

The Pilgrim

St Laurence's Parish Magazine, Lent Edition 2017



Celebration of
Jay's Ordination
and
Barbara Quail's
25th Anniversary
at
St Laurence's



Contents

What's New?

Jay Ordained Deacon	1
Barbara Quail – celebrating 25 years	2-5

Features and Opinions

Criste our Moder/Christ our Mother	6-7
Post Truth Problems	7
Can you believe in God without religion? - an afterthought	7-8
Cardinal Points	8-9
Cardinal Newman	9-10
Catholic Clothing Guild	10

Parish Organisations and Activities

Year 5 takes up Laudato Si' challenge	11
Peace Sunday	11-12
Launching Connect2 Peru	12-15
Mini Vinnies	15-16
Parish Forum	16-17
SVP at St Laurence's	18-19

Personal Stories

Memories of Margaret Simmons	20
Sewing Together	21
Ann Hales-Tooke	21
Visit to California	22

Tailpiece

Reasons not to match wits with children – Part 3	23
Stages of Life	23
Lent Wordsearch	23

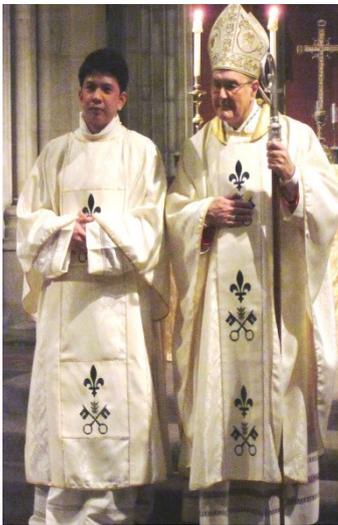
Editorial

24

What's New

Jay Ordained Deacon

Nora Darby



25th January 2017, the Feast of the Conversion of Saint Paul, was a very special occasion for St Laurence's! At Our Lady and the English Martyrs Church our seminarian Jaylord Magpuyo was ordained to the Sacred Diaconate by Bishop Alan Hopes. It was a cold, frosty evening but the church was filled with Jay's family and friends, parishioners from St. Laurence's and other Cambridge Catholic churches; especially the Filipino community.

When we arrived Jay was calm and relaxed as he quietly rehearsed for this very important moment in his life. At 6pm the Bishop's procession entered the church: altar servers, Bishop Alan, priests including Fr. Pat and Fr. Bob, deacons including Deacon Geoff and finally, Jay; all accompanied by the choir and congregation singing 'A Heavenly Splendour from on High'.



The Solemn Mass was so memorable with a feeling of holiness and devotion, but also happiness from everyone. So many priests and servers on the altar surrounding the Bishop, the beautiful music from the choir and organist and Jay quietly waiting, all conveyed the solemnity of the occasion.

As Jay prepared for the Rite of Ordination he lay prostrate in front of the altar until called forward to the Bishop.

The rite started with the Calling of the Candidate, followed by a Homily from Bishop Alan, Commitment to Celibacy, Laying on of Hands, Presentation of the Book of Gospels and finally the Kiss of Peace. Mass continued with Jay now taking an active role and looking very confident and comfortable behind the altar. After Mass, Bishop Alan gave a short speech welcoming Jay. The Bishop was obviously very happy and spent some time chatting with Jay and posing for many, many photos!

We were all then invited to join in celebrating this special occasion at a party in St Alban's School Hall. The food had all been prepared by the Filipino community; and what a feast! Mountains of food including a whole roasted suckling pig awaited us. Everyone including Bishop Alan tucked in. We ate and drank, speeches of thanks, including Jay's, were said and then it was time to go home.

For me it was a truly wonderful and memorable evening.



Barbara Quail: celebrating 25 yrs teaching at St Laurence's

Jenny Robertson



25 years ago...a very special teacher accepted a job at St Laurence Catholic Primary School. Mrs Barbara Quail, was then, and remains, a talented and enthusiastic teacher. In January 1991, Barbara Quail started teaching at the school on a two-term temporary contract. She had previously taught in a London primary school and had recently moved to the Cambridge area with her family. Her own children were attending St Laurence - or St Laurence's as it was then known.

This month, her commitment to Catholic Education was fully recognised when a Diocesan medal was awarded to her for 25 years of teaching at St Laurence and also for her commitment to the wider Parish. This medal was presented to her at a very special whole school Mass, held at St Laurence's Church, on 3rd February 2017.



Barbara Quail, since 1991, has witnessed a great number of changes at the school, seen hundreds of children through her classes, and worked alongside six Head teachers and many colleagues, who all speak highly and fondly of her. In her 25 years, she has given so much to Catholic Education, both as the R.E. co-ordinator at the school and through the example of her inclusive, caring teaching. She has supported teachers, not only in developing their own faith, but also that of the children in their care. Many a question is asked of her in the staff room or corridor that she may have the answer for straight away, otherwise she will take the time to think or she will find the answer from other sources – always returning with an answer.

In more recent years, since teaching Year 3, Barbara Quail has also given up many a Saturday and Sunday to support her classes through their First Holy Communion. Keen on the outdoors, she has taken responsibility for the school pond and garden areas. In fact, her classes can often be found outside, sometimes performing in the outdoor classroom, sometimes investigating for science, sometimes exploring the forest, and even (if it's warm enough!) splashing about in giant paddling pools!

Her sense of fun and love for teaching are evident. Anyone who has had the honour of working with, or learning from Barbara Quail will have their own memories to share, whilst agreeing, that without a doubt, she is a very special teacher who deserves this Diocesan medal. She goes out of her way to help anyone who needs her help; she is so kind; she is patient, she is knowledgeable; she has such energy and warmth for the children. She is a teacher who is really living out the mission statement of St Laurence – she is an extremely valued part of 'a community growing in knowledge and understanding.'

A true inspiration to so many of us! Congratulations Barbara, on your 25 years teaching at St Laurence.

Some colleagues, past pupils and families were asked to share their thoughts and reflections of Mrs Barbara Quail:

"I feel like a real person in Mrs Quail's class!" exclaimed my daughter, joyfully, after her first day in your class. This significant statement from an eight year old child really sums up the enormous impact you have had on hundreds of pupil's lives! Having fun, learning through practical experiences, both inside and outside the classroom has always been one of your firm beliefs! I'll always remember 'Going on a bear hunt' with your Year One class! Also cheering on the cross-country teams – what happy memories!

What an amazing journey this has been! I've been so fortunate to have shared part of that special journey with you and have always appreciated having such a kind, caring and supportive colleague – and friend. You have selflessly given so much for so long! Thank you. God bless you Barbara and thank you for being you.

Sheila Cooper

Barbara has in the 13 years I've worked with her always seen the positives in any changes or times of uncertainty. She has a faith in God that can't easily be put into words. I have many memories of working alongside Barbara, but a particularly special memory for me was meeting Pope Benedict XVI when Barbara and I set off from Cambridge at 5am accompanying children from St Laurence to represent the school in London. I really have learnt so much over the years, from Barbara's wisdom and experience. 25 years and still so much energy and enthusiasm for everything you do. God bless and congratulations, Barbara!

Jenny Robertson

Barbara has taught generations of children in the school – frequently now teaching the children of her former pupils! Throughout her time as R.E. coordinator she has helped guide and support the school staff, of all denominations, in ensuring our school R.E. curriculum reflects our Catholic teachings and values. As we still prepare children for the sacrament of the Eucharist within school, Mrs Quail has also been the lead First Communion Catechist for many hundreds of children, playing a fundamental role in sharing her knowledge and love of our Catholic faith. On a personal note, Mrs Quail has been an invaluable support to me in the last two years since I took up the role of Head teacher at St Laurence.

Clare Clark

It is always a delight to work with Barbara on the First Communion Programme. Over the recent years, we've enjoyed working together so that no matter where the children receive their instruction, it is very much a whole Parish event for the whole family. Barbara has wonderful creative ideas which she always generously shares and which always reflect something special about the First Communion Programmes. At our shared Family Mornings we have created various things out of clay, decorated tiles, created liturgical shapes for the garden and made special bookmarks. I know that these things are treasured by the children and their families.

Sue Price

Barbara epitomises everything that is good about Catholic education. Over the years that I have known Barbara, she has always given 100%+ to the school community and has been a great pastoral leader. She more than deserves this very special honour. Well done Barbara!

Josie Christodoulou

Barbara and I have worked together on the R.E. Gold Award on two separate occasions and she made both of them rewarding and spiritual journeys for me personally. For the last few years I've also had the great pleasure of helping in her class once a week and watching her children grow in love of Our Lord as well as love and kindness for their fellows.

Janet Scally

Both Barbara and I moved to Cambridge in the summer of 1988 and knew each other, first of all, as fellow St Laurence's parents. However, it was not long before she became my youngest son's Year 4 teacher and then, in 1993, my colleague. We have both been through ups and downs, but she has always been a true friend – always there in the down times, always

knowing what to do. However, she's been there in the up times, too, including participating in two international exchanges for teachers with me – one to Singapore and one to Sweden. I've seen over the years, that no matter the pressures, Barbara never gives in. Congratulations, my friend. You certainly deserve that medal!

Phil Bradshaw

Both Anna and Eleanor had Mrs Quail as their Year 1 teacher in the late 1990's!! The girls remember Mrs Quail as a great story teller and reader of stories from her chair in the classroom. Eleanor has a particular memory of a story of a boy and a chocolate cake (Mrs Quail had a particularly yummy way of saying 'chocolate' apparently). Eleanor also remembers being coached by Mrs Quail in her role as the Angel Gabriel in the Nativity play... we have lovely photos and the video. Anna remembers that when Mrs Quail shared books with the class she would always point out everything about the book, such as publication details, dedications, acknowledgements etc. and that Mrs Quail explained and encouraged the 'craft' of storytelling (Don't make it too complicated!!).

Anna also recalls an incident when she drew a scene from her visit to St Laurence's Church. Mrs Quail had expressed surprise that Anna had mastered the basics of some perspective in her picture. This made her very proud, and Mrs Quail spent some time showing and explaining to Anna how to align all her lines so that the windows were also in the correct perspective. She remembers this very distinctly. The girls were always happy to be at school, had fun, loved reading and had lots of great trips out, just locally or further afield. We're so grateful for that.

One of my very favourite photos of Anna is one that Mrs Quail took at the end of her Year 1. She must have photographed each child in the class, processed the photos (before digital cameras??) and then mounted each one on card for each child. Anna is playing on the outdoor equipment in the sunshine, in her blue summer dress. Mrs Quail captioned the photo 'Happy days in Year 1' - just about sums it up!

Dewolf family

I worked with Barbara in my first four years of teaching and found her to be an inspiration. I admired her energy, her creativity, her passion and her wonderful hats! She kept her teaching fresh and exciting and was always trying new ideas. Barbara was an advocate of active learning long before it became a buzz word in education. She saw the world as her classroom and often had her students on adventurous trips and learning walks around the local area. She

loved drama and art; in particular working with watercolours. As the coordinator of Religion in the school she led by example. Her own faith was evident in the supportive nature of her relationships with other staff members, her knowledge of the curriculum and the ways she made Scripture and the message of Christ accessible to children. The lead up to Easter was a highlight of the school calendar, the re-enactment of the Last Supper and the Lord's Passion play were beautifully moving, prayerful and unforgettable; each year more special than the last. I will never forget Barbara's meditation assemblies when the whole school hung on her every word. She is a natural storyteller with a wonderful imagination. Barbara played a pivotal role in making St Laurence a happy and loving school, and I am grateful for the time I had working with her.

Marie-Therese Brankin

Barbara's amazing. For the 16 years that I've known her she's always been there for me at work and as a friend. 25 years teaching at St Laurence is an incredible achievement.

Laura Peters

I remember Mrs Quail always being enthusiastic and trying to find extra opportunities for us. She took me to see the Pope in Twickenham (even though it meant getting up at 3am); that was a great day that I'll always remember. She's one of those teachers that really care about every single child and I'll never forget her.

Sophie O'Sullivan

I was 5 when Mrs Quail taught me; she wore really cool Doc Marten boots!

Calum Fall

I fondly remember my time as a pupil of Mrs Quail. Many of the teachers at that time taught with a stick and/or a carrot but she used her terrific energy and enthusiasm to engage and inspire. It was a happy classroom and I'm sure we all grew in confidence under her watch. And, of course, never without a whistle around her neck, she was the driving force behind the school's sports scene and has no doubt helped to foster a love of sport in countless generations.

Carl Bradshaw (Class of 1991)

In 2005 when I joined St. Laurence School as the new Head teacher, I was immediately struck with the kind and warm welcome I received from Barbara. I was also struck by her knowledge of where everything was on her desk within her classroom! As time went on I

realised just how empathetic she was with everyone within our school and church community, and how this extended to everyone she met, too. She made learning fun for the children, took on new initiatives gracefully and accepted many changes within the school, which included receiving a larger desk!

Barbara was always a natural and successful ambassador for the Catholic Christian ethos of St. Laurence School and for living out the Mission Statement to the full. She was always keen to ensure that not only would the children grow in confidence within their learning, but also within their individual faith journeys. Her contribution was immense in supporting the pastoral care of children and of staff, in safeguarding, and in making a difference to individual children in promoting their well-being and self-esteem. I greatly valued her passion and expertise in successfully leading the teaching of Religious Education and in providing opportunities for pupils to live out their faith outside school. Barbara also made an outstanding contribution to the Diocesan working group in helping to form the Diocesan Primary Curriculum for Catholic Schools.

For me, Barbara is a shining example of the essence of Christianity, and I shall never forget the impact of her amazing skills in leading collective worship, her talents in telling and living out bible stories, her love of working with children and adults within our school, and I shall never forget 'the desk'! It has been an honour to work with you, Barbara, for ten of the twenty five years of service you have given to St. Laurence School. Congratulations! May God bless you always! With love and prayers.

Jan Southgate

"Right, my darlings..." is a phrase that each of my own four children associate with Mrs Quail. And she means it. To each child, at that particular time, they are her darlings. My oldest son, Joe, although now 19, clearly remembers being one of her "darlings". At just four years old he became seriously ill, just after starting Reception in Mrs Quail's class. There she was, by his hospital bedside, with a big balloon and a heart full of kindness.

Sonia Peloe

Our four children attended the school, spanning 1989-2009. Ian especially remembers Mrs Quail's fantastic storytelling and reflective meditation assemblies. His three sisters recall sharing some of their first highs and lows in life with Mrs Quail, in her role as unofficial school sports coach: Eleanor vividly remembers, over 20 years later, sharing with Mrs Quail, who coached the girls' football team to victory in the Cambridge

schools cup final, the joy of beating the hitherto invincible Milton Road School side. Ellie still has her trophy! By contrast Veronica remembers Mrs Quail trying to console her when she was in the team three years later that were beaten by Milton Road School 22-0, with Veronica and her best friend Emma having taken turns as goalies throughout the game. Vu still runs and goes to the gym, but she has never gone in goal since. Isobel remembers Barbara leading lunchtime jogging around and around the playing field, training for the inter-schools cross country at St Ives. She says they did not do terribly well, but Izzy thinks that early training helps explain why she is now so often the 'family Fitbit champion' for the most distance covered when respective scores are compared at the end of each day. It's amazing how much you can carry through life from your school years!

Connolly family

Barbara is kind, thoughtful, always thinking of others and constantly on the go. It has been great working with Barbara for all these years. God bless.

Sharron Woods

It has been a privilege to work alongside Barbara at St Laurence. Her unfailing care and concern for her pupils and colleagues is a mainstay of the school, always going that extra mile for those in need. I am very lucky to have worked alongside her throughout my career but even more blessed to count her as a friend.

Veronica Harvey

Our family wish to congratulate Barbara for a wonderful achievement on her 25 years in her role as a primary teacher at St. Laurence RC Primary School. She taught all of our four daughters. Mrs Quail assisted our girls through Year three and prepared them for their First Holy Communion. They are all grown now but still fondly remember their time with Mrs Quail, especially visits and events which she supervised. For all of her hard work and dedication, my wife and I wish to convey our heartfelt thanks to Barbara for giving Anneka, Chantal, Candace and Ella the best possible start in life. Best wishes,

Robin and Cettina Lipscombe

Mrs Quail you have been one of the best teachers we have had. You have helped us so much throughout primary school. You helped us through some tough times and made things better with your kindness and your warm heart. Congratulations on 25 years of teaching!

Georgina and Dominic Fatibene

Extracts from accounts written by children in Barbara's current year 3/4 class following the special Mass for Barbara at the Church:

When I first walked into the Church I was amazed at the amount of people there. When Mrs Quail got her medal I felt so proud of her. Mrs Quail's medal is beautiful and bright. The KS2 choir sang beautifully. I loved singing all the songs. Going to Mrs Quail's Mass was such a privilege.

Alice

We got to the Church and even Mrs Quail's first class from 1991 was there. The Governor, Mary Jane, came up and said some things about Mrs Quail, like that she never gives up and about the time she dressed up as 'Where's Wally' on book day.

Shinique



Mary Jane, a school Governor, said a few things about Mrs Quail (good things obviously). One of things she said was that Mrs Quail always makes lessons fun and I very much agree with her.

Aurea

On 3rd February St Laurence School went to the Church and we were singing and Mrs Quail had a medal and she had big cheers.

Sasha.

Mrs Quail got a certificate and medal; she's been at the school for 25 years. I was amazed at it being 25 years. I'm really grateful to have Mrs Quail because she is my teacher.

Harry

On the way back to school after the Church we were all singing songs, like the New Commandment and Gloria.

Ruby

Features and Opinions

Criste our Moder/Christ our Mother: Julian of Norwich and the Motherhood of God

Michael Allan

It is the 8 May 1373, somewhere in Norfolk, and a 30-year-old woman lies in bed apparently dying. Her mother and some others are with her. Her local priest, who had been sent for, comes in, and holding a cross before her face, says, "Daughter, I have brought you the image of your Saviour. Look upon it and find comfort thereby, in reverence of Him who died for you and me." For a long time the woman looks intently at the face of the crucifix,

"Sodenly I saw the rede blode trekelyn downe...

...from under the crown of thorns, hot, and fresh, and very plentiful. It was as if at the time of His Passion, when the crown of thorns was pressed down upon His blessed head: He, right so both God and man, who suffered thus for me."

This was the first of 16 shewings or revelations, mostly centred upon the Passion of our Lord, given to the woman now known as Julian of Norwich. She did not die at that time, and she spent the rest of a long life as an anchoress (living a solitary life of prayer in a cell attached to a church in Norwich) reflecting upon them. The revelations and her profound reflections were eventually written down in the book known as the *Revelations of Divine Love*. This was the first writing in English known to have been by a woman. (All without benefit of a University education, which was barred to mere women, as was so much else.). For several centuries the book lay in obscurity, only coming to light again in the 19th Century. In recent times it has been quoted from by Pope Benedict and Pope Francis.

These are not the quaint, cosy and pious ramblings about how much God loves us that some have thought them to be. They are rather a profound, fearless, unflinching gaze at the Passion of Christ, and at the stark reality of sin and evil, and above all at God's absolute, unconditional and unalterable love for all creation. They convey a message we still need to hear.

Julian lived through very dark times. When she was aged eight the plague known as the Black Death arrived in England, killing half of the people in many towns, young and old alike, many dying without benefit of the last rites. The plague returned several times during her lifetime. It would perhaps have been

hard then not to have had a very dark and fearful view of life and death, perhaps even of God. Indeed some people started to spread the idea that God did not exist, or had died, or had just given up on humanity. Perhaps unsurprisingly therefore, it was also a time of fevered obsession with heresy. Alleged heretics were burnt alive in England in Julian's lifetime.

Julian however, in the face of all this darkness and fear, saw in the plentiful outflowing of the blood of the crucified Christ the joyful, overflowing, unending love that God has for us. The agony of death on a cross is not denied, but it is redeemed and transformed by God's free and loving taking on of our humanity, of our own suffering and death. God had indeed died, died on a cross, died out of an inexhaustible love.

Julian, praying and studying alone in her anchorite cell, developed a rich theology of the God who is Love. One of the key strands of that theology was the idea of Christ as our Mother. This maternal view of God was not new. There are passages in the Bible which speak of God with maternal imagery, as had various Christian writers before Julian. But she explored it perhaps more deeply than anyone had before. For Julian, the Motherhood of God, as expressed in Christ, is no mere metaphor, but the taking on of the fullness of our physical humanity in the incarnation.

"By taking our nature upon Himself, He gave us life; in His blessed dying upon the cross He gave birth to us into eternal life; from that time until now, and evermore until judgment day, He feeds and fosters us, exactly as the high sovereign nature of motherhood and the natural need of childhood asks."(Chapter 63)

However dark our world may be at times, and whatever tragedies and pain inevitably come our way, God, who is closer to us than we are to ourselves, will never leave us and always keeps us safe.

"Our Lord God dwells in us, and is here with us, so that He embraces us and enfolds us for tender love that will never leave us, and is nearer to us than tongue can tell or heart can think." (Chapter 72)

God is enfolded within us, and we are enfolded within God. Even though we may be unaware of it, not believe in it, or fight against it, we have the most intimate relationship with our God: our Father, our Mother.

"So I saw that God rejoices that He is our Father, God rejoices that He is our Mother, and God rejoices that He is our true Spouse, and our soul is His beloved wife; and Christ rejoices that He is our Brother, and Jesus rejoices that He is our Saviour." (Chapter 52)

“God is the goodness that cannot be angry, for He is nothing but goodness.”(Chapter 46)

“For as the body is clad in cloth, and the flesh in the skin, and the bones in the flesh, and the heart in the chest, so are we, soul and body, clad and enclosed in the goodness of God.”(Chapter 6)

“As I have loved you, so you must love one another.” (John 13:34)

Brief quotations from Julian are a poor substitute for the real thing. To read the *Revelations of Divine Love* is an exhilarating and moving experience. There are several excellent modern translations available, including those by:

- Barry Windeatt, Oxford World's Classics.
- Walter Melnyk, Hazelnut Press.

Post-truth problems

Sarah Sykes

40 When they heard these words, some in the crowd said, “This is really the prophet.” 41 Others said, “This is the Messiah.”[n] But some asked, “Surely the Messiah[o] does not come from Galilee, does he? 42 Has not the scripture said that the Messiah[p] is descended from David and comes from Bethlehem, the village where David lived?” 43 So there was a division in the crowd because of him. [John 7]

I think that the confusion of the Jews here in John 7 about who Jesus was and whether he was the Messiah in many ways reflects our modern day confusion about where Truth lies.

In this era of immediate news, extended ideas and information, and even ‘fake news’ compounded by the super-fast ways these can be shared, it is difficult to know what is correct and which ‘facts’ are true.

Recently Facebook got criticised for not doing enough to stop the proliferation of completely fake stories. However, with some stories it is not always obvious whether they are fake or not. How are they to be checked? What are going to be judged to be trusted sources?

Also, people tend to believe stories which reinforce their own views. So if you are of a particular persuasion and a story speaks to you then you’ll believe it and share it, and maybe not even mind if it is completely true.

There is a phenomena in this ‘post-truth society’ that, even when things are demonstrated to be factually incorrect, people continue to believe it, either because they don’t care or because it is too difficult to work out which version of the ‘truth’ is true!

We can face similar dilemmas with religion. Which religion is true? If we choose Christianity, which denomination or expression of it is the right one? Should we turn back to the roots of the early Church? Should we embrace the charismatic movement? And even more important, if Jesus came again in our lifetime would we recognise him?

Is it possible to find a way to the Truth?

Jesus said ‘I am the Way, the Truth and the Light’ but even here confusion can creep in. Is Jesus the only Way? What about other religions; can they get there too?

And, do I really know Jesus or have I created my own version of Him?

Does anyone have an answer to these questions, or are we doomed to confusion?

Answers on a postcard to The Pilgrim!

Can you believe in God without religion? An afterthought

Dick Wilson

In the long article in the last *Pilgrim* entitled, ‘A letter to a friend. Can you believe in God without religion?’ I tried to make the following points:

1. Nothing within the world, or if you want, in the created universe, gives an irrefutable proof that there is a God.
2. The only compelling argument is that because there is no such explanation for the existence of a universe or anything in it, any such explanation must come from outside it.
3. But if there is no proof from within the universe of the existence of a God outside it, we can only speak in direct terms about things within it.
4. So all we have to say about God is derived from human experience.
5. This is true even of matters of faith – they come to us by the same route as other knowledge and belief – human experience.

6. This makes it easier to talk about God – to have religion.
7. But nothing in religion can be a final proof or direct knowledge of God. Back to (1).

The friend then asked, “But why should this be happening in one tiny corner of a vast universe – our bit?” This shouldn’t just be dismissed flippantly – “There must be a somewhere for there to be anywhere!”

The question can be put differently. “Why is this night different from all other nights?” – The question asked by the youngest child at the Passover feast. Why did Jesus come into the world at one particular time and place? And a plain reply might be ‘everything created by God the All-Wise Lord of the Universe must naturally have a purpose which shall be fulfilled’ (Quran). Believers – not just the monotheists quoted – have always answered these questions as simply ‘This is the will of God.’ It is how God wished it to be.

There is a problem only because we want an explanation. The answer for the Passover question can be expressed in terms of a wind blowing back the Sea of Reeds lagoon on the Nile Delta. I’ve seen books that take this seriously. Or it can be left as a miracle story, whether any such thing actually happened or not. Or you can elaborate, as the Quran does, the straightforward account of the Bible creation.

But current science changes the question again. The alteration in the genetic material of a successful organism, or a change in its environment, removed any need for any question ‘why?’ The findings of science, and many other phenomena, answer only the question ‘what happened?’ Or more precisely, what was the cause, not what is the result. And this applies to the inanimate world as well as the origin of species. Stars and galaxies, and the conclusions of geology, or global warming, don’t result from reproduction. But they do come from change, and this is simply the result of previous changes.

If you ask, “Why did something happen here and now?” there is no answer except what the plain causes tell us. You can’t really ask, say, “Why has a giraffe a long neck?” The only answer is that it just evolved, by a series of chances. And the answer is in this universe. There is of course another kind of question, the simple historical question – “Why did he, she or they do that?” What is interesting about this is that it simply asks a longer explanation. The answer is sought and again can be found within this universe.

And then there is the question, whether God wanted – or wants – something to happen. Why did God choose Israel, on this planet? Why was Jesus born in Judea? Why was the prophet born in Mecca? In so far as the

answer is sought within the created world it will be answerable only in purely terrestrial terms. And in this case, the answer has to be by sheer chance. Why not?

If you phrase the answer in terms of what God has decreed, you are immediately talking about something beyond this world. But it can only come to you in human terms. These are what we understand as revelation and the believer’s faith. Thank God for both, because there is no way of taking them one at a time.

Cardinal Points

John Hobson

As I write this in January it is difficult to focus on Lent which will be upon us perhaps as you read this. Anyway it’s always difficult to focus on Lent in any case, who looks forward to Lent? I have honestly never heard of, or met, anybody who says “Oh goody, it’ll soon be Lent!” I bet all those show business people who have to make Christmas TV programmes in the middle of the summer never look forward to doing that either. When faced with the thing you are not looking forward to there is often a very necessary element of ‘faking it’ creeping in to life and as soon as you mention that prospect, faking it, then some bright spark suggests we are living in a ‘post truth’ era which to me sounds like moving and living in a sea of lies. It can be all so bewildering. This post truth era thing (false news and false media reporting) has really become an itch under my saddle and I am beginning to turn off the TV and turn off the radio or at least search for music programmes that avoid excessive talking and gossiping and mindless chatter or post truth era news announcements. I seem able to tolerate sports channels that never have any pretence of being serious and so they are rarely offensive or controversial. Even the weather forecasts at this time of the year are often depressingly wrong, which reminds me of an old boy in the village who claims his mother always said “... All them little boys and girls at school what told lies all grew up to be wevverforecasters ...” It would appear that the evidence of this is before us each day, pity the poor forecasters, I am sure they were truthful children.

By way of cheer in these cold and damp winter evenings in the run up to Lent we are attending the St Laurence’s Life in The Spirit Seminar entitled ‘The Gift’ which is being put on by the Soulfood Prayer Group – three cheers for them. The first two weeks have been rather well attended and a greater attendance is expected next week once the rumour goes round that we are doing spiritual speed dating as opposed to searching for kindred spirits! The early part of the

programme concentrates heavily on convincing us of how much God loves each of us as individuals and exploring to what extent we know and feel this. For me I have never had difficulty with knowing that God loves me, that the world He created was made precisely for me to enjoy, for me to walk in, see, hear, and take care of. How much more loving can that be in straightforward human terms. But I know He loves me on the spiritual front too in that I am his personal creation and He knows my name and He wants me to be happy, He made me precisely to be happy, and happy for ever.

So the first weeks of 'The Gift' have not challenged me in this regard at all. But it has made me think of other things. We have recently witnessed the swearing in of a new United States President and I am reminded of the inaugural speech of John F. Kennedy in which he intoned, "... ask not what your country can do for you but what you can do for your country ...". So during these first weeks of 'The Gift' seminar as I am being asked to realise how much God loves me. I am instead, increasingly asking myself how much do I love Him back. I am sad to say my list of things that illustrate how much I love God back is depressingly small. Maybe this is what Lent should be for me then. Not the everlastingly depressive thoughts of sackcloth and ashes, fasting, penance, removal of music from my life, not kissing myself in the mirror each morning and searching for more hair to comb, etc. but the pursuit of positive and cheerful things I can do in my daily life with those I meet on a day by day basis. Things that will illustrate the love of Christ for each of us and how much God loves the world. Things that will bring God's love to a wider awareness in others perhaps. Positive things to improve my thanks and appreciation of God's love. Concentrate on how I can love God back in exchange for the enormous love he shows to me every second of my breathing life and beyond. If I manage any of that then it is a really great approach road to the joys of the Easter celebrations. Try and attend 'The Gift' next time around, have a positive, joyous Lent and look forward to a big egg.

Cardinal Newman: books and background

Dick Wilson

John Henry Newman was born in 1801 and became an undergraduate of Trinity College Oxford in 1816, with a scholarship in 1818. He graduated in 1820, reading incessantly before the several days of examination, during which he had a breakdown, and poor results. He questioned his call to the ministry, but stayed on for another year, and in 1822 entered the equally taxing

competitive four days examination for a fellowship of Oriel College. Under the pressure of this exam he was on the point of withdrawing. He was called in for an early supper with one of the examiners and he remembered, 56 years later, the lamb cutlets and fried parsley that they ate. But he went in to the *viva voce* or oral examination – where he succeeded, and was awarded a Fellowship.

He had already determined that he would never marry. In any case a college Fellow had to relinquish his fellowship if he married. He was quite likely, married or not, to be offered a living, an income for life, as parish priest (vicar or rector; the distinction is archaic and slight by this date). Newman took this route, and was ordained, or as the phrase was, 'took orders', in the Church of England (C of E), following its custom of being ordained a deacon (1824), and the next year a priest. He was appointed a curate at St. Clement's Church, Oxford, but being unmarried he simply remained a Fellow and tutor of Oriel College. In addition, he had extra income from St Alban Hall, one of the ancient former halls of the University of Oxford until the 19th century. Newman was Vice-Principal and the Principal was his friend and mentor, Dr Richard Whately, also a Fellow of Oriel, and in 1831 Archbishop of Dublin (Church of Ireland, not Catholic). A small world!

He gave up the post at St Alban, retaining the others, when he became Vicar of St Mary in 1828. He replaced Hawkins, who had been elected Provost of Oriel very much because of Newman's support. As the title Vicar implies, St Mary's was and is an ordinary parish church, with not many resident parishioners. It is not a 'University Church' as such but it hosted two weekly sermons (one since the end of the 19th century) on behalf of the University during term, as well as a long standing lecture series, and other University church services. From the time of his induction to his resignation in 1843 Newman preached, as parish priest, not a University Sermon but a weekly sermon at the ordinary evening service. These were widely imagined to be a University appointment, and it was these that brought him his reputation as a preacher. Sir Geoffrey Faber, in his *Oxford Apostles*, gives examples of his style:

'We are two or three selves at once, in the wonderful structure of our minds, and can weep while we smile, and labour while we meditate.'

'Still there is joy in heaven, though no echo of it reaches the earth.'

'Such is the City of God, the Holy Church Catholic throughout the world, manifested in and acting through what is called in each country the Church visible;

which visible Church really depends solely on it, on the invisible, – not on civil power, not on princes or any child of man, not on its endowments, not on its numbers, not on anything that is seen, unless indeed heaven can depend on earth, eternity on time, Angels on men, the dead on the living. The unseen world through God’s secret power and mercy, encroaches upon this world; and the Church that is seen is just that portion of it by which it encroaches; and thus though the visible Churches of the Saints in this world seem rare, and scattered to and fro, like islands in the sea, they are in truth but the tops of the everlasting hills, high and vast and deeply-rooted, which a deluge covers.’

With the aid of a curate he looked after his small flock at St Mary’s and St Clement’s. And besides this, he led a recovery of the tutoring at Oriel and rigorous rational thinking about the problems of theology. At Oriel, you worked!

He continued his own study of the Church Fathers, the great thinkers between the time of the New Testament until the emergence of the persecuted Church as the Church of the Roman Empire and beyond.

His studies drew him away from the evangelical conversion experience of his teens to a wide ranging knowledge of these formative years of the Catholic Church.

His first great public entry into church politics came about when another Oriel Fellow, John Keble, theologian and poet, (‘Lead kindly Light, amidst th’encircling gloom, Lead Thou me on!’) preached his famous sermon on ‘National Apostasy’.

After several decades of Tory government, a Whig (Liberal) government came into office in England. It reformed Parliament and local government and took over some of the privileges and endowments of the established churches of England and Ireland. The ‘apostasy’ here is not the denial of Christianity altogether, but the denial of the freedom of the Church to hold its own monies and appoint its own bishops. Among a dozen authors, Keble and the Christ Church (Oxford) scholar Edward Bouverie Pusey, and Newman, wrote or organised for 10 years a series of theological treatises (‘Tracts for the Times’). This ‘Tractarian’ or Oxford Movement recalled the Anglican Church to the supposed *Via media* (the ‘middle way’) between Protestantism and Roman Catholicism, and its own Catholic heritage.

But the infamous *Tract 90*, published in 1841, arguing that the *39 Articles* of the Church of England are compatible with Catholic doctrine, proved too much. Church of England bishops attacked it. Newman

overcame his last difficulties, and in 1845 became a Roman Catholic. Keble and Pusey remained in the Church of England, and have strongly influenced the Church of England ever since.

It is not easy to give a short sketch of Newman’s various theological works. This is because he wrote for particular purposes and times books that have remained important ever since. And he found that the Catholic Church in England and Ireland was happy to let him become founder rector of the Catholic university in Ireland (later to become University College Dublin) but were not happy with what he offered.

The second half of this article will appear in the next *Pilgrim* in which I will discuss some of his greatest works.

Apologia Pro Vita Sua, ‘In defence of my life’, was written in 1864 about his life up to 1845, to deal with an accusation of lying.

An Essay on the Development of Christian Doctrine was written in the last months of his time as an Anglican, to justify his conversion, but aroused the suspicion of the Catholic hierarchy that it might be saying that Catholic doctrine sometimes changed.

An Essay in Aid of a Grammar of Assent (how we believe) was published in 1870 – the year of the proclamation of the doctrine of Papal infallibility. A marvellous book, but don’t take it on holiday.

Newman, best known now as Cardinal Newman, was beatified in 2010. The course of his canonisation seems clear.

The Catholic Clothing Guild provides clothing for organisations in need of clothing and the following are some of the charities which are being supported at the present time.

If you can help in any way – clothing must be new – please leave your contribution in the Narthex clearly marked ‘Catholic Clothing Guild’ and for which charity they are intended.

Operation Christmas Child (the shoeboxes): children’s woolly hats, gloves, scarves, socks, jumpers, blankets.

Apostleship of the Sea: woolly hats, scarves, socks, pullovers, t-shirts, men’s clothing.

Gatehouse (Bury St Edmunds): children’s and adult clothing, blankets.

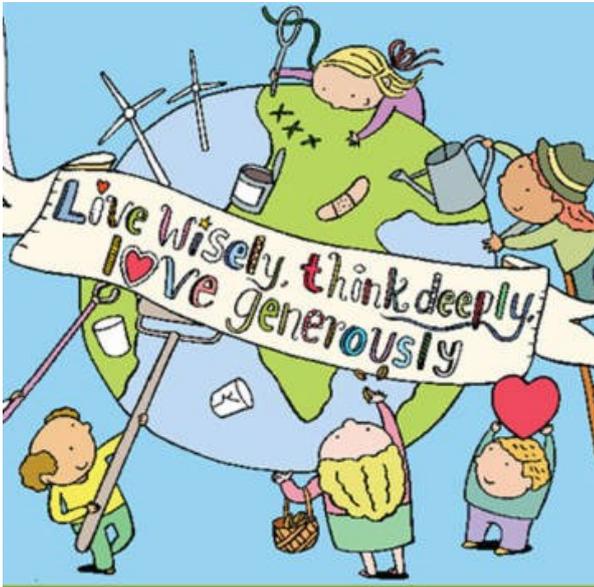
Gambia Aid through Education: children’s shorts, skirts, t-shirts, underwear, packets of seeds.

The East Anglia Branch meets each year in Newmarket in April and this year the meeting is on Wednesday 26th April at 2.15pm.

Parish Organisations and Activities

Year 5 takes up *Laudato Si'* Challenge to Live Wisely, Think Deeply and Love Generously!

Mary Watkins



In Pope Francis' special letter *Laudato Si'* (Praise be to you) he asked everyone to do what they can to help 'care for our common home', the Earth.

Year 5 pupils from our Parish school have joined forces with St Mary's to respond to this very important challenge! Over this school year they will be trying to ***Live Wisely, Think Deeply and Love Generously*** so that we care for our common home.

In the autumn term the children were 'Think(ing) Deeply' about one issue chosen on behalf of the whole school. St Mary's concentrated on 'water' and St Laurence's is looking at 'travel to school'. Led by their teachers, Miss Phillips and Miss Wagnanska, the children all came together at St Laurence's to plan their actions.

After spending time getting to know each other, the children wrote letters to influential people telling them what they were doing and asking for their support. They are now beginning to receive some replies which is very exciting.

This term the children plan to 'Love Generously' and will do this by thinking about the millions of people around the world who have been forced from their homes and are now living as refugees because of war, climate change and other things. They will complete the CAFOD Refugee Lampedusa Cross action where they will send a message of hope to refugees with whom CAFOD and our partners work.

Finally in the summer term the children will try to 'Live Wisely'. Each child will be invited to make a pledge for something they are going to do to 'care for our common home'.

At the end of the school year I, as the school's CAFOD volunteer, will return to hear the results of their work. I will listen to messages of hope for refugees, hear about personal pledges and what has been discovered and done about 'Water and Waste' in each school. I will then present each school with a special *Laudato Si'* award so that the children can show everyone how they have answered Pope Francis' call to 'Live Wisely, Love Generously and Think Deeply'. There are also rumours of a *LiveSimply* picnic to celebrate!



Pupils from St Laurence's & St Mary's show letters they have written

Peace Sunday (15th Jan. 2017)

Arn Dekker

Pope Francis chose the theme 'Nonviolence: a style of politics for peace' for his message for Peace Sunday this year.

Pax Christi member and parish priest of Our Lady of Lourdes (Thames Ditton, Surrey), Fr. Rob Esdaile, recently reflected on us all becoming prophets of a just peace. Fr. Rob told us of a little courtyard to one side of St. Mary Major's basilica in Rome where there is a stone cross, about 10 feet high. If you look closely you'll see that the vertical arm of the cross is in the form of an old cannon. The story is that when King Henri IV of France decided to return to the Catholic Church in 1593, the Pope at that time was less than gracious, creating an inscription to commemorate the King's 'absolution' from his errant ways. The King felt insulted, and so a French prelate retaliated by having this most military of crosses made. Beneath it he wrote an inscription, the motto of the first Christian-Emporer, Constantine: 'In this sign I have my victory.'

The ambiguity was deliberate: If the cross doesn't work, there is always the gun.

This ambiguity has hung over the Church for the last 1700 years and it challenges us in a new way today. Firstly, because the sheer power of modern weapons can carry, in minutes, the destruction of whole cities in a warhead a quarter of the way around the world. Secondly, because there have been so many armed conflicts played out in these first decades of the third millennium, Pope Francis has called it 'A Third World War in instalments'.

Alarm at this proliferation of violence has provoked the Holy Father to call, in his message for World Peace Day, for a new style of politics aimed at building peace and for a new way of conducting international relations – with non-violence as its central tenet. It ought to be obvious that violence cannot heal the wounds caused by violence, and that crushing our opponents with military might will never bring true reconciliation. Yet we seem to have difficulty in grasping that truth. Our theologians and ethicists have laudably devoted their energies to assessing when warfare is NOT legitimate (when other means of conflict resolution have not been exhausted; when those who declare war do not have the authority to do so; when the immunity of non-combatants is not safeguarded; when the evil caused is not balanced by achievement of a far greater good; when there is no prospect of success; etc) But that has left us with the illusion that there COULD be a JUST war, an okay war; even a good or HOLY war – a war which does God's will.

God is love is the fundamental message from the Gospel. Jesus demonstrably refused to hate his enemies, to retaliate or to seek their destruction. For 300 years nearly all Christians took these two truths for granted, until Constantine lifted the Church out of persecution and set it on the road to power. Then the Cross gradually took on the shape of a weapon in many people's eyes – believers and unbelievers alike.

Today the Church is no longer needed as a prop by secular powers. That frees us to articulate a different vision; no longer as guardians of a 'Just War' but as prophets of a 'Just Peace'. That requires, firstly, our own conversion of heart – letting our basic responses be refashioned by Christ. Next it means reaching beyond the rhetoric of conflict to try to hear the real hopes and fears of our opponents and to identify what we have in common. Then initiatives to promote dialogue must follow, together with measures, learned both from recent conflict resolution processes and from our own Christian tradition of peacemaking, which can 'de-escalate' tensions and resolve disputes. And through all of this must run an effort to articulate a vision of the sort of people we want to be and the

sort of world we wish to create: how can we make it easier to live together in harmony?

The vision is a radical one. It really does constitute a new style of politics, as Pope Francis has said. The transformation won't be easy, but it is the only path that offers hope to our divided world. Fortunately, we don't need to make that journey alone. There are many others already committed to this new way in organisations such as the International Catholic Peace Movement, Pax Christi, and groups which have already developed training and techniques for those who dare to believe that another way, besides preparations for war, is possible. But our greatest resource is the message and example of Jesus, calling us to love our enemies and to walk the way of peace together. In THAT sign we have our victory.

If you are interested in receiving regular updates about the work of Pax Christi, please consider joining and getting involved in its work. You can also join the Cambridge based network and receive occasional email messages. Just let me know your email address by contacting me at Arn@nlgb.fsnet.co.uk.

Launching Connect2 Peru

Last weekend we launched our new two year Parish



Illari, one of the CAFOD team

project with an introduction by Ruth Flores, part of the CAFOD Latin America team. She told us about the communities we will be supporting, the problems they face and how our partnership with them will help them. Many people stayed on after the 6pm Mass to listen and enjoy some traditional food from South America.

Fr Pat, having lived and worked in South America, explained, "I've seen the issues in this part of the world. Things are not always as easy as we want them to be; poverty is complex. With this scheme we can learn more about people in poorer parts of the world, their lives and what they are dealing with."



Connect2: Peru

Isobel Connelly

We have taken on a new Parish venture which is helping to support communities in rural Peru. One of these communities, Cruz de Mayo, relies on the waters of Lake Parón to irrigate their crops and provide for day to day water needs for both the community and the natural environment in which they live. The Lake is facing increasing pressure on its resources from not only the building of a hydroelectric dam but also from climate change. Lake Parón is a glacial lake, which means that the annual melting of the glaciers provides water for the lake and the communities living around it.



Lake Parón

Since the 1970s Peru has seen an estimated 40% loss of glacial coverage. With such a loss of the glaciers, this means that in the future there may well be shortages of water for these communities.

CAFOD are supporting and equipping the local community to represent itself effectively and make sure its voice is heard by companies wanting to exploit its local resources.

One initiative has been the establishment of the Water Users Committee which will help to monitor any changes to the land its surroundings and work to mitigate their effects. This group was also key in the negotiations with the company responsible for the hydro-electric dam.

With support from partner organisations members of this group have been able to learn about the importance of water management and how to manage Lake Parón for the benefit of both the power station and the community. This will help to ensure that the water will continue to be available for years to come.

Adán who is one of the locals working with CAFOD on this project says that *“The Environment goes hand in hand with human life. If we damage the environment, we damage ourselves too.”*

This quote is pivotal to understanding how much, as a Parish, we need to help these projects in Peru but also how we need to remember that this is happening all over the world. It is easy to forget how climate change is impacting everyone, when here in England we have plumbing and reservoirs of water, import much of our foods from abroad, and forget how some people are subsistence farmers relying on what they can produce. They are the ones who are struggling the most and it is important to support them with prayers, and financially, so that they can continue to adapt and thrive.

With these changes it may become difficult for those living subsistence lives to continue to be able to manage this on their own power – they have to rely on God’s power working through them. to live as they used to and so it is important that options are made available where people can learn to adapt to the changing environmental situation. This is why it is so important that Lake Parón is protected to ensure that people can still live off the land as they have in the past. The fact that representatives from the community have negotiated with the company in charge of the dam is an encouraging start. Agreements in place will help to ensure that the community is kept informed, and that compromises, where necessary, can be agreed to help sort out potential problems.

Land conflict has always been a major problem, especially in areas where there are large supplies of natural resources. The area of Cruz de Mayo is no different from others with its lake and land rich in minerals which companies are keen to extract. It is important therefore to provide local communities with information on what the consequences could be of big companies moving in. The CAFOD initiatives therefore help the locals to better understand what the potential impacts could be to their community so that when they go to negotiations they will not make poorly judged decisions and will be able to avoid adverse outcomes.

CAFOD understands that it is important that we offer advice but do not suggest that we have better ideas. We can work alongside to help reduce the risk of a food shortage and help communities understand the potential impacts of climate change and industrial usage of natural resources.

We can also do things at home by making people aware of the impacts of climate change and together try to reduce our contribution to environmental damage so that those who are most vulnerable do not feel its full extent.

It is unfortunate that those who are most vulnerable to climate change are those who often have contributed the least to causing it.

Introducing CAFOD'S Ruth Flores Connect2 Peru launch talk

Pope Francis, in his encyclical, *Laudato Si'*, urges us all to protect the earth, our common home. He says that the earth is God's gift to us, full of beauty and wonder. This is precisely how the people of Cruz de Mayo in Peru understand the Parón Lake.

For them, this glacial lake is the only source of water and therefore life. That lake is their greatest wonder, and they celebrate it every year. Every 29th July, the community gets together, plays music, puts flowers around and shares food. Every year, the community celebrates that the lake is there and that its water is clean for them to drink. Our partner organisation CEAS, understands this vital connection, and Ruth Flores of the CAFOD's Latin America Team came to speak to us about the Connect2 Parish scheme to which St Laurence's has signed up. We reproduce here an abridged version of the talk she gave at the Masses on the launch weekend:



I find the readings today challenging to the culture we live in because so much of our identity depends on what we have achieved. When we meet someone for the first time, we often ask

“What do you do?” We pride ourselves on our achievements and those of our children. Yet in today's second reading Paul tells us that God chooses the weak, the foolish, the despised.

In the Gospel reading it is those who are poor in spirit and those who are persecuted for righteousness' sake who are close to the Kingdom of God. Why are these people close to God? Not because of their achievements, not because of their status – they have none – they are close to God because they rely on God, they trust in God. One of the projects which you will support through CONNECT 2 is in a poor rural farming community in Cruz de Mayo, high up in the Peruvian Andes. The community there have very little materially, and very little power. Yet they are an inspiration to us in their hunger and thirst for righteousness, their striving for justice. With accompaniment from our partner, CEAS, which is the social justice arm of the Peruvian Bishop's Conference, the people of Cruz de Mayo are working hard to protect their land and water. These people, who have so little, are working hard to protect these precious natural resources not only for themselves, but for the whole valley. That is why CEAS support the community to preserve it and manage a positive

relationship with the hydroelectric company that also makes use of the water.

For indigenous communities in Peru, like Cruz de Mayo, being heard by government authorities and powerful companies, and above all, having a seat at the table as equals to discuss the management of resources, can be difficult, and does not always happen. But with the support of CEAS, Cruz de Mayo is doing precisely that. CEAS supports and strengthens the capacity of community members so that positive dialogue is maintained and community members can participate in the decision of when, and how much, water is discharged from the lake, making sure that enough is left for irrigation and other vital uses. Voicing their opinion, being heard, and making sure that their needs are taken into account, is about dignity. A dignity that people of Cruz de Mayo have always held high and that we can all learn from through Connect 2.

When Pope Francis reflected on the Beatitudes at the World Youth Day in 2014, he said that we need to experience a conversion in the way we see those who live in poverty. What did he mean by this? He meant that first of all, we cannot remain indifferent. We actually need to go out and get to know those in poverty and listen to them. Furthermore, it is not just about us being gracious and giving our time and money, important as that is, but that there should be a mutuality in the relationship. We have much to learn from the wisdom, the righteousness, the mercy, the compassion and the passion of those on the margins. As Pope Francis says, “In a very real way, the poor are our teachers. They show us that people's value is not measured by their possessions or how much money they have in the bank. A poor person, a person lacking material possessions, always maintains his or her dignity. The poor can teach us much about humility and trust in God”

“Blessed are the merciful, for they shall obtain mercy.”

When I think about what mercy means, compassion comes to mind. Compassion makes me think of our CAFOD partners. When we say partners we are talking about the people and organisations that CAFOD works with in partnership in order to deliver the projects in each of our programmes overseas. For example, Milka works for our partner Warmi Huasi.

Warmi Huasi works in the San Benito community which is on the outskirts of Lima. It is a very dry and dusty place most of the year, and it is a very poor community. Warmi Huasi found that parents were travelling for hours to get to work and had no one to leave their children with while they were gone. The

children were being locked away alone in their homes, and left in a situation where they faced many risks. The parents didn't want to leave them but they had no choice – if they wanted to put food on the table they had to work.

So Warmi Huasi started working with women and children to create a safe and nurturing environment. With their support, the children now have supervised play spaces, a library, reading clubs, homework clubs and they are lobbying for a park which is safe, and has some grass, trees and playthings. Warmi Huasi recognises that these children have rights, just like adults do, and the project is helping them to be active citizens in striving to exercise these rights, both for themselves, and other children.

Milka is very much part of this project, working directly with the children. Like all our Connect 2 Peru partners, she has put her profession to the service of helping the poorest and most marginalised. She works very hard to ensure that the children can grow up in an environment where they can thrive. She is driven by a deep faith and strong sense of social justice. When we asked her about this she said, “I find a lot of value in the act of praying, in the liturgy, and the Mass. It's very important for me in my life. But it has little meaning if it is not also accompanied by some kind of concrete action. The one nourishes the other.”

I would like to finish by saying a big ‘thank you’ to you as a Parish for being willing to be part of Connect 2. I would like to stress how vital the work our partners are doing in Peru is – how lives are being changed for the better and you are part of that transformation. We hope that you will fundraise, yes, as that is important of course. We are especially grateful that the Parish has agreed on a monthly ‘Pound for Peru’ collection, such regular sums show a real commitment. But we also hope that you will pray for the work and for the people, and that you will be open to learning from them – from their experiences, from their wisdom and from their faith. To enable this we will be sending you updates a few times a year from individuals in the projects and hope that members of this congregation will respond so that the different communities get to know each other.



Mini-Vinnies

Rachel Chalklin (Mini Vinnies School Coordinator)



Last term our Parish school set up the first primary-aged Junior Vincentian group in our Diocese. It all began when Christine, from our Parish SVP group, presented a whole school assembly about the important work a ‘Mini-Vinnies’ group could do in supporting others.

The ‘Mini Vinnies’ are children aged between 7 to 11 (or younger) who, with the permission of their parents and the support of their schools, are encouraged to embark on their first steps as possible ‘Vincentians for life’.

The response from the children was exciting and, within a week, a group of 15 Year 3 and Year 4 children came together to become the Diocese's first school ‘Mini Vinnies’. As ‘Mini Vinnies’, the youngsters have their own treasured Prayer, Pledge and Badge, a dedicated website, and a range of bright and colourful documents which guide them in their formative steps - helping and enabling them to become in every sense, young Vincentians - or ‘Mini Vinnies’.

My role is to co-ordinate the group, providing guidance and support, but the children are in charge and elect two presidents each term who lead the meeting. They meet on a Monday lunchtime beginning with a moment of prayer, the group pledge and a reflection on the importance of the Gospel from the previous day. This is an invaluable moment as the ‘Mini Vinnies use the Wednesday Word – a sheet about the Sunday Gospel which the children receive in school each week for them to take home to read with the rest of the family – to consider how they can put their thoughts into action. Then the excitement begins!

The children are aware that they need to think about how they can help others through charitable works and through fundraising activities. I have been extremely impressed with how they have worked as a group discussing and developing ideas. They have listened to advice about why some of their ideas are brilliant but may be difficult to put into action and then considered how they can make changes. At the end of each meeting the children share their special ‘Mini Vinnies’ prayer for guidance in the week ahead.

Within a week of their first meeting they were fundraising. On Thursday 17th November they stood outside the school selling hot chocolate and marshmallows to children and parents waiting for the BBC Children in Need Team Rickshaw Challenge to pass the front of the school. They raised £65.20, half of

which they immediately gave to the young adults riding the rickshaw; the rest going into the whole school's total fundraising for Children in Need.



BBC Team Rickshaw Challenge passing the school

December was very busy. The 'Mini Vinnies' invited the senior members of our Parish to join us for the Key Stage 1 nativity play, 'Whoops a Daisy Angel'. After the performance they served afternoon tea to our guests. It was a lovely afternoon and the children were very pleased to receive a kind letter of thanks written on behalf of all our visitors.

That same week, one of the grandmothers of our 'Mini Vinnies' kindly baked some miniature Christmas cakes and, with her help and other members of the Parish, the children decorated and sold them to raise money for Jimmy's Night shelter in Cambridge.

The children's enthusiasm is contagious. Many members of staff at school and people in the Parish have approached me with ideas for what the 'Mini Vinnies' can do next. This is a great example of how our School and Parish work together and also makes a link between the Junior Vincentians and the important work of the Parish SVP.



Mini Vinnies Fundraisers

This term the children are already planning an Easter tombola to help boost the Parish fundraising effort for CAFOD's Connect2 Peru scheme. The children are also very excited about making contact with the children in the partner community in Peru, sharing pictures of their own lives and also hopefully learning small amounts of the local language that we can share with the children via video.

In our local community the children are planning to visit a home for the elderly to have a shared lunch with the residents.

Each week the children meet at 1pm; they arrive at least 15 minutes early enthusiastically waving their prayers and pledges. Keep it up 'Mini Vinnies' you are an inspiration!

The Society of St Vincent de Paul has been engaging with young people and education since its earliest days. Today the SVP England & Wales is pleased to highlight its continuing strong links with young people, through the development of its new 'Mini Vinnies' programme - a ground-breaking Primary Schools initiative, based on good work done in Australia, piloted in the Diocese of Shrewsbury, and which is seen as having 'the potential to significantly contribute to the future of our Society.' <http://www.minivinnies.org.uk/index.php>

Report of the Parish Forum, St. Laurence's Church, Thursday 9th February 2017

The meeting was attended by Fr Pat with Jim O'Sullivan in the Chair and 26 members of the Parish.

Matters arising from the minutes of the previous meeting:

Database: Has been set up and is ready for use for Parish business.

The weekly Newsletter: To be issued in a larger format when required. A suitable template still needs to be created.

Alive in Faith: Fr. Pat expressed his thanks to everyone who took part. The target for the Parish was £185,000 and to date £250,000 has been raised. This is the total figure over the five year period. The Diocesan total of £5m has been achieved and passed. The money goes to support retired clergy and to pay for seminary training. In addition a large percentage is returned to each parish. St Laurence's propose to put a small amount of this aside for training purposes; of the remainder, 50% will be put aside to replace the church roof in due course and 50% will be managed by the

Society of St Vincent de Paul (SVP). This figure is approximately £50,000. It will be possible to begin to access the money in May 2017. Irial McGinley, architect, in discussion with Fr. Pat about the roof suggested that to wait five years might be too long, perhaps wiser to replace sooner rather than later? Christine Knight gave a presentation on the current work of the SVP. (See p.18)

Proclaim: 3 ideas for this year:

- Wednesday Word – A weekly leaflet distributed directly from the church for families, households, groups, to prepare for the following Sunday's reading. See www.wednesdayword.org. There is a version being distributed by the school for younger families.
- House groups – No requests at the time of meeting. Several requests have come up subsequently.
- Programme for lapsed Catholics – A group would be needed to set this up as it is a sensitive area. Melanie Rigney and Anna M Lannave have a very good book to guide parishes, entitled *When They Come Home*. This works within the philosophy of creating dynamic Catholics. See *Forming Intentional Disciples* by Sherry Weddell, endorsed by the Bishop and Fr Pat.
- A programme for those who have lost babies, before or shortly after birth (based on guidance given by SANDS, the organisation supporting families who have experienced still birth and neonatal death) – The idea is to create 'memory boxes' each with a hand-knitted cot blanket made by members of the congregation. We hope to hold a Mass on Sunday 15th October to coincide with SANDS national remembrance day when we are invited to take part in the global 'Wave of Light' by lighting a candle.

Liturgy: Lent House Masses will again take place on the Monday evenings of Lent. The first Monday is already booked. Further bookings should be made via the Parish Office where Pat Cook will coordinate. Holy Week planning is going ahead.

Finance: Provisional figures have been issued. Fr. Pat pointed out that last year expenditure was greater than income but that several large projects had been undertaken to improve the care and structure of the church. He proposed that the coming year be a fallow one without any large projects.

Catechesis: This year's Confirmation service will take place on the 26th June.

Social Life: The SVP has undertaken several social activities. CWL has provided a monthly Friday lunch after 12.30pm Mass. The Epiphany party was a great success.

Buildings and gardens: See Alive in Faith section above.

School: Barbara Quail's Anniversary Mass celebrating 25 years teaching at the School took place in Church on 3rd Feb. Attended by all the current pupils, as well as past pupils, parents and parishioners, it was a joyous occasion. Barbara was honoured with the Diocesan Medal presented by Fr. Pat on behalf of Bishop Alan. Pictures of this are on the Diocesan Website and will be in the Diocesan Newspaper.

Parish Groups: The six week course of 'The Gift' (The Life in the Spirit seminars) has been taking place and will shortly be drawing to a close. They are about to finish with the final session asking for the Holy Spirit to come down upon those taking part.

CAFOD: The Connect2 Peru project has started and thanks was expressed to Mary Watkins for her work in this regard.

The *Pilgrim* will be published on 4/5th March.

Topic for the next Forum: Perhaps looking at ways in which to help lapsed Catholics?

AOB: Rosalie Maloney said that as a 'bird of passage' in Cambridge studying at Margaret Beaufort Institute she was grateful for and appreciative of the welcome she had received at St Laurence's.

Stephen Chapman spoke about problems regarding filling the paraffin candles over the sink designed for washing the Communion vessels. He wondered what people's opinions were regarding the use of paraffin or electronic candles over wax? It was decided paraffin candles will remain.

The SVP Pilgrimage to Walsingham had been a lovely social activity and it was wondered if a day trip with a hired bus, perhaps to the sea, might be a nice idea?

The Diocesan website and newsletter have lovely pictures of Jay's Ordination (<http://rdeca.org.uk/ordination-is-historic-first-for-diocese-of-east-anglia/>).

Dates of future meetings

Monday 24th April 2017

Thursday 6th July 2017

Monday 16th October 2017

SVP at St Laurence's

Presentation to the Parish Forum by Christine Knight,

Thank you for the opportunity to talk to you about the work of the SVP within our Parish, and how the *Alive in Faith* funding will affect our work over the next few years.

The St Vincent de Paul Society exists to help relieve poverty of all sorts – financial or spiritual. Generally speaking, this means that we can help with small financial requests but a lot of our work is visiting mainly older parishioners. All of our work is undertaken on a person-to-person basis. This means that if someone asks for financial help, we meet with the person, aim to understand more behind the request and support them as required over a period, maintaining a relationship with them.

For obvious confidentiality reasons I cannot go into detail on specific works we have undertaken, but I can let you know of some of the things we have undertaken in recent years where money has been spent by us.

Helping with house moves

These have involved both man-power and helping to pack belongings in boxes, and helping with hiring a suitable van.

Utility connections

We have helped some people with getting connected to utilities (water, electricity). In some cases this may involve extensive liaison with the utility provider, as well as some quite hefty connection fees.

Budgeting and benefits

We have also helped individuals and families with budgeting when they were presented with an unexpectedly large bill – for example gas bills which only arrive in arrears. This has involved short term cash help as well as discussion on how to spend the available cash. Clearly we are not financial advisers, but sometimes setting out numbers in black and white and talking it through allows the family to see where they can improve things. We have also been able to research benefits due to families and help with application forms for receipt of available help. This sort of financial help often continues over a period of several months, with regular contact between the SVP and the client to ensure there are no short term emergencies and that things will stay good once we stop offering financial help to them.

Taxi fund

This was set up following a suggestion by a parishioner and was seed-funded by a donation. It allows the SVP to arrange for a taxi to bring parishioners to Mass at the weekend, if they are otherwise struggling to get here. It has been running for a few months now and we will aim to continue funding this as we believe it is a valuable service.

Annual luncheon

Jointly with the CWL, we host an annual lunch for senior citizens, normally around Eastertime. This is a free, friendly occasion with three courses and plenty of opportunity to talk to friends new and old.

Mass for the sick

We host an annual Mass of Anointing of the Sick at St Laurence's, helping those we visit to attend and offering tea and cake afterwards. We also attend other Masses for the Sick which are hosted out of OLEM or Sawston. Between us, there is a Mass for the Sick quarterly.

Mini Vinnies

In 2016 we set up a Mini Vinnies at St Laurence's Primary School. I am hoping to help set up other groups for children in East Anglia during 2017 and will be talking to teachers at an EA meeting at the end of February.

One off requests

We have had a few one-off requests to help with items such as holidays, fence repairs, and household items. For these requests we again will always meet with the person and through chatting to them hope to understand more about them and what the real nature of the request is about. For example (as has happened) it could be that actually a family really needs help with buying school shoes and our money is better spent there rather than funding a holiday.

That said, we have been able to help with some holidays – there is a summer camp for children which is run by the SVP and we can help pay for attendance there. The SVP also has use of a cottage kindly donated to us up in Norfolk and we can help with transport costs to get there, for example. We have also helped with funds for a pilgrimage to Lourdes.

It is important to note that we do not just help parishioners – or even Catholics, although most of our help is provided to parishioners. We receive requests from all around Cambridge – some requests may be passed to us from the National SVP website, from OLEM or from other SVP groups within East Anglia.

As an example of our work: in 2016, we made over 600 visits to 75 families and individuals, totalling 605

hours of service. This is an average of 11.5 hours per week of visiting between us.

Additionally, we offered almost 400 hours of practical assistance (phone calls, transport and our special projects).

In 2016, just over 60% of our visits were to elderly – either in their own home or a care home. The remaining 40% of our visits were to people in hospital, families (including travellers and refugees), people with mental health problems and some visits to people in prison or attending to the homeless. Several of our members are also Eucharistic ministers and can take Holy Communion to parishioners when we visit.

You will have noticed some Parish events we arrange as well, primarily focused on encouraging older parishioners to socialise. These have included afternoon tea at a garden centre and our annual lunch with the CWL. More recently we have started afternoon conversation with tea and games, which we hope will become a regular event. This was another example of a suggestion from a parishioner which we have readily taken up as a great idea. If you have any ideas of things we can do to improve people's lives, please do chat with any of us.

To date, our primary source of income has been from donations from parishioners and members. However we have been able to apply for grants to help boost funds for specific purposes – some funds are available within the wider SVP organisation and some external funds that we have used such as the St Edmund's Fund.

The *Alive in Faith* money will start to become available to us during the next few months. A huge total that has been pledged and the share that the SVP is able to use within this parish will be transformational for us.

Our current membership is 17 – a healthy number of members. Our members are a mix of working and retired and this allows us to undertake quite ambitious projects if required. I would like to ask you now to please remember that the SVP is available to help you and others. If you are aware of anyone in need please do let us know. Much of the work we undertake comes from referrals from others and we rely on your help in continuing this. With the extra money which will become available to us, we should be able to make significant changes to the lives of many more people.

Equally, if you are interested in helping the SVP – either as a regular volunteer or as an occasional informal help please do have a chat with any of us. We would always like to welcome new members. It is

worth noting that even though our membership has trebled in recent years, we have been able to find volunteering service for all new members. Didn't someone once say "the poor you will always have with you" – and do remember that within the SVP we include poor in spirit (or company) as well as financially poor.

SVP members are now represented at all weekend Masses:

- 6pm – Tony Ashdijan, Mary Martin, Melanie De Souza, Therese Ashdijan
 - 8am – Liz Campbell, Bernard Rudd, Paul Chiy
 - 9.30 – Catharine Warren, Jim Infield, Veronica Mcgrath
 - 11am – Christine Knight, Michael McEwan, Monica King, Stephanie Weichert, Petra Tucker, Clare Ranson
- And Bernard Shaw from St Philip Howard is a member as well!



Personal Stories and Experiences

Memories of Margaret

Eileen McEwan

On 19th January 2017 our Parish lost a very dear lady, Margaret Simmons. Everyone who knew her has their memories of her kindness, wisdom, generosity and good advice.



My memory of Margaret goes back to the 1970's when we both had young children and we came together with several other parents to form a discussion group, sponsored by the Grail, called Family Circle. The Grail was to play a huge part in all our lives. This

group lasted for a good ten years, meeting regularly and also having whole days in each other's homes. Margaret always enjoyed hosting these days. We went on several Grail weeks together, which were great fun.

More of the Grail and us later.

Meanwhile, in 1990 I started work at St Laurence's School. Margaret came in as a special needs advisor and was effectively my boss while I learned the ropes. As the years went on Margaret was always supportive, especially offering practical help when we were struggling with family problems. When I was recovering from an operation and unable to go to Church on Sunday, Margaret sent round a lovely two-course Sunday lunch with detailed instructions for cooking it – knowing my lack of cooking skills!

In 2008 we were planning to move to a bungalow near the Church. It was ideal in some ways, but it was small. Margaret warned us not to buy it: we would regret it! In the end we stayed put and were forever grateful for her intervention.

For many years Margaret and Paul hosted a New Year's Eve party for the Parish, which was very popular. One year Margaret was recovering from the 'flu but still insisted on carrying on with the party.

Back to the Grail – an organisation which believes in the importance of Christian marriage and family life – about 10 years ago the Simmons and ourselves were asked to join the Grail Partners which meet for two weekends a year at different venues. We often shared

transport, and when it became too far to drive we shared train journeys. An offshoot of that was a local Grail group that the Simmons' often hosted. One time Margaret was very pre-occupied with supporting a heavily pregnant daughter but insisted on hosting the Grail day.

In the last few years we have been together on certain 'Catholic People's' weeks. I remember one in Wales where Paul walked along a (low) wall arms outstretched. Another was at Downside which was a bit daunting for Margaret, now very frail. In 2016 she and Paul managed to get to Ammerdown near Bath for a week, which they enjoyed.

Margaret and I discovered early on that there were only 12 days between us being born in the same month in the same year. Asked in September 2016 how she would like to celebrate her 80th birthday on 10th November 2016, she said she would rather celebrate 10th October by holding a charity breakfast for her neighbours – who together raised a fair sum of money. Sadly, by 10th November she was actually in hospital.

Margaret suffered numerous health problems but never complained. She got gradually worse in the last weeks of her life. She was always grateful for visits, though she could be very exact e.g. "Come after 4 o'clock and only stay 40 minutes." In fact I often stayed longer because she enjoyed company, even though she struggled to speak.

Her last two weeks were spent in a care home. She chose to go there after her last bout in hospital. Unselfish to the last she admitted it would put less pressure on the family. The first week she was alert so asked for books in the *Anne of Green Gables* series. She kept saying she thought she would probably "go in the next few weeks. You know what I mean, Eileen, don't you?" I comforted myself with the thought that she had to finish those books first.

Six days before she died she got out her diary and said, "I've put you down to visit next Tuesday, OK? And could you bring a Bible?"

Unfortunately I went down with a bug, so I took the Bible to the home with a note to say I'd visit when I was better. That was my last visit: Margaret slipped away two days later with a holding cross in her hand.

Recently her husband Paul told us that she was his teacher in the faith. She herself had such a strong faith and trust in God. She certainly 'taught' all who came into contact with her.

Sewing Together

Petra Tucker



Many of us will have heard of Quilting Bees – groups of women in USA, starting over 150 years ago, who made spectacularly large quilts for special occasions.

These groups enabled women to get together and share their skills, away from other people's needs and wants – what today we might call 'me' time. While sewing, they handed on their skills and created heirlooms to carry their history to future generations in a most concrete and powerful way. Socially, these groups provided a time where women could talk openly, with everyone supporting by words of advice and wisdom or just by listening.

Recently on the radio there was a programme about the loneliness and isolation experienced by so many people in today's society. These might be old people who have lost their partner or a young mother who is finding new motherhood tough, in both cases lacking the confidence to meet other people.

I hear that GP surgeries increasingly spend a lot of their consultation time listening to people who have no one else to talk to, so it's no surprise that loneliness is becoming a problem on the same scale as physical illnesses like heart disease and cancer. Age UK runs a befriending scheme that tackles the loneliness experienced by the old in our communities. A volunteer is linked to an old person and makes a commitment to visit, typically once a week. In our Parish, the SVP group visits many people who are on their own.

The middle years of one's life can also have periods where support from other people is important. Children are leaving home and suddenly the house is very quiet. Caring for old parents at the end of their lives can be not only physically very tiring but can take up so much of your headspace with the worry of helping them in the best way you can while knowing that their journey is coming to an end. Knowing this rationally is very different from the feelings of knowing you will have to say goodbye.

Once a week I take some hand sewing to the small café at the garden centre in Oakington. About six of us turn up regularly with another four who come when they are able to. The garden centre is happy for us to occupy one large table and sew, as long as we buy drinks from them. The coffee is good and often people stay on for lunch. We range in age from early 40's to 70's and come from all walks of life. We chat about

our sewing and show others what we are doing. Discussion ranges over all sorts of things - local and international politics have provided much discussion in the past year. We also talk about matters that are affecting our lives at the moment. One of our group felt that she was taking up too much time talking about caring for her husband during the last year of his life, but really that is what the group is for. I've received lots of listening time and felt able to show the sad side of myself when my mother was dying.

This group is a very important part of my week and I am very reluctant to alter my working days if it means missing sewing. We talk about small matters and big matters: at the end of the two hours we all leave feeling good. We have been creative and we have laughed, given support to each other. I feel that groups like this are a very important part of all communities and are a way that we can self-help. It isn't difficult to start a group (and small numbers are probably better). With so many cafes opening in the Cambridge area there are plenty of venues that could be approached about hosting one of these groups.



Author in our midst – introducing Ann Hales-Tooke

Nora Darby



Since becoming involved with the Pilgrim in 2013 I have read many articles from so many of you. One lady in particular intrigued me; Ann Hales-Tooke. She has over the years contributed articles and book reviews.

Two particular articles *On a Wing and a Prayer* [Advent 2014] and *Keeping in Touch in the Great War* [June 2016] were about her uncles, the Petre brothers, three of whom were 'flyers' in the Great War, 1914-18. Subsequently Ann, writing under her maiden name, Ann Petre, has written a book *The Family That Flew* which expands on these articles. I was invited to the book launch in January, but was unfortunately away on holiday at the time. I now have my own copy of the book which I will read and review in the next edition.

An active nonagenarian, Ann has an amazing family history on the Petre side which goes back to the 16th century.

Visit to California

Nora Darby



On the evening of 12th January, I landed at San Diego airport and it was raining! I was met by my friends, Oi Ling and Roger, at whose invitation I was escaping the English winter.

They live in Poway, a small town north of San Diego. Southern California had been in a drought situation for 5 years, so I was thought to be some sort of rain god as, over the course of my stay, we had a lot more rain.

Although not religious, having stayed with me here in the UK on many occasions, they knew that I was a regular church-goer. On my arrival I discovered that they had kindly sourced the local Catholic Church of St Michael's. On Sunday morning Roger dropped me off for 9.30am Mass. It was a very big, modern building. Inside was quite spare; no statues, only a large crucifix set into a wooden panel. I was very warmly welcomed by one of the parishioners, given a welcome prayer, a medal of St Michael and a weekly bulletin – A4, 8 pages!



I was taken to a seat where I could hear and see the organ and 30-strong, red-robed choir, which were seated to the right of the altar in their own area. The choir master ensured that they produced a wonderful sound. Although it was a 9.30am service this large church was full with

many families attending. When it was time for communion, 12 Eucharistic ministers assisted Fr David Exon and Deacon John Charron to administer to five aisles. After the service quite a few people came and chatted and invited me to coffee, but my chauffeur was waiting!

I went again to 9.30am Mass on my second Sunday in Poway. Sitting in much the same place, I was greeted by people from the previous week, who all wanted to know – how's your trip going? After Mass I was able to speak to Fr David, who had again said Mass. He told me that he had been to England, had friends in the North – Lancashire. I told him that was where I was from and we compared notes on places, etc. I then said that I was now living in Cambridge – he would love to visit, never been there; but maybe next visit to the UK?

He told me he would love to talk more but we both could see other people were waiting to talk to him.

My trip was not spent entirely in Church!!! Oi Ling and Roger made sure that I went to lots of places, experiencing lots of things. Small things, like the local Farmers' Market – wonderful things we don't see here, to us exotic fruit and veg, common there. And larger things, like San Diego Safari Park – 1800 acres of National Park with vegetation suitable for each group of animal and bird. It is the county extension of the very famous San Diego Zoo where conservation and continuation of endangered species is carried out. We visited San Diego – a lovely city built around a beautiful bay; a mixture of old Spanish centre surrounded by ultra-modern USA with beaches and marinas full of expensive yachts. On the edge of the city we explored Balboa Park – amazing! A large area of gardens, museums, lakes and even an outdoor lawn bowling green. La Jolla – a wealthy seaside resort where we lunched on a terrace in the sun overlooking a very blue Pacific Ocean.

Then, down to the cliff path to see brown seals interacting with the birds including pelicans and cormorants.



I saw so many other things but on the morning of the Inauguration of Donald Trump, like many local people we went to the Pancake House for breakfast. I had a half portion which consisted of three large pancakes, fresh blueberries, blueberry compote and, what they call, buttercream served with wonderful coffee which kept being refilled. We staggered back home – Roger, who by the way, is English – would not have the TV on for the Inauguration Ceremony. But we will not discuss politics!!



It was a memorable trip and so good to spend time with special friends, see new things and also, uplifting and spiritual, to have been part of St Michael's Church.

Tailpiece

Reasons not to match wits with children - part 3

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds.

After explaining the commandment to 'honour' thy Father and thy Mother, she asked, 'Is there a commandment that teaches us how to treat our brothers and sisters?'

From the back, one little boy (the oldest of a family) answered, 'Thou shalt not kill.'

Stages of Life.

A group of farmers, all aged 40, were discussing where they should meet for lunch.

Finally it was agreed they would meet at the Royal Hotel in town because there was a particularly good looking waitress, which one of the single farmers in the group would like to ask out on a date.

Ten years later, at 50, the friends were once again discussing where they should go for lunch.

Finally it was agreed the Royal Hotel in town as the waitresses were very attentive. The food and bar service was good and the beer selection was excellent.

Ten years later, at 60, the friends were again discussing where they should meet for lunch.

Finally it was agreed the Royal Hotel in town because there was plenty of parking, they could dine in peace and quiet with no loud music, and it was good value for money.

Ten years later, at 70, the friends were discussing where they should meet for lunch.

Finally it was agreed they would meet at the Royal Hotel because the restaurant was wheelchair accessible and had a toilet for the disabled.

Ten years later, at 80 the friends were discussing where they should meet for lunch.

Finally they agreed the Royal Hotel because they had never been there before

Lent Wordsearch

A S H E S E P G F T N I M T C
U T Y M F V R L Z R N A N Z N
D K H E T H C R M I U E J D V
O Y Y O C M Q Q P N M V P N Y
J E R D V A H U D E U O K E K
F K E A M A X Y N I N I Q Z R
A N I X M A Z O U D B A B N N
S O P Q F L T D J P B K N N F
T D Y O P A N C A K E S T C S
I X B Y Q K K Q T L E A Y M E
N C U H G J V H Z A L V L W F
G O G L V T Y X O M Z A X E A
J V U E V O R H S L P H C E E
I Y N J Y X K L S X Y P Q K F
J M D H W I X E P G C A G Y F

Alms
Ashes
Atonement
Donkey
Fasting
Holy Week
Maundy
Palms
Pancakes
Penance
Repent
Shrove

Editorial Comment

We welcome a new Sub-editor, Sue O'Brien, to our small team on this edition. Thanks for joining us. Many hands make light work! On that note, we would still like to hear from the person who contacted Nora Darby, at the end of last year, expressing an interest in joining the editorial team. Unfortunately, Nora lost a lot of data off her computer, including your details, so we are unable to contact you. Please get in touch, if you would still like to help.

I hope everyone enjoyed pancakes on Shrove Tuesday, which gets its name from the ritual of 'shriving', a 1000 year old practice involving a person confessing their sins and receiving absolution for them before Lent begins. In the early history of the Church strict fasting was observed through Lent. One meal a day was allowed in the evening and meat, fish, eggs and butter forbidden. Strict observance of fasting discontinued during World War II and is no longer so strictly observed.

Eastern Churches continue to observe a strict fast during 'Great Lent', which begins on the Monday of the seventh week before Easter and ends on the Friday before Good Friday. As in the early Church meat, fish, eggs and butter are forbidden, as are wine, oil and dairy products.

As we head into our Lenten period we take the opportunity to reflect and prepare ourselves to welcome the Risen Christ at Easter. Whether you are fasting, depriving yourself of a luxury or doing something extra to benefit your spiritual growth, we wish you a fruitful and enjoyable Lent and Happy Easter.

The production team:

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Sub-editors

Alex Dias

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Carol Williams

Features and Opinions

Sue O'Brien

Personal Stories and Experiences

Sarah & Nora

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All members of the Pilgrim team can be contacted at pilgrim@saintlaurence.org.uk

We thank all who have contributed to this edition and hope to welcome interesting and original material in forthcoming editions.

We are now printing in-house, would you like to help one afternoon every 3 months?

The deadline for the next edition is 5 May for publication 3rd June.

Some Regular Events

The Parish Forum is where **ALL** parishioners can come together to discuss and debate Parish matters, and decide when and where things need to be done. The Agenda is planned in advance and the meeting is led by the chairman and Parish Priest. It meets every 3 months.

To go on the list to get the agenda in advance and the full minutes after the meeting, email forum@saintlaurence.org.com

You can raise a topic at the meeting but it helps if you send a short note about 10 days before the next meeting, again, to forum@saintlaurence.org.com, which can then be circulated.

The Pilgrim by Email

Away for the weekend? All copies taken? Don't miss the Pilgrim on publication day! You can receive a pdf version by email. Send a request to pilgrim@saintlaurence.org.uk

Extra Pilgrim copies: Do you know anyone who has difficulty coming to church but would like to receive the Pilgrim? Please feel free to take an extra copy.

Pilgrim on the Web

The most recent back editions are now available on the Parish website:
<http://www.saintlaurence.org.uk/pilgrim>

ABLAZE

The St Laurence's Youth Mass is known as Ablaze. The Mass is designed to encourage our youth to build their confidence in running the Mass for the benefit of us all. It is held approximately once a month, is vibrant and fun. We encourage young Readers, Eucharistic Ministers, budding musicians of all ages and the only requirement is enthusiasm for God. If you are looking for 'perfection' you won't find it here, so if you fancy it, pluck up your courage and join in.

The next Ablaze Mass will be on 5th March.

Upcoming Parish Events

CAFOD

Cafod Lenten Family Fast Day Appeal will take place at all Masses on the weekend 4/5th March when envelopes will be distributed. Please consider Gift Aid if you are a taxpayer as each pound yields 25p.

Collections will take place weekend 11/12th March. These monies will go to the general fund to enable CAFOD to respond quickly to emergencies such as the Sudan famine.

Connect2:Peru retiring collections will take place in subsequent months, usually the first weekend in the month. These monies go directly to the projects CAFOD is supporting.

Easter Week Masses	
Palm Sunday	9 April
Maundy Thursday	13 April 8pm
Good Friday	15 April 3pm
Easter Vigil	16 April 8pm
Easter Sunday	Usual mass times
Service of Reconciliation	6 April 7.30pm
Lenten Meditation on St John's Gospel – lead by Fr Bob	Weds 7.30 - 9pm 8 – 29 March
ABLAZE Youth Mass	5 March 9 April
Lenten House Masses – <i>If you would like to host a mass contact the Parish office</i>	Mon, 20 & 27 March
CAFOD Lenten Family Fast Day Appeal	4/5 March
Collection	11/12 March
Chrism Mass at Norwich Cathedral <i>A coach will leave St Laurence church at 4.30pm. If you wish to reserve a place on the coach, please contact the Parish office</i>	13 April 7pm
Scripture Study	Weds 7.30 – 9pm
Holy Hour	Every Weds 6-7.00pm
Confirmation Mass	26 June
Soulfood Prayer Group 1 st / 3 rd Tues: St Laurence's 2 nd / 4 th Tues: OLEM Parish Hall	Every Tuesday 8pm
Next Parish Forum	24 April 6 July 10 October

ST LAURENCE'S ROMAN CATHOLIC CHURCH

91 Milton Road, Cambridge CB4 1XB

Tel/Fax: 01223 704640

Email: office@saintlaurence.org.uk

St Laurence's Parish is in the Diocese of East Anglia, and covers the area of Cambridge north of the river Cam including Arbury, Chesterton and King's Hedges, and also the villages of Histon, Impington, Girton, Cottenham, Milton, Landbeach and Waterbeach.

Parish Priest:

Fr Patrick Cleary

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pp@saintlaurence.org.uk

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robert.eccles@english.op.org

Deacon:

Rev. Dr Geoffrey Cook

01223 351650

Deacon:

Rev. Jay Magpuyo

01223 704640

Secretary:

Pat Cook

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Treasurer:

John Steel

01223 704640

Service Times

Saturday 9.30am

6pm Vigil Mass (sung)

Sunday 8.00am

9.30am (sung)

with children's liturgy

This Mass is held at St Laurence's School, Arbury Road.
During school holidays it is held at the Church.

11am (sung)

with children's liturgy

Join us for coffee in the Parish Room afterwards.

Mon - Thurs 9.30am

Friday 12.30pm

Check the weekly newsletter for changes to the above times

St Laurence's School

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