiv@cgl.org.uk](mailto:norfolkiv@cgl.org.uk) or visit: [www.changegrowlive.org/independent-visitors-norfolk/info](http://www.changegrowlive.org/independent-visitors-norfolk/info)



Charlotte Valori.



# Bishop celebrates

**At the Rite of Election in St John's Cathedral in Norwich on March 6, Bishop Alan Hopes welcomed dozens of Catechumens and Candidates from across the Diocese of East Anglia who will be received into the Church at Easter. Keith Morris reports.**

■ "This Rite of Election which we celebrate with you today is a celebration of your hope and trust in Jesus Christ, to whom you turn for salvation," said Bishop Alan. The word Election is a translation of a Latin word for Chosen.

"Today you are being elected, chosen, called to salvation. The Church rejoices with you as she numbers you amongst all those who have been called and chosen.

"These holy days of Lent are a time of final preparation for you. They will reach their climax at the great Vigil of Easter. As catechumens you will be baptised and confirmed, As Candidates you will be confirmed.

"During these weeks of Lent, together with the whole Church, you are being called first to turn to the Lord, to keep your eyes fixed on Jesus Christ. You are being called to deepen your commitment to Him and to grow in holiness. In fact you are being called to become saints of God.

"This call is not just for special people – but for everyone. We are all called to become like Jesus Christ, the Son of God – to imitate the One who gave his life to God and for the whole world," said Bishop Alan.

The following parishes were represented at the Rite of Election: St John's

Norwich, Bury St Edmunds, OLEM in Cambridge, Mother of Good Counsel Clare, St Wulstan in Costessey, St Henry in Diss, St Peter Gorleston, St Mary Yarmouth, St Michael in Huntingdon, St Mary Magdalene Ipswich, St Mary Lowestoft, Sacred Heart in North Walsham, St Peter and All Souls in Peterborough, Our Lady of Lourdes Sawston, St John Fisher Cambourne and St Joseph in Sheringham.

The Rite of Election, held on March 6, marks an important stage along the journey to undergo the final stages of RCIA (Rite of Catholic Initiation of Adults) and prepare to be baptised and confirmed, or to be received into the full Communion of the Church and confirmed. They will also receive the Eucharist for the first time, both of which take place at the Easter Vigil.

Catechumens are adults who have never been baptised and seek to become members of the Catholic Church through the Sacraments of Baptism, Confirmation and the Eucharist. Candidates are adults who have been baptised in one of the Christian denominations and now seek to become members of the Catholic Church through the Rite of Reception, whereby they will receive the Sacraments of Confirmation and Eucharist.





Pictured above, and below, is Bishop Alan Hopes with all the catechumens and candidates at the Rite of Election in Norwich. Pictures by Keith Morris  
To view a full picture gallery of the Rite of Election visit: [flic.kr/s/aHBqjzEMk7](https://flic.kr/s/aHBqjzEMk7)  
View a recording of the Rite at: [www.youtube.com/watch?v=HGu7bSjnOz4](https://www.youtube.com/watch?v=HGu7bSjnOz4)

# Rite of Election



## Online safeguarding training attracts 130

**Over 130 people working with children and young people in the Diocese of East Anglia joined two Zoom events recently to learn about the Catholic Church's Safeguarding guidance for classes and activities for children and young people. Rebecca Bretherton, diocesan Safeguarding Administrator, reports.**

■ As parishes resume activities after the pandemic, it is a good moment to review how children's activities should be run for everyone's safety. We were delighted to welcome clergy, parish safeguarding representatives, catechists, children's liturgy and youth group leaders from every part of the diocese.

The training gave three key messages: Firstly: that Safeguarding measures are not an additional burden for busy catechists and activity leaders. Embedding good Safeguarding practices into all Church activities is living the Gospel message. Safeguarding is what Christians do!

Secondly: everyone working on behalf of

the Church with children and young people needs to follow the Catholic Safeguarding Standards Agency guidance 'Creating a Safe Environment' when planning and running classes and activities. The guidance covers activity ranging from the large diocesan pilgrimage to World Youth Day in Lisbon 2023 to a Children's Liturgy session.

Thirdly: that people working with children on behalf of the Church should know how to respond to a concern about a child or adult at risk. The training included recent examples when parish catechists and Children's Liturgy leaders had used the guidance to report their concerns about a child in their care.

These training events were the first events run as a partnership with the Diocesan Safeguarding Office, the Directorate of Youth Services and the Commission for Catechesis. Our work together strengthens our commitment to supporting peaceful, loving and safe Christian communities in which everybody, particularly young and vulnerable members, can confidently participate.

The 'Creating a Safe Environment' guidance and supporting forms are on a link on the diocesan website: [www.rcdea.org.uk/youth/safeguarding-in-youth-ministry/](https://www.rcdea.org.uk/youth/safeguarding-in-youth-ministry/)

## Jess says goodbye

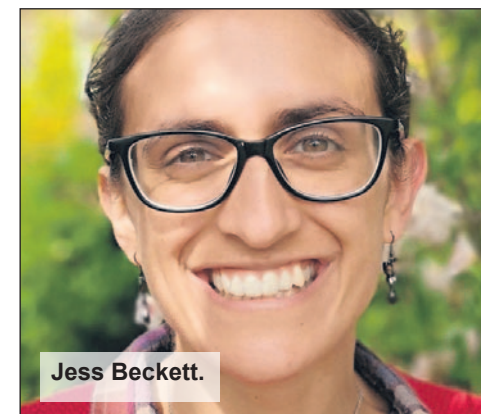
**After a year as Diocesan Fertility Awareness Methods Co-ordinator, Dr Jess Beckett is moving away because of her husband's job. She shares her parting reflections on the role.**

■ "It has been my privilege to be Diocesan Fertility Awareness Methods (FAM) Co-ordinator for the past year and a bit," writes Jess. "It's a role in which I have been able to blend my medical training and Catholic faith. I will continue to do what I can, wherever we live, to promote Natural Family Planning (NFP)."

Jess moved to the diocese when her husband was posted here by the military. He is now being posted elsewhere, and the family is therefore moving on. Jess is handing over the FAM Co-ordinator role on an acting basis to Anthonia Braithwaite.

"I have loved accompanying couples living with their fertility at different stages of life," writes Jess, "telling engaged and married couples about the range of NFP methods and seeing what method would best suit them; helping those with infertility navigate the confusing world of pursuing infertility treatment consistent with Catholic teachings; giving guidance and support in the anxiety of early pregnancy problems. I have also been blessed to give birth to our first child during this time."

Jess has enjoyed being part of virtual communities in the Marriage and Family Life Commission and with the Diocesan Remote Workers. "Everyone has been so positive and supportive of new ideas and in making them become a reality," she writes.



Jess Beckett.

During the pandemic face-to-face diocesan marriage preparation was on hold. However, Jess spent the time developing new projects, which she hopes will continue and bear fruit in years to come. She has updated the information about Fertility Awareness and NFP on the diocesan website, which people around the UK are finding a useful resource (see [www.rcdea.org.uk/marriage-and-family-life-welcome/fertility-awareness-methods/](https://www.rcdea.org.uk/marriage-and-family-life-welcome/fertility-awareness-methods/)).

It can be hard to find relevant information about NFP in the UK, as most of what comes up on an internet search is American. Masses for couples with miscarriages and infertility were celebrated in October and November by Bishop Alan, and the plan is for these to become annual events. There are also some educational projects in the pipeline.

From now on you can send any enquiries about FAM or NFP to Anthonia Braithwaite on [famc.eastanglia@rcdea.org.uk](mailto:famc.eastanglia@rcdea.org.uk)

You can also request a supply of leaflets about FAM for your parish.





# World Youth Day launched in East Anglia

**Around 60 people attended the World Youth Day Lisbon 2023 East Anglia launch in Newmarket on Sunday March 13.**

■ After some games, and music from Matt Dean and Ray Travasso, most of the afternoon was taken up with practical information about World Youth Day (WYD).

The launch ended with Mass celebrated by Bishop Alan Hopes.

Hamish MacQueen, Director of Youth Services, said: "I thought with Covid, the momentum might be lost, and we'd have very few. However, in fact I think the opposite is true – there is pent-up enthusiasm of having not being able to do much for the last couple of years and

we had a really good number.

"It was more than any other WYD launch in the past. Usually we end up taking quite a few more people to WYD than the number that come to the launch, so that's really encouraging!

"There are concerns that since Covid, many young people have become disengaged with the Church, and while I think that is true, the WYD launch gives great hope."

World Youth Day is an encounter of young people of the world with the Pope and the Chris-

tian community of the host country. It brings millions of young Catholics from around the world together to celebrate their faith and learn more about it. For some, it is nothing short of life changing,

If you are interested in going you need to be aged 16 by July 25, 2023 (around 14½ now) you can download an information pack at [www.rcdea.org.uk/youth](http://www.rcdea.org.uk/youth) Adult leaders are also welcome.

For more information about the events at WYD Lisbon visit: [www.lisboa2023.org/en](http://www.lisboa2023.org/en)



St Alban's Eco Warriors.

## Pupils learn to live simply

■ Students at St Albans High School in Ipswich are changing the way they get to school, recycle and garden as they work towards CAFOD's Live Simply award.

The award requires both school and parish communities to come together to complete a total of nine activities, three to show they're living simply, three to show they're living sustainably and three to show that they're living in solidarity with the poor.

As a school, they are using the CAFOD stations of the cross, which offers reflections based on the words of Pope Francis at each station. St Albans are also participating in CAFOD's Lent campaign, 'Walk Against Hunger', contributing to the national aim of reaching 40,000km alongside other schools. In addition, the school is asking staff and students to find a more environmentally friendly way to get to school, including walking, riding a bike, using public transport or lift sharing. Not only will this reduce car emissions in the short term but also make people think about the changes they can make to their lives to be more environmentally conscious.

The school's Eco Ambassadors also recently ran a competition to see how much single use soft plastic a family uses in a week. Each family

was asked to send a photo of all the plastic waste they had collected over the week and send it to the school for a chance to win a prize.

The group meet fortnightly to discuss the progress made on the award as well as other environmental issues within the school. They also help to decide the weekly green tip published in the school's newsletter.

For several years, the chaplain of the school has wanted a prayer garden located on the school site. The school received a grant to develop the garden and have been working with students to continue to improve and maintain it through planting seeds, weeding, and providing seating for people wishing to use it. In the summer months, the garden will be used as a venue to give glory to God's creation. They have also applied for some free trees donated by the Woodland Trust to rewild part of their site and allow nature to return to their grounds. By having these areas of nature, members of the school community can spend time reflecting on their relationship with God's creation.

St Albans' Eco Warriors also plan to meet with Notre Dame High School, who are also working towards the Live Simply award, and their Green Team via Zoom to share ideas.

## Diocese joins schools singing programme

**The Diocese of East Anglia will be joining the National Schools Singing Programme from September this year, thanks to the generous support of the Hamish Ogston Foundation, offering curricular time weekly music sessions in schools.**

■ Daniel Justin, Diocesan Director of Music, said: "we are so grateful for all the hard work done by the National Schools Singing Programme, which has allowed us the amazing opportunity of bringing sacred music to schools throughout the Diocese. Neither music nor the gospel discriminate! We hope that offering weekly sessions in schools will allow those who would otherwise have no access to musical education the chance to find their voice."

The Diocese is currently recruiting a full-time Choral Director from June this year (see advert on [rcdea.org.uk](http://rcdea.org.uk)), who will be responsible for the delivery of weekly sessions in schools, establishing regional after-school choirs, and working as Director of the Song

School at Our Lady of the Assumption and the English Martyrs, Cambridge, directing the Junior and Youth choirs there.

The first phase of the programme rollout will see coverage of schools in Norfolk, with the hope that all the schools in the Diocese will be offered the chance to join the programme by 2024.

Bishop Alan Hopes said: "The Diocese of East Anglia is very excited to become a part of the National Schools Singing Programme, which will place Sacred Music in a prominent position for education and evangelisation across Norfolk, Suffolk and Cambridgeshire. I am grateful to the generous support of the Hamish Ogston Foundation, which will allow children in schools across the Diocese to access a high standard of music education.

"As well as beginning work in the existing schools across the Diocese, we are opening the first state-funded Catholic school in England for more than ten years, in Peterborough, and the National Schools Singing Programme will ensure that music will be an essential part of this brand new school from the moment its doors open. My thanks and prayers for all those whose dedication to evangelisation have made this opportunity a reality for the Church in East Anglia."



# The Ignite Festival is back

**It's back. After two years online, the Ignite Team is excited to be getting ready for this year's popular Ignite Festival.**

■ Youth Services Director, Hamish MacQueen, said: "We're looking forward to welcoming back comedian Tony Vino, amongst other speakers and performers. It promises to be an amazing weekend with the opportunity to explore your faith in a new way through inspiring talks, workshops, live music and passionate prayer. There's also plenty of time for fun and relaxing.

"We're very grateful to the new Headteacher and the team at Sacred Heart School Swaffham who have so warmly welcomed us back to use the school as our venue."

This year the Ignite Festival runs from Saturday April 30 – Sunday May 1, with the option of doing the four-mile pilgrimage walk to Walsingham on Monday May 2. Please see [www.ignitefestival.co.uk](http://www.ignitefestival.co.uk) for more information and to book tickets.



Comedian Tony Vino stages The Lion King, with help from his audience at a previous Ignite Festival.

## Elliott is first Ignite Youth Team recruit

**The Ignite Youth Mission Team has recruited its first team member for this autumn with the appointment of Elliott Cannon from Birmingham.**

■ The Ignite Youth Mission Team is now accepting applications to join full-time in September 2022 or January 2023.

Young adults are invited to spend an academic year, or part-year, inspiring others with the Gospel in parishes, schools and at events with young people around the Diocese of East Anglia while nurturing their own faith and living alongside their fellow team members.

The team has already begun to receive applications and make decisions about who to accept for this opportunity in the coming academic year. Seventeen-year-old Elliott Cannon, from Birmingham, has just been offered a place for September and shares why he chose to spend a year in this way after his A Levels, rather than head straight to university.

"The reason I wanted to join



New Ignite Mission Team recruit, Elliott Cannon.

Ignite was to spend a year getting closer to God before I go to university as I might not get the opportunity again," he said.

"The year will provide me with opportunities and skills and allow me to help others grow in their spiritual journey.

I also wanted to grow in my devotion towards Our Lady of Walsingham, as she is an integral part of the Diocese of East Anglia."

Elliott also found himself attracted by the fact that the Ignite Team is a smaller, closer-

knit group than found in Diocesan youth teams in some other parts of the country.

Ignite Team Leader Ciaran Losasso is pleased there has been such a response to this year's recruitment drive: "As with all organisations, we've

had an unusual couple of years but it's reassuring to Hamish, our Director of the Youth Service, and to me that we can plan ahead for the next academic year knowing we have offered our first place.

"There are still more places on offer, though, and we'd really love to hear from more young adults who'd be interested in joining.

"It's a very worthwhile experience and we know that it has really benefitted past team members – whatever they choose to do after their time with us.

"For those who can't commit full-time, we are more and more in need of Ignite Lite volunteers who help as and when they can, so would love to hear from people interested in that too."

Full-time team members are provided with their accommodation and food plus £200 a month and engage in a varied pattern of work with children and young people of all ages. More information and the application form can be found at [www.rcdea.org.uk/youth](http://www.rcdea.org.uk/youth).

Those interested are encouraged to contact Ciaran on [igniteteam@rcdea.org.uk](mailto:igniteteam@rcdea.org.uk) for more information or if they have any queries.



# Help put new roof on church

**Bishop Alan Hopes and MP Brandon Lewis have taken the opportunity to 'Sponsor a Slate' to help replace failing concrete tiles on the roof of St Mary's in Yarmouth.**

■ The parish has received a grant for repairs but has to pay around £125,000 as its contribution to new roof.

The original slate tiles over the nave, as well as over the chancel and side chapels at the western end, were replaced by concrete tiles in the 1960s. The excessive weight of these has displaced beams supporting the roof and hence they need replacing themselves.

When someone sponsors a slate for £10, they can add a message that will be written in white permanent marker pen and placed on the roof. The slate and message will be put into a digital book.



Brandon Lewis MP (second right) with his signed slate at St Mary's with Fr Anthony, Fr Alvan and Brian Lafferty, Chair of the Finance Committee.

Yarmouth MP Brandon Lewis visited St Mary's on March 11 to see the progress of

the on re-roofing of the church. As well as looking at the roof, Mr Lewis showed an

interest in the damage that has been done to the mural of Our Lady of Yarmouth through water ingress.

The Safe Haven for 50 nations and the national flags displayed caused further positive discussion. Mr Lewis encouraged the parish in its desire to have both halls merged to make better use of the space and to provide more community services.

Brian Lafferty, Chair of the Finance Committee at St Mary's, asked the MP to join in the current fundraising effort, which he did: "Mr Lewis was really impressed by our vision for St Mary's and has pledged his support for future projects."

Over the last two years, St Mary's has received £446,730 in funding for the roof from the Bishop's Conference of England and Wales, which in turn received a grant from Historic England.

You can take part by visiting: [www.stmarysgy.org.uk/sponsor-a-slate/](http://www.stmarysgy.org.uk/sponsor-a-slate/)

## PILGRIMAGES

# Annual Holy Land pilgrims Mass

■ Bishop David Oakley of Northampton preached at the Mass, which was celebrated by Bishop Alan Hopes for the Equestrian

Order of the Holy Sepulchre, at Fisher House in Cambridge.

The Order has, at its heart, an individual

commitment to personal spiritual development and a collective endeavour to support Christians in the Latin Patriarchate of Jerusalem, which includes Cyprus, Jordan and the Holy Land.

This 41st annual Mass of the Eastern section of the Order took place on Saturday February 19 in the chapel at the University Chaplaincy Centre. It was enhanced by Daniel Justin on the organ, some excellent singing and an inspirational homily given by Bishop David.

The section was led by John Prestage KC\*HS, President of the Eastern section accompanied by 13 Dames and 12 knights of the order.

The congregation was completed by guests of the Order's members and students at the university.

In 1847 Blessed Pius IX had re-established the Latin Patriarchate in Jerusalem and later that same year had launched what was to become the Order in its modern form. The Order donates over 10 million euros annually to provide education and social care throughout the Patriarchate.

Members of the Order travel regularly (during the pandemic they travelled virtually) as pilgrims to the Holy Land, expressing solidarity with the Christians who remain in the troubled region.

The Mass was live streamed and is available to view at [www.fisherhouse.org.uk/live](http://www.fisherhouse.org.uk/live), and by following the link to their YouTube channel.

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With travel restrictions easing even further, this is the year whereby you can return on pilgrimage to the places that we all love. Our dedication to pilgrimage has not faltered and our team remain ready to welcome you back!

**We cannot wait to welcome you on pilgrimage once again!**



**The Lourdes Theme for 2022 is "Go and tell the priests ..."**

Join some of our following pilgrimages to Lourdes, Spring: The Society or our Lady of Lourdes, Birmingham & Middlesbrough. Then in the summer: Leeds, Nottingham, Westminster, Brentwood, departure for Newcastle, East Anglia, Southwark, Northampton, the CA, Raphael and more... scan the QR code to find more:

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Pilgrimage People is a not-for-profit company and UK registered charity facilitating support of the Christian community living in the Holy Land. All our excess income goes to support our sisters and brothers living their faith under very difficult circumstances.

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# Invitation to share time, talents and treasure

## The Faithful Stewards of God's Gifts project has now run in seven parishes across the diocese reports Sandra Portas.

■ The programme takes parishioners on a journey of reflection over three consecutive weekend Masses. Two of the central questions posed by the programme are: 'What is Stewardship?' and 'What does my parish mean to me?'

Information is shared with parishioners on the financial and volunteering situation within their parish, with everyone encouraged to learn more about how they can share of their time, talents and treasure to help support their parish.

It has now run in Ipswich St Mary, Felixstowe, Peterborough All Souls, King's Lynn, Woodbridge, Poringland and Stowmarket. More parishes are looking to run the programme in late spring or early summer. All materials, and support to facilitate the running of the programme, is provided to parishes by the Diocese.

The programme recognises that each parish is unique, and the transparency of information shared is something many parishioners find really useful.

The programme is flexible enough to allow each parish to tailor the materials to suit its unique needs – for example, it is going to be used by some parishes to ask parishioners to reflect, now that we are slowly exiting the lockdown effects of Covid, on what their parish means to them and importantly what their role in it can be. Part of the process encourages parishioners to consider what talents and gifts they have been given by God and how they can best use these within their parish.

Each parish communicates the various volunteer roles it has to offer by means of the programme materials. These roles vary enormously from parish to parish – for example, some parishes may need help with the running of a foodbank or visiting and transporting the housebound, whilst others may need help with liturgical or health and safety roles.

There is also the opportunity for parishioners to let the parish team know what additional gifts they have to offer their parish. Part of the work involves sharing material with each Parish Finance Committee on legacy giving – an area of fundraising



that is predicted to grow exponentially over the coming years.

After successfully running the programme, some parishes have decided that an annual reflection day will be a useful addition to the parish calendar, allowing people to review, renew or adjust their giving of time, talents and treasure and for any new parishioners to be able to volunteer their time or talents.

Here are the highlights from just some of the parishes who have run it:

■ Ipswich St Mary saw several people come forward to volunteer their help with foodbank deliveries and parish Health and Safety roles. Thirteen new standing orders have been set up and seventeen people have increased their giving by standing order.

■ In King's Lynn a number of people have either signed up new for standing orders, transferred from envelopes to standing orders or agreed to increase existing standing orders. The first full month after running the programme saw a 42% increase in the offer-tory standing order amount.

■ Felixstowe had previously struggled to find

suitable volunteers for some roles, and were amazed at the results of the programme, which they ran last autumn. There was a total of 129 offers of assistance over the 28 volunteer jobs.

Standing Order donors have virtually doubled following the appeal; three people have increased the value of their existing standing orders and five people have joined the donor list using envelopes. Two people have also requested information regarding leaving legacy donations to the Church. Most of the new donors have Gift Aided their donations.

■ The programme is being co-ordinated by Sandra, and the next set of parishes scheduled to take part (some of which Sandra has already started to work with) are Cambridge St Laurence, Cambridge St Philip Howard, St Neots, Norwich St Georges, Newmarket, Peterborough Sacred Heart and St Oswald, Lowestoft, Ely, Wymondham, Diss, Great Yarmouth, Swaffham, East Dereham, Brandon and Mildenhall, Thetford and Lynford, Hunstanton, Downham Market and Ipswich St James.

## obituary

### Tributes paid to Sr Katrin

■ Norfolk Catholic nun, Sr Katrin Foerster, of Quidenham Carmel, died on February 7. Born a Jew, Katrin converted to Christianity in her early teens and was noted for her characteristic smile and sense of humour. Fr John McGowan pays tribute.

Sr Katrin was an extraordinary person, with such humanity and gift for friendship, just like St Teresa of Avila. I met her when she was in Sclerder Carmel, Cornwall. Her story is fascinating, especially her childhood. Born Jewish in Germany, her father was killed because of his opposition to Hitler.

As a child, she and her sister were sent to England on the Kindertransport. Her mother was beside herself with grief. Someone nearby noticed, asked her what was the problem. He suggested she marry a Dutchman, then she could go to the Netherlands and send for her children.

She thanked him but asked:

"where would I find a Dutchman to marry me?" The man replied: "I'm Dutch, and I'll marry you." They went on to get married.



The couple went to the Netherlands and brought Katrin and her sister from London. But then the Nazis invaded. The two girls were arrested and put in a camp in preparation for transportation to a concentration camp. The parents managed to bribe a guard and the girls escaped. They spent the rest of the war in hiding.

Sometime after, Katrin decided to be baptised. She didn't tell me why. I hope it was the example of Christians who had helped the family. Sometime later she became a Carmelite nun. There were lots of nuns in the Netherlands.

She was sent to Iceland, where she spent many years. She then came to England and joined Sclerder Carmel. I met her there on a few occasions. I always remember enjoying her company: she would join me at breakfast, and we would talk and laugh. I know a Dutch film crew came to Sclerder to film her.

Sadly Sclerder had to close in 2014 and Sr Katrin spent the final years of her life in Quidenham, Norfolk. Heaven will now be a livelier place. May she rest in peace.

## Do you know what Lent is all about?

### What is Lent all about? Why do Catholics give things up in Lent? Where is Lent in the Bible? If you were asked these questions by a friend, what would you say?

■ Rebecca Bretherton, diocesan coordinator for evangelisation, admits: "When I was first asked questions by a friend who saw the Ash Wednesday ashes on my forehead, I fumbled with my words. I knew the answer but struggled to explain.

"I learned that sharing God's Good News of our salvation isn't usually about grand speeches. Far more often, we are given the opportunity when chatting with a friend. These moments come when we aren't expecting them. We don't need a fancy answer but we should give an answer.

"We can explain some of the richness of the season of Lent and how it helps us to follow Jesus Christ throughout the year. Our gentle answer may become God's invitation for them to share everlasting life with Him too.

"A little preparation and some ideas 'up our

sleeves' mean we will be able to speak even when we are not expecting the question. Then, rather than waiting for the question, we can start the conversation.

"This year there are several online resources to help us: The God Who Speaks is a project run by the Catholic Church in England and Wales in collaboration with The Bible Society. There are handy articles on Lent on The God Who Speaks website: [www.godwhospeaks.uk](http://www.godwhospeaks.uk) and the Bible Society website: [www.biblesociety.org.uk/explore-the-bible/bible-articles/what-is-lent-all-about/](http://www.biblesociety.org.uk/explore-the-bible/bible-articles/what-is-lent-all-about/)



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# News picture gallery from parishes around the Diocese

■ Francis Fitzherbert, Lord Stafford, visited Our Lady and St Walstan's church in Costessey, which is built on land donated by his ancestors, in February.

The Stafford-Jerningham family used to live at Costessey Hall until it was taken over by the army in the First World War and later demolished. It is now the site of Costessey Golf Club with only a small part of one tower remaining of the Hall.

Lord Stafford, who lives in Swynnerton Park in Staffordshire, had never visited the church before, the land for which was donated by his ancestors in the 19th century. He attended the morning Mass on February 21, then talked with parish priest Fr David Ward. He also met Deacon Bill Dimelow and other members of the congregation, including Pauline Stephenson, chair of the parish council, and Nick Walmsley, director of music.

He brought with him a fascinating scrapbook full of drawings of Costessey Hall. His visit coincided with one of the regular meetings of the Costessey Christian clergy, so he was also able to meet the ministers of the Anglican, Baptist and Methodist churches.

In 1953 the bodies of several Stafford-Jerningham family members were taken from the cemetery and chapel at the former Costessey Hall and re-interred in the cemetery at Our Lady and St Walstan's. Lord Stafford paid a brief visit to their

graves, despite the tail-end of one of the recent storms. The site is currently being renovated with new engraved gravestones due to be put in place later this year. Lord Stafford hopes to return for their dedication.

The Jerningham family had, and to an extent still have, a great effect on the town of Costessey. They retained their Catholic faith throughout the difficult centuries following the Reformation. The attic of Costessey Hall contained a chapel which could be very quickly re-arranged to look like a normal room should there be any threat of danger. Queen Elizabeth I stayed at Costessey Hall and went riding on the hills of the estate. That area became known as Queen's Hills and is now the site of housing development. The Jerningham family married into the Stafford family in the 19th century.

Pictured right are Lord Stafford and Fr David Ward in the porch of the church, standing in front of the list of those members of the Stafford-Jerningham family who are buried in the church cemetery.



■ Angie Fox, a former employee of the Diocese of East Anglia, has designed the artwork for this year's World Day of Prayer.

The World Day of Prayer (WDP) dates back to the 19th century when Christian women in the USA and Canada initiated a variety of cooperative activities in support of women's involvement in mission, at home and abroad. It is from such roots that WDP has taken its present shape as "a worldwide ecumenical movement of Informed prayer and prayerful action".

The theme this year is "I know the plans I have for you." The three voices of England, Wales and Northern Ireland have come together to present this year's service, recognising the differences but also the common ground.

Find out more about the WDP at: [worlddayofprayer.net](http://worlddayofprayer.net)

■ Shrove Tuesday saw a gathering of hungry parishioners rolling up their sleeves and pitching in to cook at a pancake party at St Pancras parish in Ipswich ahead of the start of Lent. Polish, French, and Spanish recipes were added to the traditional English sugar-and-lemon recipe on the bring-and-share menu.

Around 30 parishioners of all ages helped to launch the parish Lent project by raising the first £170 for Mary's Meals. Other fundraising events, including a series of Thursday Lent Lunches as well as a cake sale on Mothering Sunday, will follow.



■ St Edmund's in Bury St Edmunds celebrated Fair Trade fortnight with an exhibition of Fair Trade products.

The event, on Sunday February 27, included a stall selling Fair Trade teas, coffees, biscuits, sweets and cereals. There was also a stall offering free cakes and biscuits made, where possible, with Fair Trade products. The event was organised by parishioner Liz Bowden who is also a member of The Bury St Edmunds Fair Trade Partnership. Approximately 60 parishioners attended the event in the crypt after 10.30am Mass.