

St Pancras

Autumn times, 2021



**La Vierge au lys (The Virgin of the Lilies),
William-Adolphe Bouguereau, 1899**

Free to good homes, see page 2

From the editor

Dear fellow parishioner,

thank you to everyone who has contributed to the St Pancras parish magazine and I hope people enjoy reading it.

It has been good to see more people at church as we have emerged, please God, from the pandemic. As you may see from the diary dates below a Mass is planned on October 10 to launch the “official” reopening of our parish after Covid.

However, I know some people are still self-isolating and if anyone knows of someone who wants a copy of the magazine posted to them please let me know.

I would also respectfully draw your attention to the Mass in St John’s Cathedral in Norwich on October 17 as part of preparations for the Synod in Rome in 2023.

Copies of the pastoral letter on the Synod from the Bishop of East Anglia, the Rt Rev Alan Hopes, have been left at the back of church and it may also be read on the diocesan website at

rcdea.org.uk. We await more details from the diocese on how we will prepare for the Synod.

The magazine is available free on the basis of one a household but any donations towards cost of production are gratefully received. Please deliver them, in a clearly marked envelope, to the presbytery.

Please let me have your pictures and words, including jokes please, for the Christmas edition by Sunday December 5 – it will be here before you know it. Contributions can be emailed to sdonag9@gmail.com or if you do not have access to the internet please let me have words and pictures by November 28 so they can be put online. They can be delivered to the presbytery, clearly marked or posted to me at 62 Weyland Rd, Witesham, nr Ipswich, IP6 9ET. Please always include your contact details in case there are any queries.

Many thanks,

Stephen Donaghy

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Dates for your diary

Wednesday at 7pm throughout the school term “In the Cool of the Day” adult catechetical talks on the Catholic Faith based on the first three chapters of Genesis

Sunday during October at 4:30pm October devotions and Benediction

Sunday, October 10 Solemn Mass at 11am followed by a bring and share lunch in the parish hall to mark the 60th anniversary of the consecration of our church in 1961, and to launch the “official” reopening of our parish after Covid restrictions

Sunday, October 17 Mass in St John’s Cathedral in Norwich at 11am as part of preparations for Synod in Rome in 2023

Sunday, October 31 the transferred feast of All Saints. Masses at usual Sunday Mass times

Monday, November 1 Mass at 8am in the Extraordinary Form for the feast of All Saints

Tuesday, November 2 Commemoration of the Holy Souls. Masses at 8am (EF), 12:15pm, and 6pm

Saturday, November 27 Advent parish Day of Recollection

Sunday, November 28 First Sunday of Advent

Wednesday, December 8 Feast of the Immaculate Conception and end of the Year of St Joseph, marking 150 years since he was proclaimed as Patron of the Universal Church by Pope Pius IX

Friday, December 17 First of the Advent great “O” antiphons

Sunday, December 19 Parish Carol Service



Year of St Joseph ends on December 8

Grains of hope

Seafarers' lives are not all plain sailing

By Julian Wong

Ipswich is the UK's leading port for exporting grain and handles more than two million tonnes of cargo annually, including 200,000 tonnes of cement for the building industry. Together with East Anglia's other Associated British Ports at King's Lynn and Lowestoft, and their customers, Ipswich contributes £360 million to the UK economy every year, supporting 3,700 jobs in the region and 5,300 jobs nationally.

More than a hundred ships a year call at Ipswich, taking on agricultural products such as barley, rice, ammonium nitrate and other fertilisers. These are exported to Spain, Tunisia and other countries in Europe and North Africa.

As with all shipping, seafarers play a vital role in delivering products from our ports to countries around the world. The ships coming into Ipswich are small compared with the huge container vessels sailing into Felixstowe and usually have a crew of about seven, including the master. They come from countries such as Russia, the Philippines, Nigeria, and, occasionally, Britain.

The seafarers have limited personal space, compared with the giant container vessels. Their cabins are small and they have no recreational area. Everyone shares the same small crew mess room. They work long hours and don't have wi-fi.

Asked what life was like on board one seafarer said: "Working on a grain vessel is good, except in a short voyage like ten or 24 hours port to port, we cannot rest well.

"A chaplain visiting a vessel makes us happy and gives us an idea of the place and what to do. So we feel welcome"

Another said: "The problem is the short voyages, so within ten hours we are back to cleaning the hold etc and constantly working. We often have no time to sleep." A bosun said



Port chaplains can give Holy Communion to seafarers

"homesickness on board" was a major challenge. And a master said: "The short voyages mean the crew has to work constantly and has no time to rest."

One of the things seafarers most need when they call at our port is to see a friendly face, someone who listens to them and offers help. As a Stella Maris (formerly Apostleship of the Sea) chaplain I ask about their families and the wellbeing of the crew.

I provide them with a MiFi unit if they wish, so they can have wi-fi on board to connect with families and friends at home. It is always a joy to see them chatting and laughing with their children.

Seafarers often need help to send money home because they do not have time or are not allowed shore leave because of the pandemic. Crews frequently need help with the sort of simple shopping that we take for granted. They often want a change of diet and are grateful if I can bring them takeaway food such as a McDonald's.

Often I befriend seafarers on social media so they can contact me directly if they need help, even after

they have left Ipswich or the UK. I supply them with resources, such as prayer cards, rosaries and Bibles. If they are allowed shore leave and want to attend Mass, I can provide them with transport or give them directions to St Pancras Church. I encourage them to write down their prayer requests in my little notebook, telling them that I pray for them daily and on my weekly radio programme on Radio Maria England. I pray with them while I am on board and bring them Holy Communion when the opportunity arises. As the port is near St Pancras if I need to call on a priest to attend to a seafarer or crew, Fr Joseph would be contacted.

September is harvest time and a busy time for farmers. Have you ever thought what it means for seafarers? The work loading grain is intense, dusty and relentless. I see with my own eyes the tough conditions these seafarers endure. For many, Stella Maris is a lifeline.

I've visited almost every grain ship in Ipswich port this season, and it breaks my heart to hear what some of the seafarers say. If container

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From page 3

ships are the big freight trains of the ocean, making long regular journeys, then harvest grain ships are the delivery mopeds, scuttling

back and forth across shorter sea routes.

These small vessels prop up a growing economy – but it comes at a cost to their crews:

Seafarers rarely have a moment to buy food or send money home. Ports visited by small grain ships have few facilities for crews, such as seafarers' centres. With no w-ifi on board, seafarers struggle to stay in touch with their families.

Together, we can make a real difference to the lives of these hardworking men and women, of all nationalities.

Please, this harvest time, will you support seafarers on small vessels who depend on Stella Maris every day.

Please remember them in your prayers for they are our neighbours. The port is within St Pancras parish. For more details of Stella Maris's ministry to seafarers please visit our website at www.stellamaris.org.uk, where you can also make a donation so support our work.

God bless.

Julian is Stella Maris's chaplain for the East Anglian ports



Stella Maris chaplain Julian, right, chats with seafarers

Bishop visits seafarers

The Bishop of East Anglia celebrated a Mass at the Felixstowe Seafarers' Centre on Monday, September 13, as part of a pastoral visit organised by the Stella Maris charity.

The Rt Rev Alan Hopes was assisted by Fr John Barnes from St Felix Church. In his sermon, Bishop Alan gave thanks for the ministry of Stella Maris (formerly known as the Apostleship of the Sea) and its work supporting seafarers and fishers.

The charity's regional port chaplain for East Anglia and Haven Ports, Julian Wong, organised the Mass and bishop's visit.

"When I met Bishop Alan earlier this year, I asked him if he would come to celebrate Mass at the Seafarers' Centre before he retires," Julian said. "Without any hesitation, he said he would come in the autumn. We had a lovely Mass. Music and singing was led by our former East Anglia port chaplain Patricia Ezra."

Julian arranged for a container ship cake to be baked, which carried the name MSC Alan, and a Lego

container ship set, courtesy of Maersk Shipping Company, to be given to the bishop.

Bishop Alan has been very supportive of the work of the charity. He has been on board a ship in Felixstowe port, where he met the crew and prayed with them.



Bishop Alan at Felixstowe Seafarers' Centre

Waves of faith

Ponderings from the presbytery



The 1571 Battle of Lepanto is depicted on the ceiling of the Great Hall at Rome's Palazzo Colonna

By Fr Joseph Welch

The Palazzo Colonna in Rome lies roughly halfway between the Pantheon to the west and the basilica of Santa Maria Maggiore a little further east, just north of the Forum. It stands at the base of the Quirinal Hill, next to the Pontificia Università Gregoriana on the Via della Pilotta. In a city of so many palazzi and basilicas it doesn't immediately stand out as anything special and remains relatively unknown among tourists because it is only open to the public for about two hours on a Saturday morning. So, unless you time your meanderings carefully, you may never have the chance to take a look inside. But making plans to visit will be well worth the effort.

The home of the Colonna family for more than 20 generations, it has seen cardinals and bishops come and go. Dante is said to have stayed there on a visit to the Eternal City. The

family can boast a pope among their ancestors: Cardinal Oddone Colonna became Pope Martin V in 1417 but after his death the palace was sacked during feuding and fell into the hands of the Delle Rovere family, only returning to the keeping of the Colonnas with a marriage between the two families (involving a niece of Pope Julius II). The palazzo is still owned by the Colonna family and members live there, which is why its public opening times are very limited.

Among art lovers, the palazzo is best known for housing one of the largest art collections in Rome, along with the Palazzo Doria-Pamphilij just a few streets away. Built up over centuries, the collection includes pieces by Ghirlandaio, Tintoretto, da Cortona, Carracci, Guercino, and Guido Reni to name but a few. Most impressive of all is the Great Hall which commemorates the victory of Christian forces over Ottoman

invaders at the Battle of Lepanto in 1571. The Papal fleet was led by Marcantonio II Colonna, and an enormous fresco on the ceiling of the Great Hall depicts his triumph.

Listening to tourist guides speaking in French, Italian, German, and Spanish, one can hear the story of the battle being told and hailed as a great victory for the preservation of Christendom and all that Christian Europe stands for, culturally, religiously, and politically. Strangely, overhearing an English tour guide, one is aware of political correctness holding sway: the battle is mentioned only in passing, despite being, artistically, the main focal point of the Great Hall, and its significance is ignored. We have become embarrassed to admit that our Christian way of life was kept from being overrun by a set of beliefs and a way of life that would have changed everything we hold dear and the way we live our lives.

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From page 5

Had the Battle of Lepanto been lost, Europe would resemble something closer to that region which we call the Middle East. And we have all seen what that has meant in practice in Afghanistan.

The Catholic Church has long recognised the value of the naval victory on October 7, 450 years ago this year, and continues to mark it with the feast of Our Lady of the Rosary on that day. The Pope at the time, St Pius V, attributed the triumph to the many rosaries said in the run-up to the battle.

Is it wrong to ask if our European Christian heritage is again under threat from religious beliefs at odds with the Gospel? One commentary worth reading on this topic is Douglas Murray's book, *The Strange Death of Europe*.

Purgatory doesn't get much of a mention in many Catholic pulpits these days which is a shame. Actually, it is more than merely a shame: it is a loss to the Faithful who have a right to know about the beautiful mercy of our God. Indeed, Purgatory may be said to be the last great act of a merciful God towards those He wishes to join Him in the splendour of Heaven but who have been stained by sin during their lives on earth: in other words, you and me. The point is that no one who is not perfect can enter Heaven – and few of us, even the most narcissistic, would claim to have reached a state of perfection. What, then, is to become of those of us who are not perfect when we die? If death, as is traditionally held, is the cut-off

point after which we can no longer influence our own destiny, what happens to all those who have tried hard to be good disciples of Our Lord but remain imperfect at the moment of death? Are they to be condemned to Hell? The Catholic Church says not. Instead, the doctrine of Purgatory teaches us that any imperfections yet to be purged from our souls at the point of death may be cleansed during a stay in Purgatory. Whether Purgatory is a place with a timeline, as is popularly imagined, or a state of being, the soul undergoes a process of purging between death and judgment and the moment of entering Heaven.

Although it is no longer popular to consider ourselves deserving of punishment, in fact our sins demand some form of satisfaction, some means of making up for what we have done wrong. Only Our Lord Jesus Christ can offer up a sacrifice to the Father which is truly worthy and can count towards the redemption of a fallen and alienated race. Yet, as St Paul teaches when he says that we must make up in our flesh for what is lacking in the sufferings of Christ (Col 1:24), we must do our part. Each of us must do penance for the sins we have committed. The penances we receive in the Sacrament of Confession form part of this “making-up” process but such prayers are more a token of our love for God after having offended Him. More significantly, we must learn to accept as penances those sufferings which come our way in daily life – headaches, pains, illnesses, difficulties, heartaches, trials, and even the wretchedness that accompanies death itself – and give those tribulations to Almighty God as offerings by which we can, as it were, place ourselves on the Cross alongside Our Lord. The wish should be that when we come to die we may have suffered more than we have sinned, and if we have, then we shall go straight to Heaven. If, on the other hand, we have sinned more than we have yet suffered, then we must complete that suffering in Purgatory. And as souls in Purgatory cannot assist themselves in the cleansing process, all Catholics are obliged to come to



Pope St Gregory frees souls from Purgatory with his prayer, Francesco Fontebasso, 1731

Reforming history

Secret chapel uncovered

their aid by offering up Masses, prayers, and penances on their behalf as well as for ourselves.

Two books worth reading during the month of November, the month of the Holy Souls, are *The Biblical Basis of Purgatory* by John Salza, and St Catherine of Genoa's *Treatise on Purgatory* - a fairly old-fashioned text, which is unsurprising given that she died in 1510.

So we come to December, a month dedicated to the Immaculate Conception of the Blessed Virgin Mary - and taken up, at least, until the 25th - with the season of Advent. This year at St Pancras, we shall have a parish Day of Recollection on Saturday, November 27, the day before the first Sunday of Advent, to help prepare us for this rich, multilayered season. The Year of St Joseph will be drawing to a close - ending, officially, on December 8, the feast of the Immaculate Conception of the BVM, so our theme for the Day will, of course, be St Joseph. A quiet man, his contribution to our redemption can be overlooked even among those who have a great devotion to him. If you would like to prepare early for the Day of Recollection you couldn't do much better than reading *The Truth About Saint Joseph: Encountering the Most Hidden of Saints* by Maurice Meschler SJ, or *Model of Faith: Reflecting on the Litany of Saint Joseph* by Leonard J. Delorenzo or *Joseph the Silent* by Michel Gasnier OP.



A possible aumbray - for religious vessels - at 'chapel'



Brigitte Webster in the secret chapel at Barnham Broom Old Hall

By Jean M Johnson

Do you believe in coincidences? On June 28, as I set out for a week's break in Norfolk the postman was just arriving, so I picked up my post to take with me. Settling in at my flat in Barnham Broom, about nine miles west of Norwich I sat down with coffee and my post, finding that the July edition of the *Catholic Herald*, was the only thing of interest.

As I turned the pages I read of a "secret" Catholic chapel found at the Old Hall in Barnham Broom. Having checked on my phone satnav I found that I was under a mile away. What particularly interested me were

references to a secret chapel at Harvington Hall, in Worcestershire, and Michael Hodgetts, an expert on secret Catholic worship in Elizabethan England.

I have been to Harvington many times: it probably has more priests' holes than anywhere else in the country and I have taken Ugandan priests there to help them understand the difficult situation for Catholics in this country after the Reformation. As a member of the Midland Catholic History Society I have often listened to Mr Hodgetts and respect his immense knowledge of recusant buildings and practice.

The connection with Harvington and Mr Hodgetts made me want to

Continued on page 8

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find out more, so I did as the *Herald* article suggested and visited the historichouses.org website where I found a phone number for the Old Hall, which offers a “Tudor and 17th century experience” for guests who stay there.

My call was answered by the owner, Brigitte Webster. I think she was impressed that I knew Harvington and Mr Hodgetts, and she invited me to visit the Old Hall. I had a wonderful few hours being shown around and sampling some of the foodstuffs of the Tudor period.

A connection was made this year between the pattern decorating what is now a bedroom at the Old Hall and Harvington Hall’s chapel which was decorated in 1576-8 with alternating lines of red and white drops on a white or grey background.

Apparently this was a distinctively Catholic pattern, representing a medieval focus on the blood of Christ. Apart from the fact that it is just in black and white/cream, Mr Hodgetts is quoted in the *Herald* as saying that the decoration at Barnham Broom is “strikingly like the wall paintings at Harvington and deserves to be seen as a parallel”.

The room also has what looks like an aumbry – a cupboard for sacred vessels. Ms Webster has done a lot of research and believes that this chapel was not used by recusant priests but by a local priest. In other words, it was used by a less familiar group known as church papists – Catholics who attended their



Historians linked a pattern at Old Hall, Barnham Broom, and Harvington Hal, Worcs, to a medieval cult of Christ’s blood

Anglican parish church often enough to avoid recusancy fines and took Anglican Communion at Christmas and Easter.

I talked afterwards to J J Scarisbrick, who, as professor of history at Warwick University, became widely known for his book on Henry VIII. Although he is now in his nineties Professor Scarisbrick is still doing research on this period. He believes there is a growing awareness of possible Catholic practice in Norfolk around this time and thinks there could be other such chapels.

My next visit was just a stone’s throw away, to the parish church of St Peter and St Paul. The booklet giving the history of the church has a list of the rectors of Barnham Broom from 1329 to 2011, with no break between Catholic and Anglican incumbents. Richard Chamberlayne became rector on August 17, 1560, when the church

patron was Edward, his elder brother. Edward was Lord of the Manor from 1567 until his death in 1596 and lived in the Old Hall. Incidentally, the family originally came from Gedding in Suffolk.

There is a hypothesis that Richard was ordained as a Catholic priest in Mary’s reign but in due course became Anglican rector of Barnham Broom while continuing to say Mass in the secret chapel at the Old Hall. There is no evidence of legal proceedings against anyone in the area who failed to attend Anglican services.

However, there was a crackdown on Catholics after Elizabeth visited Norfolk and Suffolk in 1578. We do not know if Catholic worship at Barnham Broom survived beyond that.

My visit to the Old Hall and its secret chapel was a wonderful experience. The chapel is a great find for our diocese.

Listening to God

By Jean Johnson

The September focus for the God Who Speaks website is Scripture and the Environment in the run-up to the Cop26 UN climate change conference that opens in Glasgow on October 31.

The God Who Speaks campaign was set up to encourage Catholics to engage with the Bible. The website, godwhospeaks.uk, is updated monthly. September’s focus is on Noah and Creation Care. Articles include Monsignor Kevin

McGinnell of Northampton diocese on Baptism and salvation from Noah to Christ; Dr Richard Goode examining Noah’s Burden from his own perspective of living on a canal boat; and the Bishop of Wrexham, Peter Brignall, exploring the biblical foundations of the Eucharist and looking at theological themes in recent Papal teaching. There is a new focus each month. Other resources and links on the website include podcasts on Women in Scripture, looking at who they are and what they can teach us today.

You can sign up on the site for a monthly email that will keep you up to date with new material added to the website.

There is also a section on the website for St Mary’s in Ipswich, st-mary.org.uk, with files entitled “Year of Mark”. They now cover Sunday Mass readings to the end of September. I shall soon upload notes for most of October then there will only be one more update continuing to the end of year B.

Jean M Johnson is the Suffolk Champion for the God who Speaks

Children's pages



October Saints and Feast Days Word Search



*Directions: Search only for the parts of the saints names or feast days that are in bold print.

- | | | |
|-----------------------------------|-------------------------|------------------------|
| St. Therese of the Child
Jesus | St. Callistus I | St. John of Capistrano |
| Guardian Angels | St. Teresa of Avila | St. Anthony Claret |
| St. Francis of Assisi | St. Ignatius of Antioch | St. Simon |
| St. Bruno | St. Luke | St. Jude |
| Our Lady of the Rosary | St. Paul of the Cross | |
| St. John XXIII | St. John Paul II | |



Word Search and Mary Art Work © 2004 RealLifeAtHome.com

November Saints and Feast Days Word Search

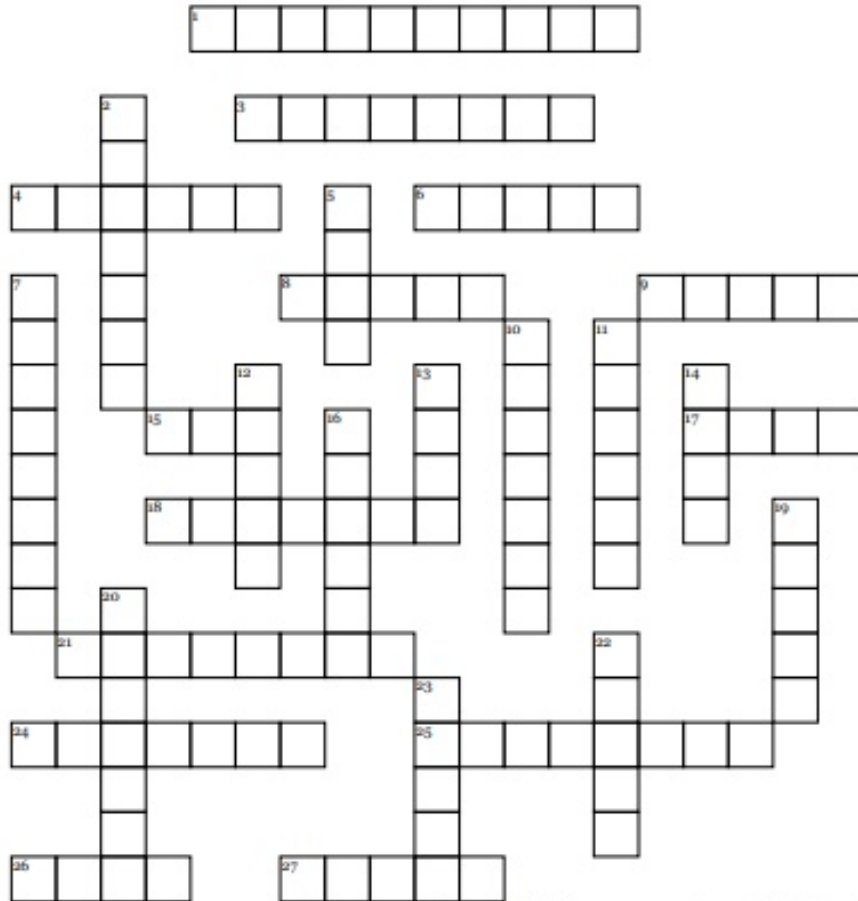


*Directions: Search only for the parts of the saints names or feast days that are in bold print.

- | | | |
|----------------------------|---------------------------------------|---------------------------------|
| All Saints | St. Margaret of Scotland | St. Cecilia |
| All Souls | St. Elizabeth of Hungary | St. Clement I of Rome |
| St. Martin de Porres | Presentation of Mary | St. Columban |
| St. Charles Borromeo | St. Andrew | Christ The King |
| St. Leo the Great | St. Albert the Great | St. Rose Philippine
Duchesne |
| St. Martin of Tours | St. Andrew Dung-Lac and
Companions | |
| St. Frances Xavier Cabrini | | |

Word Search and Saint Elizabeth of Hungary Art Work © 2015 RealLifeAtHome.com

Catholic Crossword



Across

1. A prayer to say before confession is the "Act of _____"
 3. The third _____ Mystery, The Decent of the Holy Spirit
 4. A prayer with 50 Hail Mary's
 6. Jesus was hung on a wooden _____

8. 2016 was the year of _____
 9. Becomes the body of Christ
 15. Adam and _____
 17. Jesus called God _____ which means Father
 18. But they shouted all the louder, _____ Him!

21. The scene of Jesus' birth
 24. St. _____ was a Bishop in Ireland
 25. I believe in God, the Father _____

26. _____ of God
 27. _____ Betrayed Jesus

Down

2. Jesus shouted out to them, "Come and I will make you _____ of men"
 5. Usually said at the end of prayers
 7. Jesus said "Let the _____ come to me."

10. A word for Sunday

11. Mary was betrothed to a man named _____
 12. Son of God
 13. Jesus said Peter would _____ him three times
 14. Then Jesus turned to _____ and said "Behold, your son"
 16. Leads the Mass
 19. We were made to Love, Know, and _____ God
 20. First Sacrament
 22. First, God said "Let there be _____"
 23. The name of the bread that fell from heaven

**NB clue 2 is misspelt and should read "Descent" and apostrophe in 4 should be after the s.
 Answers, page 12**

I went into my local butchers yesterday.

Isn't venison dear ?

Said Hamlet to Ophelia,
 I'll draw a sketch of thee.
 What kind of pencil shall I use?
 2B or not 2B?

What do you call a woman who burns her bills?
 Bernadette!

I planted some bulbs in the garden

Only joking

this afternoon. Often I enjoy a little light gardening.

What do you call a chicken staring at lettuce?

Chicken sees a salad.

Did you hear about the scarecrow that won an award? Seems it was outstanding in its field.

My mum asked me if I'd seen the

dog bowl. I said I didn't even know he could play cricket.

Why are jokes about lifts so funny?
 They work on many levels.

Why do nurses like red crayons?
 They often have to draw blood.

How do celebrities stay cool?
 They have many fans.

I have a joke about cheese but it's not very mature

Seen and heard

Francis curbs Latin Mass

Pope Francis has cracked down on the spread of the old Latin Mass, reversing one of Benedict XVI's signature decisions in a major challenge to traditionalist Catholics who immediately condemned it as an attack on them and the ancient liturgy.

Francis reimposed restrictions on celebrating the Latin Mass that Benedict relaxed in 2007, and went further to limit its use.

The pontiff said he was taking action because Benedict's reform had become a source of division in the church and been used by Catholics opposed to the Second Vatican Council, the 1960s meetings that modernised the church and its liturgy.

The Scotsman, July 17

Northern Irish less devout

Thirty years ago, Northern Irish Catholics were among the western world's most observant religious groups, more so even than Catholics in the Irish Republic. Nine out of ten claimed to attend Mass regularly; now just 46 per cent say they go at least once a month, with younger generations less pious than older ones.

The Economist, July 31

CofE bishop converts

An Anglican bishop has quit in order to join the Roman Catholic Church after what he said was "among the most testing periods of my life".

Jonathan Goodall, 60, had been Bishop of Ebbsfleet for eight years.

Justin Welby, the Archbishop of Canterbury, accepted the resignation with regret and expressed gratitude for "many years of faithful service".

Daily Mail, September 4



Pope Francis, 84

Pope speaks out on Biden

Pope Francis has reiterated his belief that abortion is murder but suggested that American bishops should not carry through threats to deny Holy Communion to President Biden and other pro-choice politicians.

Francis, 84, was returning from Slovakia to Rome on the papal plane when he was asked about proposals from some US bishops to withhold Communion from politicians who support abortion rights, a group that includes Biden, a Catholic who attends Mass every week.

The Pope said that "Communion is not a prize for the perfect" but "a gift, the presence of Jesus and his church", as he steered bishops away from taking "political" positions. "The problem is not theological, it is pastoral, how we bishops manage this principle pastorally," Francis said. "We must be pastors, also with those who are excommunicated. Like God with passion and tenderness. The Bible says so."

The Times, September 17

Pope: critics want me dead

The Pope has accused some of his conservative critics of wanting him "to die" and of doing the "work of the devil" in their attacks on the Church.

In an unusually candid conversation with 53 fellow Jesuits at the Vatican embassy in Bratislava, Slovakia, Francis, 84, was asked how he was feeling after having 13 inches of his intestine removed two months before.

According to an official transcript of the gathering on September 12 that was released by the Jesuit journal *La Civiltà Cattolica*, he replied: "Still alive, even though some people wanted me to die. I know there were even meetings between prelates who thought the Pope's condition was more serious than the official version. They were preparing for the conclave. Patience! Thank God, I'm all right."

A Jesuit said the Church in Slovakia was divided over Francis's leadership, with some seeing him as having departed from traditional Catholic teaching and viewing him with suspicion. "There is, for example, a large Catholic television channel that has no hesitation in continually speaking ill of the Pope. I personally deserve attacks and insults because I am a sinner, but the Church does not deserve them. They are the work of the devil," the Pope said.

Francis is believed to have been referring to the US broadcaster EWTN, which often airs commentary critical of his papacy.

The Times, September 22

Crossword puzzle answers

Across 1 Contrition 3 Glorious
4 Rosary 6 Cross 8 Mercy 9 Bread
15 Eve 17 Abba 18 Crucify
21 Nativity 24 Patrick 25 Almighty
26 Lamb 27 Judas

Down 2 Fishers 5 Amen
7 Children 10 Sabbath 11 Joseph
12 Jesus 13 Deny 14 Mary
16 Priest 19 Serve 20 Baptism 22
Light 23 Manna

Paws for thought

Dogged quizmaster Jess asks the questions

Autumn has come. Alex, my pet human, calls it the “season of mists and mellow fruitfulness”. He says the words come from a famous poem. For me it’s all about the holidays – catching up with old friends and discovering new sights and smells. We go to a place where lots of different animals live, it’s just barkingly brilliant.

As soon as we arrive I’m off. First on my list are the shire horses. They stand so patiently, looking out over their half doors. I know each one by their scent, they nod and whinny in welcome. Of course the shires are very grand and for once I feel small but when it comes to running, I can outpace them any day. Me sprinting at top speed, now that is poetry in motion!

I could watch the turkeys for hours. They move slowly, fluffing their feathers and making strange gobbling sounds. I am almost overwhelmed by my wolf instincts. Alex holds my lead and reminds me that I am now domesticated and civilised. My friend, Loulou the bichon, doesn’t seem to feel the call of the wild at all. She’s too busy checking the ground for anything edible.

Next I stroll over to see Patch the pig. He’s enjoying a mud bath. Now that looks fun. I would like to join him, if I could jump the fence.

Doris the duck and her friends quack greetings from their pond. I dip a paw in the water but it’s just too cold for me, brrr!

Now here’s something different. I discover a strange animal. It’s woolly with long legs and spits at me, most alarming (or is there no cause for a llama)! I decide it’s time to go. So back to the house for some bacon sizzlers, my favourite treats, yum! I relax on the sofa, it has been a truly pawsome day!
ZZZZZZ

Before I drop off the quiz is to do with creatures of every kind.



Quiz-setter Jess takes a break at Hank's Deli in Ipswich

1 Which bird did Noah first send out of the Ark?

2 Which land animal is the fastest runner in the world?

3 Name the two animals who went to sea in a beautiful pea green boat.

4 What animal, according to the song, is “running free” in Abergavenny?

5 What creatures live in an apiary?

6 Name the largest species of elephant.

7 What is another name for a windhover?

8 Matthew and Mark both describe John the Baptist’s diet. What did he eat as well as honey?

9 Which horse, native to England, is the largest in the world?

10 Which animal is the only living species of the order *Tubulidentata*?

11 According to the rhyme which two animals were fighting for the crown?

Continued on page 14

From page 13

12 Which creature is the emblem of Wales?

13 What is the other name for the laughing bird of Australia?

14 How many species of penguin are there?

15 Which creatures did St Patrick banish from Ireland?

16 According to the Bible, which animal could more easily get

By Jean Johnson

Many of you reading this will have met Fr Michael Rear, who has helped out at St Pancras many times. I've known him for some while as he has been generous in supporting my Ugandan projects. I was delighted to be invited to his silver jubilee Mass at the Chapel of the Reconciliation in Walsingham, followed by lunch at Elmham House in the village. The question was how to get there! Having spent well over half of my driving years on motorways and city roads I am not a fan of the A140. Nor was I keen to drive along the narrow roads approaching the Slipper Chapel. However, I took some trouble to research a route by public transport and am pleased to say it worked by train, bus and taxi. I can give details to anyone else who wants to get to Walsingham by public transport.

The Mass, at noon on Tuesday 7 September, marked 25 years since Fr Rear was ordained in our cathedral and he concelebrated with Fr David Baker, who was ordained that same day. Both had been Anglican priests and in Fr Rear's case the memorial card gave thanks for his ordination as a Catholic priest and for his "30 years of priesthood in the Church of England". The ministry of both as Catholics and as Anglicans was celebrated. I found this a positive aspect of the event. The Second Vatican Council in its decree on ecumenism recognised "all who have been justified by faith in Baptism are members of Christ's body and have a right to be called Christian, and so are correctly accepted as brothers by the children of the Catholic Church."

14

through the eye of a needle than a rich man make it to Heaven?

17 Which bird became extinct after the arrival of Europeans on its island?

18 In the song, which animal lived in a windmill in Old Amsterdam?

19 What is the collective noun for a group of rhinoceroses?

20 Why are poodles cut like topiary hedges?

21 Which rodent is famed for its engineering skills?

22 Name the largest living member of the deer family?

23 Which breed of cat does not have a tail?

24 Which creatures traditionally live in a belfry?

25 Which stone animals sit at the foot of Nelson's Column in Trafalgar Square?

For answers, see page 19

Long road to Walsingham



The Catholic shrine at Walsingham

Those of us who have become Catholics, having previously been committed Christians worshipping elsewhere, bring with us into full communion things that enrich our life and service as Catholics and it must be much more so for someone who has been engaged in ministry. I would never have done all the work on God who Speaks without the sound knowledge of Scripture I

brought from my earliest years. It was lovely to have a Mass with good cantors and beautiful music. The communion hymn, *O Bread of Heaven*, was the one we had at my reception into the Catholic Church at St Mary's in 1977. I can never sing it without reflecting deeply:

"For how can he deny me heaven
Who here on earth himself hath given?"

The cool of the day



A detail from Michelangelo's Creation of Adam from the ceiling of the Sistine Chapel

By Fr Joseph Welch

Few Catholics sit down and read *The Book of Genesis* from beginning to end which is, perhaps, a shame as it contains some of the greatest stories in the Old Testament.

They include the Creation, of course, Adam and Eve, Cain and Abel, Noah's Ark and the Flood as well as the call of Abraham and the would-be sacrifice of his son Isaac, the story of Jacob who changes his name to Israel, and his 12 sons whose offspring form the 12 tribes of Israel, the story of Joseph being sold into slavery by his brothers, and his ending up as Pharaoh's number two, and the arrival of Jacob's sons and their families in Egypt during a famine.

These last stories set the scene for the departure of God's people from Egypt a few generations later, under a Pharaoh "who knew not Joseph" (Ex 1:8), and the establishment of the people of Israel as a nation in the Promised Land, as told in the second book of the Bible, *Exodus*. Yet for all

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the importance of these events as part of salvation history, the first three chapters of *Genesis* stand out as arguably the most significant passages in the whole of the *Old Testament* and, in some ways, of the

whole of the Bible outside the Gospels. If you asked most people what these three chapters include they would probably say the seven days of creation (although it was completed in six days of course), and the story of Adam and Eve, an apple and a serpent.

However, a careful reading of the opening chapters of *Genesis* will reveal a great deal more than that. A verse by verse analysis shows us that every dogma of the Catholic Faith has been sown in seed form in these first three chapters. A considered reflection upon them will help us to understand far more about our Faith than many people might suppose.

You are invited to join parishioners and others in the parish hall at St Pancras to begin a detailed exploration of what Catholics believe. And although the series of talks will have begun by the time this edition of the parish magazine is published you will still be most welcome to join us at any stage of the series, even if you've missed a few sessions at the start. So come on in, and don't be shy.

Autumn's abundance

Illustration by Gill Mobb

By Anna Smith
This is the time of year when nature is the most generous. We are presented with the colours of autumn,

expressed in ripe corn fields, apples of red, green and yellow, blackberries, greengages, figs and plums. Yet there is more. Heaps of bright orange pumpkins appear in supermarket and farm shop. For the most part they will sit on doorsteps proclaiming the time of Hallowe'en but pumpkins have many talents.

They are nutritious, being a source of vitamin A which boosts the immune system, and pumpkin seeds are a good source of vitamins.

Pumpkin soup is very warming and easy to cook, perfect for those chilly evenings. And pumpkin can simply be cut into wedges and roasted in the oven. A memory from days in eastern Europe is seeing these sold on the street. Pumpkin pie is of course a dessert and is very sweet.

There are also blue varieties of pumpkins such as Crown Prince, which is very good for cooking, slightly fleshier than most pumpkins and easier to cut.

Many pumpkin recipes can be found on the internet. The easiest seem to be Jamie Oliver's and of course recipes can always be adapted according to taste. I always include a couple of carrots and a red pepper but straight, or embellished, pumpkin soup is well worth a try!

Pumpkin and carrot soup

Ingredients

1lb carrots and pumpkin pieces peeled and chopped
 1 small onion
 Half a red pepper chopped
 1½ oz butter or margarine
 1¼ pints of water
 1 vegetable stock cube
 3 strips orange peel
 1 tsp salt
 Pepper
 4 tbsp soured or fresh cream or crème fraiche (for serving)
 1tbsp. Chopped parsley

Method

Slice carrots and onion, peel and chop pumpkin into pieces.

Cook gently in the butter in a covered pan for 10 minutes.



Pour on the water and crumble in the stock cube.

Add strips of orange peel (leaving out pith) and seasoning.

Bring to boil and simmer for 15 minutes (until vegetables are cooked)

Remove orange peel and blend.

When required reheat and serve adding a spoonful of cream and a pinch of chopped parsley to each soup bowl.

To Freeze

Make and freeze before adding cream and parsley. Reheat and add these when serving.

As mentioned above, this soup can be adapted according to taste or necessity. I often add a tsp of turmeric and sweet paprika for colour. It is also fine without cream and parsley.

Fig Jam

For me getting jam to set is a risky business but this recipe really worked.

Ingredients

1 kg figs, washed and diced
 700g caster sugar
 Juice of two lemons
 1 vanilla bean halved (optional)

Method

Prep, 15 mins, cook 40 mins

Mix all ingredients in a large pot and marinate overnight.

The next day bring to boil, then decrease the heat to low and cook for 40 mins. Remove the vanilla bean, scrape the seeds and add them back to the jam. Mix well.

Fill sterilised jars, wipe the edges of the jars and close tightly.

Enjoy.

Life tribute

Nuala Scarisbrick, co-founder of the Life charity died peacefully at home in August with her husband Jack and daughters by her side.

The pro-life charity published this tribute: Nuala Ann Scarisbrick was born in January 1939. She worked as a teacher, and married distinguished academic Professor John Joseph “Jack” Scarisbrick in 1965.

Nuala and Jack co-founded Life in 1970. The husband-and-wife team were the dynamic duo driving the charity all the way until they stepped down in 2017.

While Jack became the figurehead of the new charity, it was Nuala who did the day-to-day running of Life. For 30 years, she took a full-time but unpaid position as national administrator. Jack described her as Life’s “chief animator.” Speaking of Nuala’s influence, he said: “[Nuala] ran Life ... And [she] was amazing! Travelling all over the place, all over Europe, and addressing numerous meetings and founding the national

Ipswich memories

By Judy Fell

On behalf of Ipswich Life, the sixth group in the country to be founded, I sent our condolences on the death of Nuala Scarisbrick.

Teresa Cleary and Rosemary Southworth, who were our co-founders in the early 1970s, said how supportive Nuala was when she and Jack came to advise them on setting up the group.

Members have also said how, on their 1992 visit when the Ipswich Life shop was founded, and on the numerous occasions when she came to regional conferences in East Anglia, Nuala was always very positive and supportive.

She was a great encouragement, enthusing the group to run numerous fundraising activities – from coffee mornings and light lunches to cakes and preserves or coffee and carols – not to mention the appeals in churches and local groups of all sorts.

The word most used about Nuala was that she was a great inspiration. Indeed, in the early days this even led to some members

Nuala Scarisbrick, 1939-2021

helpline. She was a leading figure on it for many years. Really without her, it would never have taken off as it did.”

Nuala’s energy and drive were formidable. She did everything: fundraising, hosting supporters, going to meetings, starting Life’s national helpline, starting Life’s education programme, operations, PR (where she was particularly known for her precise use of language), all the while she and Jack were supporting pregnant girls by taking them into their home.

Nuala and Jack lived in Leamington Spa. They have two daughters, eight grandchildren, and nine great grandchildren with a tenth due imminently.

Submitted by Pat Ware

Nuala Scarisbrick visiting a pro-life house in Uganda built in memory of the late Dr Maire Heley, a St Pancras parishioner, and Geraldine Kersey, from Norfolk



accommodating a girl with her baby, in their own home.

On a lighter note, those who went to annual national conferences recalled how, after the annual dinner, Nuala and Jack took to the floor at the dances. She was a wonderful woman.

May she rest in peace and rise in glory.

Judy Fell chairs the Ipswich branch of Life



Living prayer

By Magdalene de Santos

O precious are you most sacred pearl of prayer with your delicate touch that kindles the fire within the weary soul leading her into holy fields for rest and solace. It is here, in this other-worldly realm where the storyteller comes to breathe in the beauty of His divine presence, that the soul is filled with tranquillity. So come all ye seekers to His holy meadows where your soul will become like putty in His hands, and with each humble step you will find a sense of softening within your heart as the stillness of the soul finds rest in the oasis of the Living Word. So hush, storyteller, for it is He, our Lord, who is calling; come and discover authentic living prayer where the darkness is as light and light is as darkness, and where we His people will be filled with such awe that she, the storyteller, equates it to the glorious dawning of Genesis, our human heritage and the source of all that lives.

Huntsmen, you in search of the true meaning of life, tread wisely and be strong for this is the true path, the path less travelled that leads directly to the looking glass that reveals the depths beyond the surface. It is here in this place that the seeker will come face to face with their own sinfulness and, yes, she the storyteller is guilty of crimes against God. She was seduced by this immoral world that caused her to run and hide her nakedness, her disgrace, and so she ran as fast as she could and as far as she could until the day came when she, stopped running and found herself at the foot of His towering Cross, wailing and begging Him to set her free from the shackles of her sins. Something extraordinary happened that day. She cannot explain it but it triggered a river of perpetual tears

that fill the hollow of her soul with longing that cannot be quelled.

Spiritme, that is the living prayer of the holy fields, where the nonphysical source becomes unified with the living prayer and hence one-spirit Spiritme. Forgive the storyteller if there is no such word but she is sure there must be. Otherwise, how would she be able to leave her humanism behind and roam this mystical land with its crystalline grass and motionless cool breeze that hovers over her. These are the formidable eternal fields where the pursuers will be left breathless and thirsting for more. It is in the living prayer that she, the storyteller, comes to converse with He who brought her here when she was a small child. She would not have survived without the grace and protection of His guardianship that sheltered this child. And just like a little butterfly, the spirit of the child would take flight exploring the wonders of God's kingdom with its fountain of grace that covered her. Look closely for these are the same fields the storyteller treads today. So come, all who are searching, and take your rest in this place that will resuscitate the drooping spirit. Enough of this nostalgic journey for it is making the storyteller sad and yearning for her heavenly home with thoughts that drift towards Mary our holy Mother. Mary, the girl Mary, the woman and Her husband-to-be the most honourable Joseph the quiet man of history.

The human story is breathtaking, bursting with mysteries and prophecies that are foretold in the book of life. Yes, the one and only book that claims God as its author, the Holy Bible. A manuscript of our human relationship with God. A document that is filled with knowledge, wisdom, and the Word that is Jesus the Man from Nazareth.

She, the storyteller, is

flabbergasted with the whole phenomenon of creation but recently her thoughts have been gripped by the girl, the woman Mary, who is full of grace as foretold by the prophet Isaiah: the Virgin who did give birth to the Redeemer and Saviour; for Mary, the crowning of a young Jewish girl's life.

Now she, the storyteller, must confess to her shame that she never gave any thought to the enormity of Mary's *fiat*, the total surrender of herself. Her strength and courage, her steadfastness of conviction, is truly beyond the storyteller's capacity to grasp. Blessed are you sweet heart of Mary. You were no more than a child, a teenager, probably between 13 and 14 at the time of the Annunciation, yet the certainty of your unequivocal "Yes", following in the wake of God's covering you with the power of His Holy Spirit, meant that you became with child and bore in your womb the only begotten Son of God the Father! How to grasp such a reality!

Let us not forget the formidable Joseph, the silent man of history. What of him? And what of the uncertainties that tormented his mind? History tells of Joseph's bravery and his trust in God, and so he took Mary to be his beloved wife. He became the guardian of the infant Jesus. Joseph your silence lives on in the hearts of the faithful: it is the peace that speaks louder than words. As for the storyteller, she is no angel, but that hasn't stopped her from setting her sights on the glory of heaven. Such heavenly thoughts make her smile in the knowledge that Jesus, the all-forgiving Saviour, is waiting at the gates of Heaven with His loving arms ready to embrace her.

The storyteller, wants to make her prayer of appeal for all those lost Souls that she can see walking in the darkness, for she is as they are, suffering from shortsightedness that has led her, in the past, to drink from the poisonous cup that lures its prey into the den of sinfulness. But all is not lost, says the Son of the Father. "Run quickly, as fast as you can, into my forgiving arms," says Jesus, "for I will never refuse a sorrowful and humble heart. Come to my holy altar and be anointed with the chrism of eternity."

Next door's news

by Rob King

Well, we have been worshipping in Christ Church since Pentecost and gradually activities have started up again. Tots Plus and Junior Church are under way. Scouts and Guides are meeting on the premises and during September and October most of the external lettings restarted or will do by the end of the month.

Thursday Forum, including lunches, will restart on October 7 at noon. The first meeting will hear from Rebecca Crerar of Suffolk Refugee Support, our chosen charity this year.

When we decided on our charity Afghanistan wasn't in our thoughts but it certainly is now and this seems an appropriate choice. Our fundraising has included holding open gardens in some of our members' homes.

These have been well supported and it has been a joy to be able to gather together and catch up with one another in lovely surroundings and mostly sunshine. The cakes have also been nice.

We celebrated harvest with a parade service on September 19 and are preparing for Climate Sunday Worship on October 17. This will be an all-age service with a focus on creation care. Christ Church is registered with the Christian conservation charity A Rocha for its eco scheme. This is a journey towards becoming an eco church but of course progress has been slowed by the pandemic. We have a regular article in *Comment*, our monthly magazine, with suggestions for practical steps we can all take. I found these words helpful from the A Rocha UK website: "Our



Christ Church is raising funds for Suffolk Refugee Support

exploration of creation begins with one step, into the realm of prayer. But does that mean forcing our prayers into an 'environmentally friendly' mould? The early church of Britain and Ireland would be puzzled with our modern-day quest to become 'eco-friendly' in our payers. In their minds, considering

creation was not a separate issue. To talk of 'the environment' as an isolated concept would have been strange.

"Everything was connected in Christ. Creation itself had a 'blessedness' about it. Rather than try to change prayer by adding bolt-on references about the environment, let us revisit the roots of prayer – where creator and creation become connected – mysteriously, in our midst. Create space. Take time."

Every blessing to you from all of us over the garden wall. Rob and all at Christ Church.

Rob King is church secretary at Christ Church

Creature quiz answers

1 A raven 2 The cheetah 3 Owl and pussy cat 4 A red dog 5 Bees
6 African savanna elephants 7 Common kestrel 8 Locusts 9 Shire
10 Aardvark 11 Lion and unicorn 12 Dragon 13 Kookaburra 14 18
15 Snakes 16 Camel 17 Dodo 18 A mouse 19 A crash 20 The poodle
was bred as a water dog and the pompom cut was for buoyancy
21 Beaver 22 Moose, called elk in Europe. 23 Manx 24 Bats 25 Lions

**‘Secret chapel’
discovered in
diocese, page 7**



Painting prompts pondering in the presbytery, page 5

