

St Pancras

Summer procession Times, 2022



Madonna and Child with Eight Angels, by Botticelli, about 1478

Free on basis of one a household, please see page 2

Dear fellow parishioners,

many thanks to everyone who has contributed to the parish magazine and best wishes for a great summer.

In particular we pray for those making their First Communion this summer and their families. We are also preparing for the bishop to induct Fr Joseph next month as our parish priest.

I hope that the next edition of the

magazine will cover both those events. The magazine is what contributors make it, relying on them to send in words and pictures.

The deadline for the next edition is Sunday, September 11. Contributions may be emailed to sdonag9@gmail.com or, for those who do not have access to the internet, hard copies should be sent in by Sunday, September 4. They

can either be posted to 62 Weyland Rd, Witnesham, Ipswich, IP6 9ET or handed in at the presbytery, clearly marked. Please include contact details in case of any queries.

The magazine is available free on the basis of one per household. Any contributions to costs would be welcome and may be sent to the presbytery.

Stephen Donaghy

SMILES OF SUMMER

The Lighter Side of Science

So technically Moses was the first man to download files from the cloud using a tablet.



I won a gold medal at the weather forecasting championships today. I beat the raining champion.

I have a driverless car but it keeps driving straight past churches. Apparently there's an issue with the Rev counter

A Greek mother gives her son a new pair of trousers, saying: "If Euripides you won't get another pair."

The Surgeon of the Year qualifying rounds are being held this weekend, everyone is keen to see who makes the cut.

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Dates for the diary

Sunday, June 26, 9.30am First Communions at St Pancras, 11am Mass will start at 11.30am.

Saturday July 2, 11.30am, Ordination to the Permanent Diaconate at St John's Cathedral.

Tuesday, July 5, 6pm, induction of Fr Joseph as parish priest.

Saturday, July 16, 11.30am, Altar Servers' Mass at St John's Cathedral, followed by barbecue.

Thursday, July 21 and Friday, July 22, 10.30am-4pm, Holiday at Home in Christ Church, with virtual tour of Scottish Isles, lunch and other social activities. Transport can be provided. Contact Anne Durnford on Ipswich 727790 to register.

Sunday, July 24, 5pm Holiday at Home afternoon tea at Christ Church followed by Songs of Praise, featuring requests.

August 19 – 26, Diocesan Pilgrimage to Lourdes.

Sunday, September 4, noon. Dowry of Mary Pilgrimage to Walsingham.

Thursday, October 6, 11.30am, Meeting of the retired priests of the diocese. Mass at Our Lady of the Annunciation, Poringland.

Saturday Oct 8, 12.15pm Annual Gathering of deacons, wives and students and wives in formation for the diaconate. Mass at St John's Cathedral and buffet.

Lessons in faith

Helping children to prepare for sacraments

By **Lisamaria De Pasquale**

For a few years now, I have had the extraordinary, unmerited honour of being a parish catechist at St Pancras. I started to volunteer and help with the First Communion classes in 2016. At the time Theresa Cleary, who had been an excellent catechist for many years, had retired from the role and my sister, Rosa, had volunteered to take up the office. Joining a wonderful team of catechists (Jan, Josie, Eileen and Doreen) I began to assist Rosa with the First Communion classes.

Not long after, with the advent of a wonderful new arrival, my niece, I found myself leading the classes. I began to study for a qualification with the Foundations of Faith for the New Evangelisation programme. This was a two-year, part-time course run by the diocese, at the time in conjunction with Buckfast Abbey in Devon. It was a truly wonderful and worthwhile course for any parishioner.

With the extra study, and continual reassurances from the team, who all had a wealth of experience, knowledge, and were far better equipped than myself to lead the classes, I felt slightly more equipped to prepare the children to receive their first sacraments of Confession and Communion. As the nerves and feeling of unworthiness settled, never quite disappearing, I started to realise and appreciate how rewarding the role is, and how thoroughly I was enjoying it. Watching the children learn and mature in readiness to receive the sacraments and seeing, often, the awe in their faces as they learn about them, the Catholic faith and the sheer beauty and wonder of God, is truly priceless.

Preparation is vital before each lesson but more important is the handing over of oneself completely to the Holy Spirit to allow God to take over, guide and lead your steps, being transformed for the duration



Lisa obtained a qualification for her role as a catechist

of the lessons. There have been many instances after lessons where I have found myself asking, Did I say that? Where did that come from?

With the onset of the Covid pandemic and a great sense of the enormity of the role, I found myself during lockdown questioning my qualifications, credentials, and my overall worthiness to be a catechist at St Pancras – a role that can never be taken lightly and one which continues to humble and terrify me.

As parish life slowly resumed, classes restarted in the early summer of 2021 for the then 2020 cohort whose preparation was cut short due to the pandemic and a new cohort of

candidates commenced in the autumn of 2021. I returned, with the gentle guidance and persuasion from Fr Joseph, to assist with the First Communion classes and also into a new role to help assist Fr with the child Confirmation classes as well.

As Fr Joseph leads the classes and I assist, I continue to feel a great honour to be able to be part of the spiritual learning of each child as they prepare to receive the sacraments, and feel blessed to have the opportunity. It is incredibly reassuring to have Fr Joseph lead and be present, as it also provides me with the confidence and security knowing that he is there, often giving me reassuring nods and glances of approval when I have spoken to the children. As a catechist and member of the laity, that is incredibly important, needed and appreciated.

Being a parish catechist calls to mind that as Catholics we are all called to catechise in one form or another, be it as parents – the most important form of catechetical work – family members, friends, workmates students, neighbours and to the stranger we meet. We are all called to catechise, sometimes even unknowingly, in our daily lives. It is as a catechist that I am continuing to learn, and am reaffirming my faith and what I believe. And again, as Catholics we never cease learning about our faith. We are blessed to have Fr Joseph to lead us, teach us and catechise us through his homilies, the weekly news sheets and the various talks and sessions open to us all.

I feel, and always will, humbled and blessed to be able to be a parish catechist at St Pancras and, God willing, hope to continue to do so.

As we approach June 26, please keep in your prayers the children who are about to make their First Communion, and also the recently confirmed candidates.

Reading up on faith, page 17

August glory

By Fr Joseph Welch

Mariette, Wellcome Collection

Is it memories of the long school holidays, stretching out for a seeming eternity on that first morning after the summer term ended, that, even now, makes the approach of August such a glorious prospect? Is it childhood recollections of endless sunny indolence, with nothing to fill the time except a pile of newly borrowed library books (one summer I read all 12 of Arthur Ransome's *Swallows and Amazons* novels), friends and playtime in the nearby woods and fields, and paddling in the River Tud, that makes me think of August as an Elysian furlough?

Whatever the cause, the approach of this most imperial of months lifts the spirit every year, and while it is really harvest time and autumn is only a few combine harvesters away, it remains for me the month that most embodies summer and sunshine.

Or perhaps it is the anticipation of the glorious feasts that adorn the Church's liturgical calendar that prefaces, for me, the start of the holiday season. Barely a day, and certainly not a week, goes by without some jewel in the Church's crown sparkling in the summer sun.

Whether it is St Dominic, God's dog and the founder of the Dominicans – did you know that the word Dominican is also a play on the Latin words *Domini canes*, the Dogs of the Lord? – bearing the flaming torch of truth in a world shrouded in the darkness of heresy and doubt, or St John Vianney, the Curé d'Ars, resting at a milestone and mopping his brow on a warm day before promising a young boy that if he will show him the way to Ars he, the new priest, will show him the way to heaven; whether it is the recollection of the flaming bonfire on which St Lawrence was roasted – and who, halfway through, told his torturers that they could now turn him over as he was done on that side – or the sheer beauty of that saintly light of poverty and purity, St Clare of Assisi, disciple of St Francis, who clung to



The feast of the Assumption is celebrated on August 15

the altar rather than have her parents drag her away from her true vocation as a holy virgin, who bring so much light into the month of August, I cannot say. But the feasts of August seem to shine brightly, and “run to and from among the reeds” as it says of the saints in the *Book of Wisdom*. Yet there are three feast days in particular whose splendour outshines all the others.

On August 5 we keep an oddly named feast, Our Lady of the Snows.

A devout man, called John, and his wife, a childless couple, chose to leave their worldly goods after they died to Our Blessed Lady but were not sure how best to do this. They spoke to the Pope, Liberius, who advised them to pray to the Blessed Virgin and ask for a sign. Early in August, the husband and wife each had a dream in which Our Lady appeared to them and asked them to build a church in honour of the Mother of God. The next day, they

went to the Pope who said that he had had the same dream. In reply to their question about where the church should be built, he encouraged them to ask Our Lady for a sign. By way of answer, there was a fall of snow during the night of August 5 which covered the Esquiline Hill in Rome. Then, as now, Roman winters could be harsh, but to have snow in August was simply unheard of. The sign was unmistakable. The church was built. Today we know that church, restored and at times wholly rebuilt during its long life, as the Basilica of Mary Major, so called because it was the first Church in the West to be dedicated to the Virgin Mother of God.

The next day, August 6, we celebrate the Transfiguration of Our Lord. Peter, James, and John, were taken up to the top of Mount Tabor and were dazzled by the transformation of their Master's appearance. His face shone as brightly as the sun and His clothes became as white as snow. Too befuddled to think straight, Peter mumbled something about building three tabernacles, or tents, for Our Lord Himself and Moses and Elijah who had appeared beside Him.

Peter, always impetuous, spoke without knowing quite what he was saying. But as he spoke, his voice was drowned out by the sound of God the Father's voice proclaiming that this was His beloved Son in whom He was well pleased. At which point, the three disciples fainted. Offered to these chosen followers as a means of encouraging them in the face of the trials that were soon to come with the arrest, suffering, and death of their Lord, the Transfiguration is also one of the ways in which the Son of God revealed to a fallen world the heavenly glory of God, thereby ushering in a new era, and the Kingdom of God here upon earth.

On August 15 we celebrate the Assumption, body and soul together, of the Immaculate Virgin, Mother of God, into that same heavenly glory. It is precisely because of her complete sinlessness that she is particularly privileged not to suffer the taste of death, which involves for we lesser mortals the separation of body and soul. Only at the end of time will our bodies be reunited to our souls.

Bernard being one of my baptismal names, the feast of St Bernard of Clairvaux on the 20th

becomes for me a way of beginning the gentle lowering of the liturgical heights of August back to a more normal plane. Known as the mellifluous doctor because of his honeyed writings, St Bernard remains one of the all-time great teachers of the Church, and his words continue to be meditated on by thousands of Catholics in the 21st century.

Not that this glorious month is ended yet. On the octave day of the feast of the Assumption we have another feast of Our Lady. In the traditional calendar it is the feast of the Immaculate Heart of Mary, because it is her purity and humility of heart that won for her the glory of her assumption into heaven. In the new calendar, it is the feast of the Queenship of Mary. I suppose, as one priest wag said, it must take at least a week to arrange a coronation even in heaven!

The feasts of St Bartholomew and St Rose of Lima add to the concluding lustre of the month, along with the solemn celebration of the martyrdom of the one whom even Our Lord called the greatest to be born of woman, namely St John the Baptist. August is certainly a glorious month. Long may it stay so.

LUNCHES RAISE £1,000

Picture: Stephen Griggs



The parish reintroduced Thursday lunches for Lent, raising more than £1,000 for the Mary's Meals charity, which serves school meals to children in some of the world's poorest countries

From Ukraine

An East Anglian port chaplain has helped a Ukrainian seafarer meet up with his family after Russia invaded the country in February. Julian Wong, who often attends Mass at St Pancras, first met the ship master a couple of days before Christmas through his work as the Stella Maris port chaplain for East Anglia.

He was at the Port of Felixstowe when a Filipino sailor asked Julian if he could help someone from his ship. Julian went to the vessel and the Filipino “pointed out a bearded guy and said, ‘This is the Ukrainian master of our vessel. Can you give him a lift?’ I thought he just wanted a lift to the Felixstowe Seafarers’ Centre,” Julian said.

“Instead the master said ‘I want to go to Baker Street.’ Surprised, I asked him, ‘Do you mean Baker Street, London?’ He replied, ‘Yes, because my uncle always talked about Baker Street and I have never been there.’

“I asked him, ‘What time are you sailing today?’ He replied, ‘1900 hours’. I told him I would take him straight to Ipswich railway station so he could get a direct train into London.

“I took him to the seafarers’ centre first so he could change his currency. At the centre, the manager heard about his plan to go to London and advised him to go another day because he would have more time in London. I kept silent.

“He got into my car and we left Felixstowe. When we were on the A14, he asked me, ‘Do you think I am crazy?’

“I asked him, ‘How old are you?’ He replied, ‘43’. I said to him, ‘When I was your age, I used to do crazy things. If you want to do something today, never wait till tomorrow because it may never happen.’

“He tapped me on my shoulder and with a big grin on his face, he thanked me.

“When we reached the station ticket office, I made sure he bought the right tickets, including the Underground. When we walked into the station and checked the departure time of the train, I realised that it was about to leave and was



staring at us. I rushed him through the gate and he just managed to step on to the train before the door closed, without a second to spare.”

The Ukrainian captain sent Julian a message on Boxing Day, thanking him for his help.

Julian replied “I am so pleased that you enjoyed your time in London, even though it was only a short visit. Like you said, ‘Happy Memories’ – this is something you will always treasure.”

As this year started Julian had completely forgotten about the incident. Then, on February 24, Russia invaded Ukraine. Julian knew that that there were many Ukrainian seafarers on vessels coming into East Anglia. So, he turned his focus on to helping

them and their families in any way he could.

The Stella Maris chief executive contacted Fr Edward Pracz, the charity’s national director in Poland, because many Ukrainians were fleeing there from the war. Fr Edward had opened a refugee centre in Gdynia for seafarers and their families and said he would do everything he could to help.

Armed with this information, Julian sought out Ukrainian seafarers on vessels coming into our ports. He said: “I would tell them that Fr Edward would help their families in Poland if they needed assistance.

“On March 14, I went back to a vessel I had previously visited when it returned to Felixstowe. Boarding the ship I found there were many

with love⁷



A Ukrainian captain's wife and daughter wait on the quay before being reunited with him, left

Ukrainians in the crew and hearing that the master was also from Ukraine, I asked to speak to him.

"It turned out that he was the captain who had made the trip to London in December. He told me that his wife and daughter had fled to Poland where they were desperate for accommodation. I gave him Fr Edward's contact details.

"The master immediately phoned Fr Edward and then rang his wife. The next day, the captain emailed to say that Fr Edward had said that he could accommodate the family.

"The captain's wife and daughter made their way to Gdynia to join 50 other seafarers and their families under Fr Edward's care.

"On March 18, he emailed: 'My wife and daughter are safe, and my cat.'"

Julian was pleased to have helped, but the story didn't end there. He also introduced the captain to Monica Döring, the Stella Maris port chaplain in Hamburg as the master was seeking help for a friend in Germany.

On April 20, he met the captain again in Felixstowe and was pleased to hear that his family was meeting him when his ship docked in Hamburg a couple of days later.

His family drove for nearly nine

hours to Hamburg where the chaplain had arranged overnight accommodation for them at the port's Catholic seafarers' mission.

On April 23 Monica drove them into the port to be on the quayside as the captain guided in his vessel. They were reunited for the first time in seven months and spent a day and night together as a family before the vessel left the next day.

Fr Edward wrote on May 7: "The Stella Maris missions tell us about the need of seeking one another, about the need of meeting and co-operation. Our mission reflects this

in a beautiful way. The meeting with the captain's wife and her family is a good example of such co-operation.

"I have 48 refugees in our centre. Let us joyfully keep up our ship visiting."

Julian said: "This is one piece of happy news amid all the troubles and tragedies of this terrible war. We pray that it will end soon, that Ukrainian seafarers can go home and be reunited with their families. We pray for the safety of those families who are still in Ukraine. God bless!"



Julian Wong, the East Anglia port chaplain for Stella Maris

Vigil for Ukraine

Ipswich held its second vigil for Ukraine, 60 days after the Russian invasion. The event was organised by the recently formed Together for Ipswich, which has representatives of almost all the denominations and free churches present in the town.

Fr Paul Spellman, of St Mary Magdalen church, led prayers for aid agencies working in Ukraine. Julian Wong, the Stella Maris port chaplain for East Anglia, brought a Ukrainian flag.

The vigil included an hour of prayers, Scripture reading and Christian music, as people clustered around the steps of the town hall. Representatives of Anglican, Methodist and free churches also led prayers, as well as Ukrainians living in Ipswich, and several young



Massgoers from St Pancras took part in the rally

people. A choir accompanied the event and taught those present a Ukrainian setting of *Kyrie Eleison*, which the group sang as a response

to bidding prayers. At the close of the vigil, on April 25, the bells of St Mary le Tower, the town's civic church rang for about half an hour.

Ipswich unites

By Jean M Johnson

I was fortunate, soon after this year's invasion of Ukraine began, to receive early notice of a vigil that was held on, and around, the steps of Ipswich town hall. Thus I could inform all our town Catholic churches and at least three, including St Pancras, were represented. It was an awesome event, reported on our diocesan website and in the diocesan newspaper.

A second vigil was planned by a newly formed team heading Together for Ipswich and this also has been reported on by our diocese. Many churches were represented and Fr Paul Spellman from St Mary Magdalen led some of the prayers. I felt amazed and proud that we could have an hour of Bible readings, prayers and hymns at such a key position in our town, followed by half an hour of the bells of St Mary le Tower ringing out. It was wonderful to join publicly as Christians praying for Ukraine, and I am sure that I was not the only one who also prayed for bereaved Russian wives and mothers who had

no idea that their young men were being sent to fight a war.

You can find out more about this new organisation at togetherforipswich.uk or on Facebook. It is not concerned with doctrine or worship but is a communication channel between all the churches in the town. Fr Paul led the prayers as the Catholic priest representative and I went as the lay contact to a meeting of some of the representatives and the people doing a lot of the work. A really valuable initiative is a little booklet opening up to A3 with a map and a list of all the town churches. They are grouped by denomination so it starts with 14 Baptist churches and we are near the end, as Roman Catholic; we have six, with Holy Family listed as a separate church. Did you know there are 85 churches in the town?

The other side lists many sources of help, including Find which I suspect all our churches collect food for: some of us will have donated personal care items or furniture. There are ten Top Up Shops where the needy can get a bag of food for £2 and details of English classes,

Christian coffee shops and cafés and much more. It is a really useful leaflet that is available in many churches.

Finally, several weeks ago I wrote to all parish priests in the town with details and a link for the Cost of Living Summit on June 27 at 7.30pm at the Salvation Army citadel on Woodbridge Road. Representatives of all the various groups offering aid to people in need, including the borough council, will be present. We all know that as the year progresses more people will be in serious financial need. As well as young families and the unemployed I worry about elderly folk who might suffer in silence, too proud to ask for help. All our churches need to know what help is available. I know three people who live close to me who have booked and I hope St Pancras will send representatives. Finding out what is available is one thing; how to find the needy in our parishes is another that I suspect still has to be tackled.

Let us all help in some way, even if it is only putting a tin or two in the Find box when we can.

Confirmed in faith

The Bishop of East Anglia, the Rt Rev Alan Hopes, conferred the sacrament of Confirmation on six candidates at St Pancras in May.

Two of them have written about their experience for the magazine.

The Catholic church is a special place to me, not only because of my faith but also because it is the place where I have been raised. When I was young in Ipswich, I attended church all the time and it was a part of my life, yet I did not understand it.

To me, as a young boy, it was just a place that I went to as part of a routine. I could not grasp the concept of it all. Not because I did not want to, but just because I was young.

I had other interests. I stopped attending church in my late teenage years and started looking into other spiritual practices.

Since last year, I have found my way back to the Faith. I think it was my time, the time that comes up out of nowhere and draws you back. I like to believe that God came to me and revealed Himself.

When I decided to return to the Church, I was confident that it was time for me to become a Catholic, because I knew the word of God to be true.

That being the case, then I knew that I should follow my next step: Confirmation.

Pushing on for more than half a year, I spent time with Father Joseph Welch, who mentored me in the faith one-to-one, and in his weekly lectures. He provided me with all the necessary resources and gave his time to lay the foundations of my understanding of the Faith. For that I am truly grateful.

When Confirmation came, it felt like I had filled the emptiness of all those previous years. It made me happy to know that I had completed the necessary steps for me to become a Catholic.

The ceremony was lovely, everybody was friendly, and I have



A candidate is confirmed by the bishop at St Pancras

to admit that I felt like I was getting the most attention I have ever had in my life! And now that the Holy Spirit has blessed me through that most sacred moment, I intend to follow the Faith as best as I can for the rest of my life.

Aspen Dunn

When I was first offered the chance to be confirmed, I was somewhat conflicted. I'll admit that at the time I wasn't nearly as sure in my faith as I am now and I think that the lessons I had in preparation for my

Confirmation played a big part in changing that.

Despite my doubts, I said yes, and I don't regret it. For about seven months, I had lessons with Father Joseph and Lisa alongside my older sister every Friday at 5 o'clock after school, excluding holidays.

Initially, I found them a bit tedious; an hour of listening to people talk about things that never entirely made sense, after seven hours of school wasn't particularly appealing, as I'm sure you can imagine.

However, over time, things began to shift. Things I learnt in those

Continued on page 10

From page 9

lessons started to click and the more I understood, the more I wanted to keep learning. And over time, I found myself looking forward to those lessons.

By the time my Confirmation came around, I felt like I had a completely new perception of the religion that I had grown up in.

It was a truly enlightening experience and I extend every thanks to Father Joseph and Lisa for giving my sister and myself that opportunity.

**The Rt Rev Alan Hopes****Jakob Wasag, 14**

Learning from the Bible

By Jean M Johnson

I used to be a head teacher and although it is decades since I had any responsibility, I always remember the challenge that this time of year brought to Catholic schools.

In my first headship the diocese did not allocate school chaplains so it was always a nightmare to find a priest to say a school Mass, which in those long-gone days we were expected to provide, on a Holy Day – and an even bigger nightmare if he did not arrive!

However, I always knew I could phone Fr Toninello, an Italian Verona Father, as the Combonis were known at the time. He would drop everything and come, probably still wearing his trainers! People like that, who help you out in trouble, are just gold. My second

school was in a diocese where we all had secondary chaplains. Our young Oratorian worked with me and the head of RE and was very generous with his time. We could do what we wanted, and we did.

When I attended the St Pancras May procession it reminded me of our prep school children processing round the large school grounds dropping rose petals and singing *Bring Flowers of the Rarest*. You can find lots about Our Lady if you go to the Saints and Seasons section of the godwhospeaks.uk website.

More challenging was the large number of Holy Days in the summer term, with so many on a Thursday. We could not afford to keep missing the same lessons so varied the time and even sometimes put Thursday lessons on another day, but that caused ructions from part-time teachers who were doing



other things on the day we changed to. The Saints and Seasons section of the website has material on Ascension Day, Pentecost and All Saints and All Souls and I hope that it will add Corpus Christi and Saints Peter and Paul.

If you have children or grandchildren then the education section of the website is worth a look. There are plenty of worksheets for primary pupils while there is a wealth of curriculum related material in the secondary section. Another lovely section is Mosaic Experience, which has some interesting video clips. Just explore the website and see what takes your fancy.

The God Who Speaks campaign to encourage Catholics to engage with the Bible was launched in 2020 on the feast of St Jerome, who produced the Vulgate Bible translation that held sway in the Church for more than 1,000 years.

Fleur Dorrell, Catholic scripture engagement manager at the Bible Society and for the Catholic Bishops' Conference of England and Wales tells me that the project is to continue but we shall have to wait and see what the focus will be.

However, those who came to hear her speak in Ipswich just before Covid took hold will, I am sure, be pleased to hear that she is booked to return on Saturday, February 25 at 1030 for 1100 to speak to the Guild of Our Lady of Grace on Mary and the Visual Arts. It will be good: mark the date.

Jean is the Suffolk champion for the God Who Speaks campaign

For Fr Joseph recommendations on Bibles see page 18

**The St Pancras May procession brought back memories**

Children's pages





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

ASSISTED, GRATEFUL, GUARDED,
 JEROME, LION, PAW, SAINT,
 SCRIPTURE, THORN, TRANSLATED,
 WILDERNESS

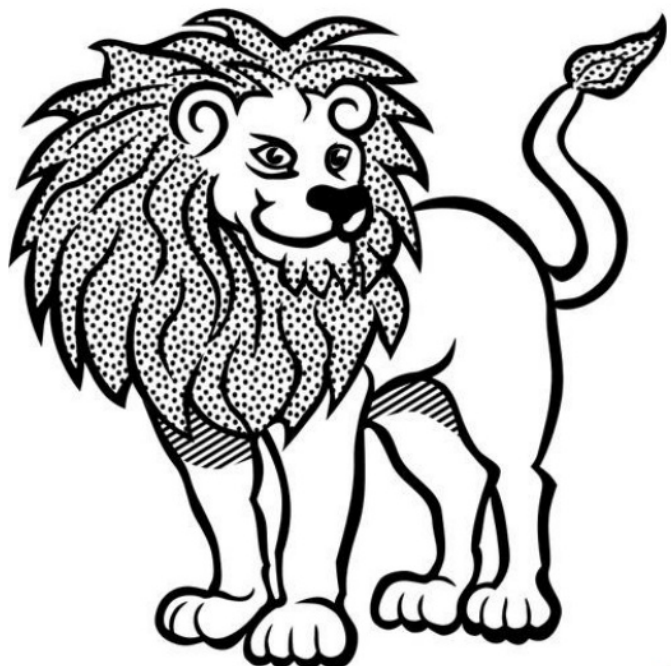
Can you uncover the story of St Jerome's lion?
 Use the words you found in the word search.

Whilst living in the _____,
 St _____ once pulled a _____
 from a _____'s _____. The lion was
 so _____ that he
 _____ and _____
 St Jerome as he
 _____ the
 _____ s from then on.



Saint Jerome and the lion, Hans Memling, Painting c.1490. Source: Wikimedia Commons

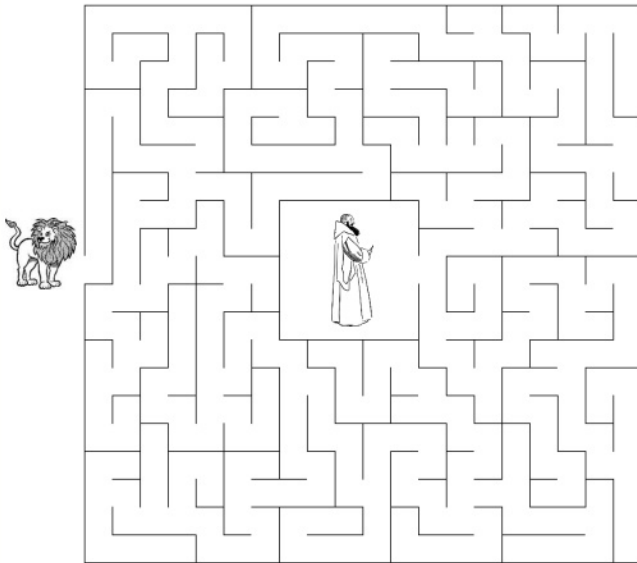
St Jerome's lion is happy now his thorn has
 gone! Can you colour him in?





St Jerome is lost in the maze!

Can you help his lion to rescue him?



Release your inner roar!

St Jerome's lion was good at guarding and assisting St Jerome.

List 2 things you are good at:

.....

.....

These make you *Roarsome* to God!

The Bible says this:

'The Father has loved us so much!
This shows how much he loved us: We are
called children of God.' **1 John 3:1**



St Jerome once wrote: "What honey is sweeter than to know the wisdom of God?"

Here's a recipe for Honey Cake that you can make with an adult:



By James Martin
(see: www.bbc.co.uk/food/recipes/honeycake_67599)

Preparation time: **less than 30 mins**

Cooking time: **30 mins to 1 hour**

Ingredients

170g/6oz clear honey
140g/5oz butter
85g/3oz light muscovado sugar
2 eggs, beaten
200g/7oz self raising flour, sieved
water

For the icing

55g/2oz icing sugar
1 tbsp clear honey
hot water

Method

Preheat oven to 180C/350F/Gas 3 and butter and line the bottom of a 7in/18cm cake tin.

Measure the honey, butter and sugar into a large pan. Add a tablespoon of water and heat gently until melted.

Remove from the heat and mix in the eggs and flour.

Spoon into the cake tin and bake for 40-45 minutes until the cake is springy to the touch and shrinking slightly from the sides of the tin.

Cool slightly in the tin before turning out onto a wire rack.

While the cake is still warm, make the icing by mixing the sugar and honey together with 2-3 teaspoons of hot water. Trickle over the cake in whatever design takes your fancy.



I beat fear to crown Mary

By Emilia Wasag

When Father Joseph first asked if I could be May Queen I was scared of embarrassing myself.

I thought: "I'm just a little girl, I can't do it." I was scared of making a mistake and everyone would laugh at me. It was such a big responsibility but I had to believe in myself.

When we arrived at church there were already people busy preparing things. We had petals to scatter during the procession.

We went into the hall and the statue of Mary was put on a wooden thing that had been made especially to carry it.

I had to use a step to be able to crown Mary with a beautiful crown of flowers. Then we walked around the outside of the church, following Mary and singing hymns. It was a lovely afternoon and I'm glad that I got over my fear.



Diocesan youth days

July 25-29, Annual Diocesan Young Adults Pilgrimage

Join us on a travelling adventure! This year we'll be venturing to Holywell, known as "the Lourdes of Wales". More info on the pilgrimages page on the diocesan website rcdea.org.uk.

August 11-15, England's Way, a four-day walk to Walsingham

A "proper pilgrimage" for those aged 18 to 35, spending four days in the glorious East Anglian countryside winding our way on foot from St Edmund's ancient shrine at Bury St Edmunds to the National Shrine & Basilica of Our Lady at Walsingham. Registration just £75 (including accommodation, breakfast and a main meal each day). Booking and full details available on the diocesan website.

September 9-11, Transform – a weekend for young adults at Clare Priory

Be transformed by the Lord Jesus at a festival with powerful talks,

contemporary music and passionate prayer in the stunning surroundings of Clare Priory on the Suffolk-Essex border. Save the dates! More details in due course.

TBC November 19, World Youth Day, East Anglia

Following Pope Francis' invitation to gather as a diocese to celebrate World Youth Day each year on the feast of Christ the King, we hope to gather young people for a celebration of faith. More info will be made available in the autumn.

Saturday, March 4, 2023 – Flame at Wembley Arena

Join us for the biggest Catholic youth gathering in England with thousands of young people at the SSE Wembley Arena. The theme for Flame 2023, exactly 150 days before World Youth Day in Lisbon, is "Rise Up!" and the day will include lively music, international speakers and a lot more. Open to those from Year 9 up to and including university age. Find out

more at cymfed.org.uk/flame.

Details of groups and transport from our diocese will be posted on the website nearer the time. Contact Hamish on dys@rcdea.org.uk if you are interested in coming or in bringing a parish or school group.

TBC spring 2023 – Ignite Festival

The East of England's premier Catholic event for teenagers is to return with lively music, powerful speakers and passionate prayer. More information will be available on ignitefestival.co.uk in due course.

July/August 2023 – World Youth Day, Lisbon

At the invitation of Pope Francis, young people from around the world will gather in Lisbon for a life-changing week of celebration and pilgrimage. A group of those aged 16 or over from the Diocese of East Anglia will travel to be among them. If you are going to be 16 or over by July 25, 2023 then why not join us? More details are on the website

Honouring Our Lady

By **Mim MacMahon**

This year St Pancras revived the time-honoured tradition of the May procession and crowning of Our Lady.

We could not have wished for a better afternoon, alight with blue sky and brimming with tree blossom.

The somewhat unglamorous setting of the patch of grass beside the church hall was made brilliant by her statue, standing on a “porta-madonna” made by Chris Urdzik, inside a garland of pink and white flowers.

Emilia Wasag, seven – our “May Queen”, who is making her First Communion this year – stepped forward to crown the statue with flowers.

A procession of about 40 wound its way through the car park, whose unlovely asphalt was made beautiful by the scattering of flower petals.

Some bystanders looked in our direction, a bit bemused by what was taking place.

In the common parlance, we “styled it out”.

Inside the church, two stalwart parishioners carried the statue of Mary lovingly to her place beside the altar and we sang her praises with favourite hymns including *May is the Month of Mary, Bring Flowers of the Fairest* and *Daily, Daily Sing to Mary* before taking part in Benediction.

Of course there was tea afterwards, and sausage rolls, buns and fellowship as we enjoyed the afternoon. People went home happy.



Chris Urdzik made a “porta-madonna” for the statue of Mary

And Our Lady did what she always does: beautified our homely world with her immaculate, God-bearing

presence. Fr Joseph said he hopes that the procession and crowning will be reinstated as an annual event.

Bernadette relics on tour

The relics of St Bernadette will be visiting the diocese this year.

St Bernadette was born in Lourdes in 1844, into a poor family. She was frail and received the Last Rites three times during her childhood.

Aged 14, she was out gathering firewood when she received her first vision of Our Lady.

In the vision Bernadette was asked to tell the people to repent of

their sins, tell the priests to build a chapel and invite the people to come and pray.

The relics, which include pieces of rib and hair, will be at St John’s Cathedral in Norwich from 11:30 am on Thursday, October 13 until 9am on Saturday, October 15 and at Our Lady and the English Martyrs in Cambridge from noon on Saturday October 15 until 9am on Sunday, October 16.



Do you feel lucky?

By Jessie

Wags and greetings once again. Alex, my human Dad and I headed off to Christchurch Park.

It is a doggie delight on a fine sunny day. Dad talks to me as I trot alongside his mobility scooter.

Once through the gates I started my sniffing and checking routine. I was in the bushes preoccupied with a leaf when suddenly there was a flapping sound and a splat!

Dad shouted just as a dreadful smell attacked my nose, there was green slimy stuff all over his jacket. Looking up I saw a huge bird.

Dad muttered something about dive bombing and anti-aircraft guns. Then he cheered up and said: "Don't worry Jessie, it's lucky."

That didn't make any sense. We K9s are practical animals.

Things got even stranger. Dad found a creepy thing in his hair and called it a money spider!

On our way back we called at our favourite hostelry, The Greyhound. I was happy to enjoy a few treats. A man keeps them in a glass jar on the counter specially for doggie clients. I was just dozing when Dad said:

"Look Jessie we're at table number seven, I must buy a lottery ticket." Now I am barking baffled!

Back at home I pondered the puzzling events of the day. Dad told me that humans have ideas about things that are lucky and unlucky. They call them superstitions. I have been busy researching, I am a literary lurcher after all. So here is a quiz on superstitions.

- 1 Be careful, breaking this means seven years' bad luck.
- 2 Which birds feature in the rhyme, "one for sorrow – two for joy ..."
- 3 Why is it considered unlucky to walk under a ladder?
- 4 Which saint's day is on July 15. And what happen if it rains on this day?
- 5 Why is the number 13 thought unlucky?
- 6 Which bird is associated with babies and fertility?



Jessie researched superstitions to set this quiz

- 7 Why do we take off hats indoors?
- 8 The name of which play should never be spoken in a theatre?
- 9 Which birds are kept as mascots in the Tower of London and why?
- 10 Who should wear "something borrowed, something blue ..."?
- 11 Which Latin word meaning left has come to mean threatening or frightening?
- 12 What should you do if you spill salt and where has this idea come from?
- 13 Why is it bad luck to put new shoes on the table?
- 14 Why is the number seven seen as lucky?
- 15 What shouldn't you open indoors?
- 16 What does it mean if you drop a knife?
- 17 Which bird does Coleridge refer to in his *Rime of the Ancient Mariner*: "For all averred, I had killed the bird, That made the breeze to blow".
- 18 Why is a red sky at night a shepherd's delight?
- 19 Which shoe is a sign of good luck?
- 20 Which colour is associated with darkness and sorrow?
- 21 Which number from Revelation is the mark of the beast and very unlucky?
- 22 Repeating the name of which animal three times in a row on the first day of the month is said to bring luck.
- 23 In the poem *Sir Patrick Spens* a sailor says "I saw the new moon late yestreen with the old moon in her arm." What does this foretell?
- 24 Which animal is considered to be lucky if it crosses your path?
- 25 What might you find at the end of a rainbow?

Answers, page 21

Reading up on our faith

By Fr Joseph Welch

There are many introductions to the Catholic Faith: some are intended for children, others for converts, and yet others for practising Catholics who simply want to know more.

Of those given here, some are straightforward catechisms, while others are weighty theological tomes for the more serious reader. All are focused on Catholic dogmas and doctrines so that readers may acquaint themselves with what the Church actually teaches. They are unashamedly traditional in character, and most were initially published in the first five or six decades of the twentieth century.

Some are out of print (o/p) while others have been reprinted or republished in recent years. All are excellent in my view and a couple are outstanding. Read the notes and, if you wish, speak to me before buying.

For out-of-print books, try the website usedbooksearch.co.uk.

A Compendium of Catechetical Instruction by Monsignor John Hagan, four volumes). o/p. An outstanding commentary on the Catechism of Pope St Pius X published in 1908. For the serious

reader, lengthy and detailed yet accessible.

I Believe by JPM van der Ploeg, OP. o/p.. A theological introduction to the dogmas and doctrines of the Catholic Church. Easy to read.

My Catholic Faith by Louis LaRavoire Morrow. A slightly old-fashioned but excellent catechism divided into 195 questions with answers further subdivided. Very accessible.

Our Faith by John C Heenan (former Cardinal Archbishop of Westminster), o/p. The author adopts a conversational tone in this excellent summary of our Catholic Faith.

Our Birthright, (for primary school children), and *Our Inheritance* (for secondary pupils), by Mary Eaton. Very good introductions to the Faith designed to nurture not just learning but a love of the Faith. Both o/p, and both

now feel dated in their tone and language but still worth having on your bookshelves. Nowadays, more suited to children older than the original target readership.

Roman Catholicism by Sebastian Bullough. o/p. A chatty and readable introduction to the Faith, aimed at the reader who wants to know about the Church as an institution as well as what she teaches.

The Faith Explained by Leo Trese. A really readable encyclopedia of the Catholic Faith.

The Faith of Millions: The Credentials of the Catholic Religion by John A O'Brien. A thorough but gentle commentary on the Catholic Faith written as if a kindly uncle were speaking to the reader.

The Mysteries of Christianity by Matthias Scheeben, translated by Cyril Vollert. A heavy theological volume for the serious reader, but a rewarding read.

The Student's Catholic Doctrine by Charles Hart, o/p. An outstanding summary of Catholic doctrine. The single best small book on the Catholic Faith.

The Teaching of the Catholic Church by George D Smith. An outstanding summary of Catholic doctrine, at once learned and easy to read. The single best read for a detailed understanding of the Faith.

This is the Faith by Francis J Ripley. A solid and popular explanation of the Catholic Faith.

We Believe by Monsignor AN Gilby, 1982. An excellent commentary on what Catholics believe based on the 300 questions in The Catechism of Christian Doctrine (the old Penny Catechism).

What Catholics Believe by Josef Pieper. An excellent little summary of the Catholic Faith, easy to read and understand.

A link to a more detailed version of this article may be found on the home page of the parish website



Cardinal Heenan produced an excellent summary of our faith

Choosing a Bible

By Fr Joseph Welch

St Jerome said: “Ignorance of the Scriptures is ignorance of Christ” but finding the right Bible can be tricky given how many editions there are on the market. So here are a few thoughts.

What is the difference between a Catholic and a Protestant Bible?

The Septuagint is a translation of the Hebrew Bible (that is, the Christian Old Testament), into Greek. It was translated by 70 Jewish scholars (hence the Latin word *septuaginta* which means 70) for the Jewish community in Alexandria at the request of Ptolemy II Philadelphus (285-247 BC). It is the oldest surviving translation of the Hebrew Bible. In fact, it is older than any Hebrew texts that now exist.

The final decision about which

texts should be included in the Bible was made at the Council of Rome in 382 under Pope St Damasus I. All the books included became known as canonical, from the Greek *kanōn* which means (unchanging) rule.

At the same time that the canonical books were decided on, Pope St Damasus I asked St Jerome to translate the Bible into Latin. St Jerome translated the Old Testament into Latin from the Greek Septuagint. The completed Bible became known as the *Biblia Vulgata*, or *Vulgate Bible*, meaning Bible in the common tongue. The Vulgate became the official Bible of the Catholic Church and remains so to the present day.

The Douai-Rheims Bible is a translation of the Latin Vulgate Bible into English by members of

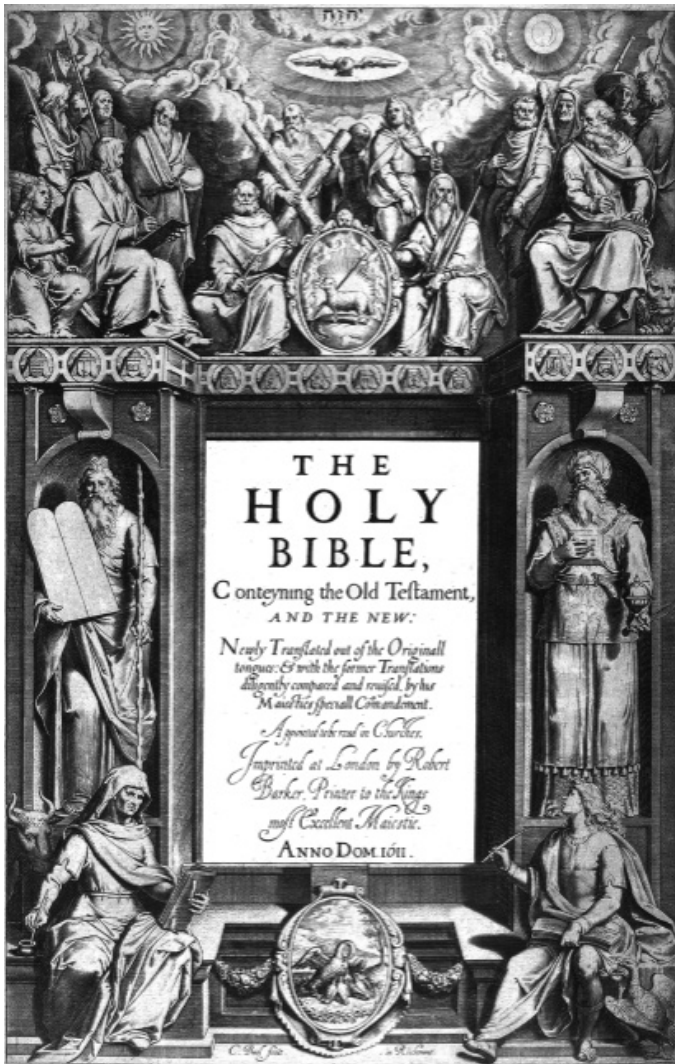
the English College in Douai, France. The New Testament was published in Reims, France, in 1582. The Old Testament was published in two volumes in 1609 and 1610 by the University of Douai. However, much of this version was dense and almost unreadable. As a result, Bishop Richard Challoner (1691-1781) provided a revised version which is still in use today, with more revisions to the New Testament texts by Fr Bernard MacMahon, c1736-1816. The Douai-Rheims Bible we have today uses these Challoner-MacMahon texts.

In the 16th century, Protestant scholars used the Hebrew Masoretic text to translate the Bible into the vernacular, the common language of the people. Following the Hebrew texts as well as ideas born of Protestant theology, these scholars decided on an alternative set of canonical books, excluding others as “apocryphal” (from the Greek *apokryphos* meaning hide away, and the Latin *apocrypha scripta* meaning hidden writings). Nowadays, some Protestant Bibles include the apocryphal books in the main body while others add them as an appendix. Some do not include them at all.

The King James Bible (KJV) or Authorised Version was published in English in 1611 and is the main version of the Bible for the Church of England. Many people like the KJV because of its language. For example, it is the only version that uses the phrase, “I am the rose of Sharon, and the lily of the valleys” in the Song of Songs.

The Revised Standard Version is a revision of the King James or Authorised Version. The RSV first appeared in 1881-1885 and 1901, and was revised in 1971. There are Catholic Editions of the RSV sometimes abbreviated to RSV(CE). This is probably the most widely used translation for English-speaking Catholics.

Which Bible should you choose? There is no “should”. Each person may choose whichever Bible suits



The 1611 first edition of the King James Version

him or her and there are many, many to choose from. Here, I present a few suggestions.

Douai-Rheims Bible. There are several editions in print. The language is old-fashioned. However, the great advantage is that the vocabulary and syntax lift the reader out of everyday language and make them think about, and engage more deeply with, the text. The Latin Vulgate (of which the Douai-Rheims is the English translation) is the version used by all the saints and doctors of the Church, so familiarity with the Douai-Rheims makes it easier to follow the biblical references of, say, St Augustine, St Bernard of Clairvaux, or St John of the Cross.

Knox Bible. Translated from the Latin Vulgate by Monsignor Ronald Knox (1888-1957), the Knox Bible was officially authorised for use in Catholic churches and schools in 1944. Again, old-fashioned language, and not especially popular but beautiful nonetheless. Knox's version of the Psalms is also interesting, for example Ps 118 (the longest psalm in the Bible) is, in Hebrew, constructed so that each section is named after the letters of the Hebrew alphabet, Aleph, Beth, Gimel, Daleth, (A,B,C,D) and so forth. In his version, Knox starts each verse of each section with the same letter. So, in the first section, each verse begins with the letter A. Each verse in the second section begins with the letter B. Whatever else you may think of this, it indicates an imaginative approach to the translation as a whole. Both the

Douai-Rheims and the Knox Bibles use the Vulgate names for the books of the Bible and the Vulgate numbering of the psalms.

All of the following, although Catholic, use the Hebrew/Masoretic/Protestant names and numbering.

Catholic Bible is the Catholic Edition of the English Standard Version (ESV-CE). Created by a team of more than 100 scholars, it is the version chosen by the bishops of England and Wales for the new lectionary (the book which contains all the readings at Mass) which will be introduced soon, probably Advent 2023.

The Ignatius Bible uses the RSV(CE) translation and is published in various versions, with different levels of commentary, including booklets called the Catholic Study Bible which each contain just one book from the Bible with accompanying notes.

The Great Adventure Bible uses the RSV(CE) translation and has all sorts of useful and informative features such as maps, graphs, diagrams, "key events," introductory articles, and commentaries.

The Catholic Study Bible uses the New American Bible Revised Edition. It gives extensive reading guides at the start of each book of the Bible as well as informative footnotes throughout.

The Navarre Bible has been produced by the University of Navarre in Spain. It comes as a multi-volume set, and each volume has a thorough commentary. There

are seven volumes covering the Old Testament and twelve covering the New Testament. The single-volume Navarre Bible – NT Expanded Edition includes a new commentary.

Bible in a Year: Your Daily Encounter with God is the only Catholic version, RSV(CE), that divides the Bible up into 366 sections, one for every day of the year. Each date usually has: three chapters from the Old Testament; a psalm (or a chapter from the Wisdom literature, that is, Proverbs, Ecclesiastes, Song of Songs, Wisdom, or Sirach; a chapter from the New Testament and a brief reflection. This has the advantage that everything is laid out for the reader to get through the whole Bible in a year without having to flick back and forth. The disadvantage is that the choice of chapters does not correspond to the feast days or seasons of the Church's year, so for example on Christmas Day the readings are not specifically related to the Nativity. Even so, an excellent "Bible in a Year".

The Jerusalem Bible was translated by French and English scholars in the 1960s, and is the text used in the lectionary at Mass (but see note on the Catholic Bible ESV-CE above) and, therefore, many of its phrases will be familiar.

The Bible: A Study Bible freshly translated by Nicholas King SJ, offers new wording for many phrases that have, perhaps, become so familiar that we overlook them.

A link to a more detailed version of this article may be found on the home page of the parish website

PALM SUNDAY PROCESSION

Picture: Stephen Griggs



Parishioners take part in the Palm Sunday procession at St Pancras in April

By Keith Morris

The synodal pathway is “the most all-encompassing invitation issued to the Church, certainly in our lifetime,” Bishop Alan Hopes told a gathering in Norwich of parish representatives.

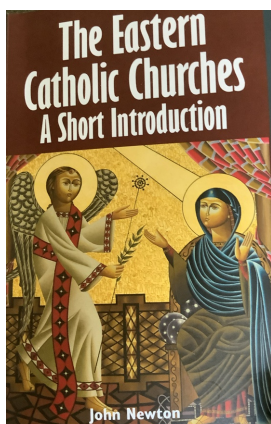
The meeting in May, at St John’s Cathedral, marked the conclusion of its first stage in East Anglia.

More than 1,000 responses came in online. This represents about 11% of those attending Mass within the diocese. In addition, 24 parishes (46%), submitted “whole parish” summaries after meetings. A number of hard-copy individual responses were submitted by post. A synthesis of responses is on the diocesan website.

Angela Wilson, of the diocesan synodal core team, said that she had read every response twice before identifying themes. One important topic that she highlighted was the desire among many Catholics to work more closely with Christians from other denominations. Also, opportunities were needed outside Mass for newcomers and explorers to learn about the Church. She finished with a quotation from St Catherine of Sienna: “All the way to heaven is heaven, because Jesus said, ‘I am the Way.’”

Bishop Alan told delegates: “This is a dynamism of mutual listening carried out at all levels of the Church, involving all the people of God. It is not about gathering opinions – this is not a survey but about listening to the Holy Spirit. We are there to speak and to listen, not to lobby or vote. It was a brave step to take, given the diversity of the Catholic world, with its different cultures, but single faith.

“In the parishes of the diocese,



Bishop Alan said the diocese did not need to wait for Rome to act

Church issues an invite

individuals and groups have participated in discussion and in online responses to the most all-encompassing invitation issued to the Church, certainly in our lifetime, and probably never before in the history of the Church. I know that while a few were hesitant or even sceptical of the process, those who did participate, did so with enthusiasm and hope, truly trusting that Pope Francis really does want a real no-holds-barred snapshot of the 21st century Catholic Church.”

He added: “People might be tempted to think, ‘we’ve done our bit so all we can do now is wait and see what happens.’ I want to suggest that is the last thing we should be

contemplating. It is quite clear that in many of our parishes there has been a wonderful opportunity, particularly where there has been discussion and feedback to the parish, for continuing reflection, not only on our individual life of faith, but on the spiritual life and growth of the communities to which we belong.

“We don’t have to wait for documentation from Rome, to be putting into practice some of the outcomes of our deliberations. As always, whenever we feel that things could be better, we have the option of leaving others to get on with the task in hand or be part of the process ourselves.”

Understanding universality

By Jean M Johnson

Before going to our cathedral for a meeting of co-ordinators of the synodal pathway, I read the summary of diocesan responses, which can be found on the rdea website.

I was surprised to read the following, in the introduction to responses to a question about

ecumenism: “Within our own Church, there is a lack of understanding of what is meant by, or even which churches are ‘in communion’ with the Holy See, and what this means in practice ... It seems that the Universal nature of the Church is not recognised.”

I first came across one of the Eastern Catholic Churches in 1990,

Retreat

Patricia Ware recommends
Consoling the Heart of Jesus by
Michael E. Gaitley.

This do-it-yourself weekend
retreat combines the spiritual

exercises of St Ignatius with the
teachings of Saints Thérèse of
Lisieux, Faustina Kowalska and
Louis de Montfort. The author, Fr
Michael Gaitley, MIC, has a gift for
inspiring trust in Jesus.

Picture:
Gillian Mobb



A Boisterous Bumble

Working in my kitchen, I heard a buzzing sound.
A huzzing and a fuzzing, a bumble large and round.
He blundered through the open door, zigzagged across the room.
The sunshine came in with him dispelling morning gloom.

He was indeed a cheering sight in stripes of black and yellow.
A bright and noisy visitor, a very handsome fellow.
I welcomed him and watched him buzzing all around,
Wings whirring busily to keep him off the ground.

Suddenly the buzzing stopped and I could see he'd landed on the curtain.
"You can't stay there," I said to him "Of that I am most certain."
Up and down the nets he climbed, his buzzing getting frantic,
Desperate to get outside, for him this was no antic.

The blue sky and the blossoms, a tantalising sight,
They seemed to beckon and inspire, for he suddenly took flight.
Along the darkened hall he flew and quickly made his way,
I opened the door and watched as he happily joined the day.

Anna Smith

QUIZ ANSWERS 1 A mirror 2 Magpies 3 A ladder leaning against the wall resembled the gallows, walking under it could mean death by hanging 4 St Swithin, rain on this day means more downpours for the next 40 days 5 Judas was the 13th diner at the Last Supper 6 The stork 7 It is a sign of respect and peace, from the Middle Ages when knights would take off helmets on entering a house to show they came as friends 8 *Macbeth*, which is referred to as the Scottish play 9 Ravens, there is a superstition that the Crown and Britain will fall if they leave the Tower 10 A bride, for good luck 11 Sinister 12 Throw three pinches over your left shoulder to reverse the bad luck. The origin of this superstition may have come from da Vinci's *The Last Supper*, in which Judas Iscariot knocks over the salt cellar 13 This is seen as a portent of death. It comes from mining communities. When a miner lost his life in the pit his family would leave his boots on the table as a tribute 14 The origin of this idea is biblical. The world was created in six days and God rested on the seventh 15 An umbrella 16 A man will call at the house 17 The albatross, thought to be lucky for sailors 18 It is a sign of fine weather to come 19 A horseshoe 20 Black 21 666 22 Rabbit 23 A violent storm 24 A black cat 25 A pot of gold

when I went to Romania as part of a team from Life. We were told that members of the Romanian Greek-Catholic Church, particularly bishops and priests, were imprisoned and persecuted under Communism.

In our own times, you may not have heard of the Ukrainian Greek-Catholic Church, which has nearly 4.5 million members. Almost as large is the Syro-Malabar Church which the Apostle Thomas is credited with founding at Malabar on the western coast of India, in 52AD. Many of the Indian Catholics who work at Ipswich Hospital, and come to St Mary's frequently during the week, are from that Church. Father Thomas, who is now at St James church in Ipswich, is their chaplain.

If you know little about these Eastern Catholic Churches then help is at hand: Aid to the Church in Need (ACN) has published a small booklet called: *The Eastern Catholic Churches : A Short Introduction* by John Newton (£3.95).

I was particularly interested to read the afterword by the Bishop of Hexham and Newcastle, the Rt Rev Robert Byrne, who I've known for a very long time. He talks of "the rich diversity of the Catholic Church in its expression of faith and worship" and mentions the Syro-Malabar and Ukrainian Greek-Catholic Churches, but says there are many other Eastern Catholic Churches present in the UK and "We need to learn about these Churches who, like us, have received the fullness of Faith and Truth from the Apostles." Within 166 pages you will learn a great deal, and there are also beautiful colour photographs, from the Cross in the Armenian Catholic Cathedral in Aleppo, Syria, which was damaged in the conflict, the Maronite Divine Liturgy in Damascus and an icon in Lviv of 20th century Ukrainian martyrs.

The booklet gives the often complex history of five of the Eastern Catholic Churches, some general information about them, learned notes and a helpful glossary. Buy it! You will learn a great deal and contribute to the great work of ACN supporting persecuted Christians.

By Stephen Donaghy

Worshippers marked the 20th anniversary of the restoration of the shrine to Our Lady of Grace in Ipswich with a thanksgiving service in March.

The original shrine had its first recorded mention in 1152 and in its time was almost as important as Walsingham. Princess Elizabeth, the daughter of Edward I, was married in its chapel in 1297. Between 1517 and 1522 the shrine was visited by Henry VIII, Catherine of Aragon, Sir Thomas More and Cardinal Wolsey, who was born in Ipswich. The shrine was destroyed during the Reformation and its statue sent to London in 1538 to be burnt. However, legend has it that the statue found its way to Nettuno, about 30 miles south of Rome.

Jean Johnson was involved in a meeting of Anglicans and Catholics in Ipswich in 1977 to discuss the possible restoration of the shrine that led to the setting up of the Guild of Our Lady of Grace.

In 2002 a replica statue, carved by Robert Mellamphy, a parishioner at St Pancras, was installed in the Anglican church of St Mary at the Elms, a short distance from the site of the original shrine.

Mrs Johnson said: "It was a great joy to be present at the service. The widening ecumenical interest in our shrine was shown by participation of Methodist and Baptist/URC clergy as well as a good number of priests along with the Archdeacon of Ipswich and three Anglican bishops. Our prayers remembered particularly those who worked to establish the shrine along with members of the guild, founded to pray for Christian unity and to re-establish the shrine."

Clergy attending the service included the Rt Rev Martin Seeley, Anglican Bishop of St Edmundsbury and Ipswich, the Rt Rev Canon Monsignor Eugene Harkness, representing the Bishop of East Anglia and the Rt Rev Norman Banks, Bishop of Richborough who gave the address.

Mrs Johnson said: "He mentioned pilgrimages to Nettuno, the wonderful hospitality there and the townspeople's great devotion to 'the



Rt Rev Canon Monsignor Eugene Harkness, at lectern represented the Bishop of East Anglia at the service

Our Lady of Grace celebrated

English Lady'. He also explained that the guild had been renamed the Meryemana [House of Mary] Foundation because of the belief that John took Mary to a house in Ephesus in her latter days."

Other guests included Councillor Elizabeth Hughes, the Mayor of Ipswich, who read from Luke's Gospel about Mary's visit to Elizabeth; Silvano and Mario Casaldi, representing the sister shrine in Nettuno, and the family of the statue's sculptor.

There were also representatives from the Russian Orthodox church

and the Cambridge Central Mosque. Mrs Johnson said: "Finally, in beautiful sunshine, we proceeded out to Lady Lane, site of the original shrine, where with billowing banners and clouds of incense, we recited *The Angelus*, prior to retiring to the Methodist church for a wonderful lunch and special celebration cake."

Bernadette Wood, who attended the service, said: "It was a wonderful gathering to honour Our Lady of Grace, and remember the first 20 years of this wonderful shrine's new phase."

Holiday at home

By Anne Durnford
Christ Church is organising its traditional Holiday at Home event in July.

There will be two days of activities – on Thursday and Friday, July 21-22, from 10.30am to 4pm. Each day will start with coffee and this year participants will be "visiting" Scotland, with a virtual tour of the Scottish Isle.

Other activities will include crafts, games and quizzes with lunch provided. Friday afternoon will feature tea and Scottish-

themed entertainment. On Sunday, July 24, we will serve afternoon tea at 5pm followed by "Songs of Praise" at 6pm, including requests.

You are welcome to any or all of the days and we hope to be fully funded once again.

If you are interested get a registration form from Christ Church, see Margaret Fish or Anne Durnford or telephone Anne on Ipswich 727790.

Transport can be provided if required.

Next door's news

By Rob King

You may, or may, not have noticed that there is scaffolding over the passage that runs down the west side of our church building.

It has been there for years to prevent lumps of stone falling on our heads as we go round to the halls. A similar problem exists on the inside, at the back of the gallery, where lumps of plaster fall off from time to time, especially in strong winds.

Well, the scaffolding is about to be removed and replaced with even more scaffolding which will give access to most of the stonework on the west wall.

After years of negotiation we have obtained grants from The United Reformed Church and The Baptist Union that will enable repairs to be carried out. Some worn stone will be cut out and replaced with new Caen stone components and holes will be drilled and stainless steel anchors set in to stabilise the rest. It is likely that the three window panels will need to be removed and refurbished. This work will continue throughout the summer. We will be able to continue worshipping in the building but the gallery will be closed and the organ has been draped with plastic sheets to protect the pipes from dust.

With the pandemic having less impact on our daily lives, we have been able to keep Thursday Forum running for a whole year from October till May. We have enjoyed tasty lunches and stimulating talks. Ann Fox our co-ordinator has offered the following personal perspective:

Most moving – Riding for the Disabled and Inspire Suffolk
 Warmest, happiest – The Magical Island of Bali
 Most challenging – Cool clothes that tell tales
 Most unusual – A talk by a deaf lady
 Most amazing – Suffolk Accident Rescue Service

We have now finished for the summer and resume on October 6 with a talk about the RNLI, which is our chosen charity for this year. You



are welcome to join us at noon for lunch and/or 1.10 pm for the talk.

On May 21, during Christian Aid week we held a plant and cake sale to raise funds for the charity and to have a visible presence in the local community. Our front lawn is ideal for the plant stalls, and coffee and cake were available inside the church building. This was accompanied by gentle music played on the organ.

Every ten years in the United Reformed and Baptist churches ministers are entitled, and encouraged, to take a sabbatical. This is usually for three months and is an opportunity to study, travel, relax and generally be refreshed. This year our minister, Rev Neil Coulson, is taking up this provision and will be on sabbatical for June and July and leave during August.

A number of friends, some retired ministers and some lay preachers, will lead worship for us during this time.

In Neil's pastoral letter for June he speaks about the actions of the disciples as recorded in John's gospel as they returned to Galilee after the resurrection of Jesus.

Simon Peter said he was going fishing and the others went with him.

Neil suggests that the disciples were not running away from their calling but rather returning to the place where they were first called. Of course Jesus meets them there and Peter is restored from his anguish after denying Jesus.

Neil writes: "I hope that all of us feel encouraged by this story about Jesus and Peter to be open to encountering God in both familiar and new ways. We may wish to think about times and places where we've experienced the divine in the past. Perhaps we wisely go to that place or do what it was we were doing again. Or, there may be surprising and new ways in which we may experience the life and love of God. Let us at least remain open to the possibility. And certainly, in all you do through the coming summer months, I pray that you and your loved ones will be richly blessed by our loving God."

Every blessing to you from all of us at Christ Church.

Rob King
 Church secretary



The Corpus Christi procession was held with petals strewn along the aisles of St Pancras

Corpus Christi

By Mim MacMahon

St Pancras marked the feast of Corpus Christi with a procession, for the first time in some years. Attendance at the deanery procession, which used to take place in the grounds of St Joseph's College, had dwindled to the point where it was felt necessary to "retire" it, leaving behind memories of rose petals, rainwashed lawns and hymns that we rarely sing on any other day of the year until this year. On June 19 the rose petals were back. The previous night, violent thunderstorms had powered through the Ipswich area. Although the afternoon itself was fine, it was probably just as well that we confined ourselves to the church.

With pomp, love and reverence, Father Joseph and about 50 parishioners took part in a procession with the Blessed Sacrament while children scattered petals and the choir sang Jesus, My Lord, My God, My All.

Why is this important? Because it is an act of witness. Because we are saying that, in the Sacrament, Our Lord is still physically present in the world; our present, everyday, messy world riven with disease, poverty and war. *Bella premunt hostilia; da robur; fer auxilium* (Our foes press hard from every side; thine aid supply, thy strength bestow).

We need that presence, God provides it. And on a Sunday afternoon in the summer, we get to walk with Him.

