

St Pancras

Easter Rising Times, 2021



Free to good homes, see page 2

Happy Easter everyone, it's been great to see the signs of spring and let's hope that better times are on the way.

Thanks to all those who contributed to the magazine, I hope everyone finds things in it that they enjoy.

We welcome Fr Joseph Welch who has been looking after our parish since January. Hopefully as lockdown eases more parishioners will be able to meet him in person.

Fr Welch points out that liking people is one of the reasons for becoming a priest so please feel free to urge parishioners to contact him by phone on Ipswich 252596 or email, stpancras.priest@btinternet.com

As parishioners we also owe thanks to Frs Peter Raj and Paul Spellman of St Mary's and Frs Paul Vincent and Bineesh Elanjikkal John of St Mark's, who held the fort looking after our church between Fr Frost's retirement and the arrival of Fr Welch.

Information on what is happening in the church is available on the parish website –

stpancraschurch.org.uk – which is being redesigned and expected to unveil its new look in the near future.

Copies of the magazine are available free on the basis of one per household. Contributions towards production costs are welcome and may be handed in at the presbytery in marked envelopes.

If you know of anyone housebound or shielding who wants a copy posted to them please let me know at sdonag9@gmail.com or by post at 62 Weyland Rd, Witnesham, Ipswich, IP6 9ET.

Please email contributions for the summer edition to the above address by Sunday, June 13 (it'll be here before you know it). If you don't have access to the internet please get them to me by June 6 (feast of Corpus Christi) either by post or handing in at the presbytery, clearly marked and with contact details in case of queries.

Thanks in advance – and do please take some time off and enjoy Easter before you start working on submissions for the next magazine.

Stephen Donaghy

Easter funnies

Are you born with a photographic memory or does it take time to develop?

Karl Marx is a famous philosopher but no one ever mentions his sister, Onya, the inventor of the starting pistol...

Does anyone want a copy of Chiropractor Monthly? I've got loads of back issues.

Does anyone want to buy some broken kites?

There are no strings attached!

I burnt my Hawaiian pizza. I should have used Aloha temperature.

Anyone want to buy a broken barometer? No pressure.

This guy keeps phoning me and singing *Stand and Deliver*. I keep telling him he's got the wrong number but he's Adamant.

I asked an electrician to fix an electrical issue at my house. He refused.

I can't bear people with missing toes. Yes, I'm lactose intolerant.

Why do astronauts use Linux? Because you can't open Windows in space.

I'm a Catholic. I've been addicted to cats my whole life.

What happened when Moses had a headache? God gave him some tablets.

How many Catholics does it take to change a light bulb? None. They use candles.

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The Big Six

By Fr Joseph Welch

For once, the title of this piece is not a reference to the candles that normally stand on a gradine next to the tabernacle. Gorging myself on Arthur Ransome's *Swallows and Amazons* books (*The Big Six* is the ninth in the series) you might have thought that a boy growing up in Costessey, on the outskirts of Norwich, would have explored the Broads to his heart's content. But just as I failed miserably in that regard, probably assuming that as they were so close I could always discover them tomorrow, so I never visited Ipswich until four days before Christmas.

I popped down, along that dreary A140, to take a look at the church and parish that the bishop had, just days earlier, asked me to look after for the time being. But how, not being a priest of this diocese, had I been available for such an appointment in the first place?

By a somewhat circuitous route; first studies at St Mary's College in Twickenham and postgraduate studies at King's College and the Institute of Education in London. Then, after a career as a primary and prep school teacher in the capital, I ended up joining the Congregation of the Oratory of St Philip Neri in Oxford.

Very much attracted by the idea of a community life, with a shared spirituality and a common table, it was nonetheless not easy to adapt to the subtleties of St Philip's way of life. He laid down very few rules – the constitutions of the congregation consisting more of anecdotes from the saint's life than a series of dos and don'ts – and each member of the house is obliged to put out sensitive antennae and adapt himself according to the sensibilities of others and the mood, or the mind, of the community.

It is a remarkably nuanced



Fr Joseph Welch has been looking after our parish since January

existence but when it works well, grace seems to abound!

During my sojourns in London and Oxford, my family remained in and around Norwich so, when my mother moved to a care home 18 months ago, I found myself driving back and forth across the country to visit her. Finally, I asked my community for a 12 month leave of absence so that I could move to be closer to her.

Bishop Alan kindly welcomed me, and I lived and worked for four months at the cathedral before arriving at St Pancras the day after the feast of the Epiphany where, it has to be said,

I have met with only kindness, warmth, and generosity.

If I were to be asked what were my priorities here in Ipswich, as indeed I have been, then I would reply that a priest has only two tasks: namely to give glory to God and to work for the salvation of souls.

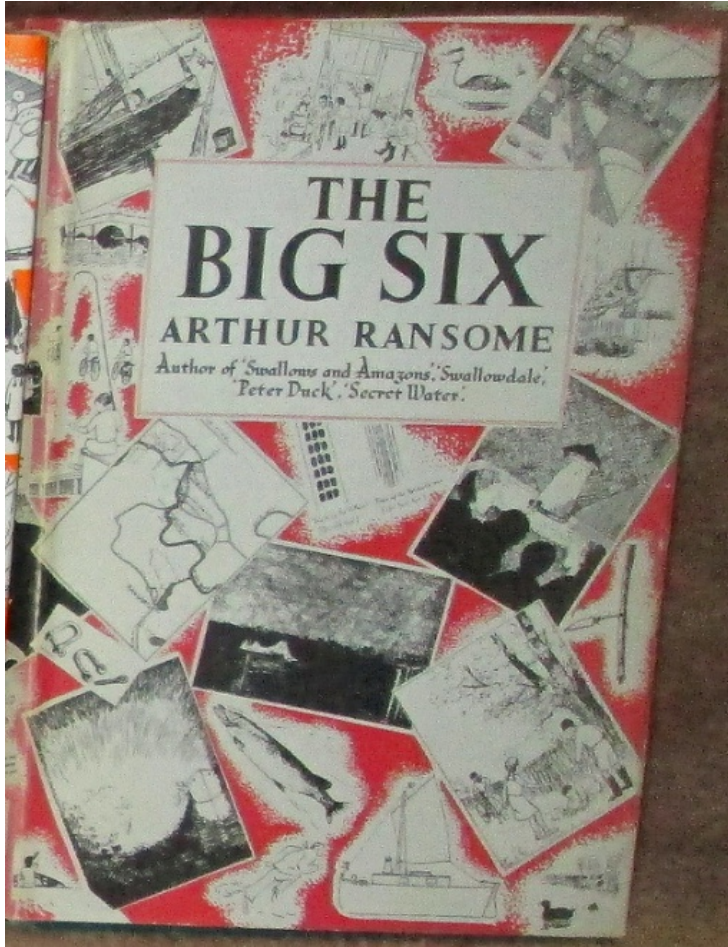
These two overlap and both tasks involve a range of activities but central to any priest's life is prayer, particularly the Divine Office which he is obliged under pain of sin to say every day, daily Mass, the rosary, frequent Confession, his own private

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devotions and, once he has assumed the responsibility of

looking after a parish, praying for the people in his care. The tabernacle, the altar, the



The Big Six is one of Arthur Ransome's Swallows and Amazons books, set in landscape of the Norfolk Broads

sanctuary, the confessional, the pulpit, and the church itself, are the places where a priest is most at home. But he has much to do beyond the porch doors. It is frustrating that I have been able to meet so few parishioners as a result of the pandemic, and to be able to visit so few of our sick.

However, God willing and as the restrictions ease, I shall be able to get to know more and more of you, and to pay house calls with the Sacraments, to bless your homes with the Easter water, and to make friends.

More than anything else, I should like to be able to encourage and help draw people back to God's house following a most disconcerting and, for many, a painful year. *Domus mea domus orationis vocabitur*, "My house shall be called a house of prayer", the Scriptures (Is 56:7 and Mt 21:13), and in this house, where the sparrow herself finds a home and the turtledove a nest for her young (Ps 83:4), we, too, may find a place of blessedness and peace. A blessing I wish you all. Happy Easter!

Make Easter endure

By Pope St Leo the Great
Our godly resolutions must continue all the year round, not be confined to Easter only

Let God's people then recognise that they are a new creation in Christ, and with all vigilance understand by Whom they have been adopted and Whom they have adopted. Let not the things, which have been made new, return to their ancient instability; and let not him who has put his hand to the plough (Luke 9:62) forsake his work, but rather attend to that which he sows than look back to that which he has left behind. Let no one fall back into that from which he has risen, but, even though from bodily

weakness he still languishes under certain maladies, let him urgently desire to be healed and raised up. For this is the path of health through imitation of the Resurrection begun in Christ, whereby, notwithstanding the many accidents and falls to which in this slippery life the traveller is liable, his feet may be guided from the quagmire on to solid ground, for, as it is written, the steps of a man are directed by the Lord, and He will delight in his way. When the just man falls he shall not be overthrown, because the Lord will stretch out His hand. These thoughts, dearly-beloved, must be kept in mind not only for the Easter festival, but also for the sanctification of the

whole life, and to this our present exercise ought to be directed, that what has delighted the souls of the faithful by the experience of a short observance may pass into a habit and remain unalterably, and if any fault creep in, it may be destroyed by speedy repentance. And because the cure of old-standing diseases is slow and difficult, remedies should be applied early, when the wounds are fresh, so that rising ever anew from all downfalls, we may deserve to attain to the incorruptible Resurrection of our glorified flesh in Christ Jesus our Lord, Who lives and reigns with the Father and the Holy Ghost for ever and ever. Amen.

Submitted by Fr Welch

Our patron saint

By Bernie Wood

The feast of Saint Pancras is celebrated on May 12, it's a Thursday this year. We usually

celebrated it in our parish by sharing St Pancras pie – a spicy sausage dish, made to a secret recipe – after Mass.

In our church, the central stained glass window above the main altar showing our patron, St Pancras, was given by the Bishop of Northampton to mark the building's consecration in the early 1860s.

The window shows St Pancras as a triumphant martyr holding the “palm of martyrdom” and a book representing the Holy Scriptures in recognition of his witness to the Faith and his ministry as a lector, or reader – the first ministry in the path to ordination. St Pancras is shown standing victorious over what may be the remains of a Saracen slave trader holding a scimitar.

The saint is sometimes shown as a young soldier, due to his association with the paired soldier saints Nereus and Achilleus, who share his feast day. He is depicted as a soldier in the banner of St Pancras on the sanctuary, embroidered by Josie O'Halloran to replace the elderly banner of St Pancras that goes on parish pilgrimage events.

Pancras's role as a soldier saint has been invoked against Mediterranean slave traders.

People also ask St Pancras for his prayers as the patron saint of children, jobs and health – and for the relief of cramps, headaches and protection from false witnesses and perjury.

Pancratius – his name is Greek and means “the one that holds everything” – was allegedly orphaned as a young boy and



travelled to Rome with his uncle where they became Christians during a time of persecution under the emperor Diocletian. According to one version of his legend he was threatened with death if he did not burn incense to a false god. Pancras stood firm, refusing to renounce his faith like other more famous young martyrs, such as Saint Agnes. His fidelity and fortitude

provoked admiration and anger in his persecutors, and he was taken beyond the walls of Rome to be beheaded around the year 304 when he was just 14.

His remains were buried nearby and a basilica built over his tomb, which became a shrine. The head of St Pancras is still venerated in the basilica on the site, which is looked after by the Order of the Discalced Carmelites.

As a saint, Pancras is an inspiration to young people whose role and faith in the Church and mission as witnesses to the Lord is so vital. To be a teenager is not to be disenfranchised or second class, and the cost of discipleship may be as great as that paid by a Pope or priest. Our baptism gives all Christians status of a royal priesthood, a holy people, chosen to inherit the Kingdom of God (1 Peter 2:9).

When Pope St Gregory sent St Augustine to Britain to convert the Angles, now known as the English, he sent relics of St Pancras with the missionaries to sanctify and support their mission. There are two Catholic churches bearing his name in the UK, St Pancras in Lewes, East Sussex, and our own.

I visited Old St Pancras Church in London, reputedly one of the oldest sites of Christian worship in England dating back to the 4th century, near the railway station that bears the name of the parish. Old St Pancras is a lovely church and very prayerful, set in an ancient enclosure on a hill above the railway tracks.

The building of our church and St Pancras station bear many architectural similarities in their alternating red and yellow

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brickwork arches. There has been a suggestion that our church may eventually have a statue in honour of our patron saint. I love to think about the young St

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Pancras during Mass and about his relevance to our altar servers and families.

I like to ask His intercession for catechists and the members of our parish preparing to receive

the sacraments. Young people going off to university and into the workplace would also benefit from his prayers.

Saint Pancras pray for us,
Amen

Strange times

By Mim MacMahon

On Sunday, March 15, 2020 – yes, only last year – we celebrated the Masses of the Third Sunday of Lent at St Pancras, as we had usually done.

Organists played, the choir sang, readers read, servers served. Nothing was really different – apart from some ominous announcements.

By then, of course, we had heard of the coronavirus – or, as we later knew it, Covid-19 – but had no real inkling of how powerfully we were going to be affected.

We did not return for Laetare Sunday.

St Pancras, along with every church in the land, was closed and did not reopen for months.

When it finally did, conditions were so strange as to be almost surreal.

No holy water, hand sanitiser instead. Stay two metres from your fellow-parishioners at all times. Wear a face covering. Enter the church by one door only, and exit by another ...

None of us is going to forget this year. Every aspect of life, in church, at work, in town and at home has been affected.

It may be that some of those changes will outlast the duration of the pandemic itself. Or not: the future seems to promise better days ahead, but we are not there yet.

For those of you who are not aware, I am the parish archivist. I would like to compile a record,

for the archives, of how, as a parish and individuals, we lived through this year.

If you, the people of St Pancras, have anything at all that you would be prepared to share in this special record of “Our pandemic”, it would be welcome.

This could, really, be anything. Tips on surviving lockdown? Confessions of a home educator? A really foolproof recipe for banana bread? The perils of Zoom?

These may be facetious examples but the point is that nothing – nothing – is too trivial.

Of course, if you are a frontline worker, if you have worked all the way through in health, social care, the emergency services, retail or any of the

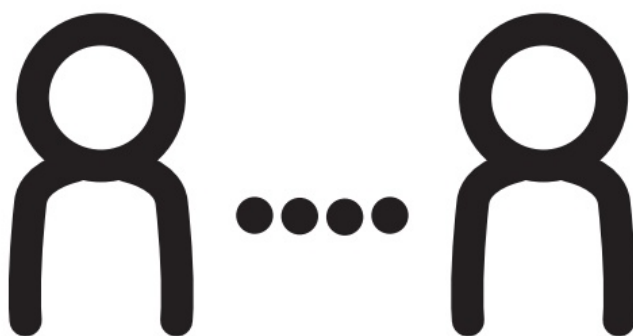
sectors without which we would not have been able to get through this period, then we particularly welcome any observations or recollections you feel able to share.

We are in the very earliest days of compiling this record, but if you have anything you feel able to contribute, please pass them on to me.

I’m usually about in church on a Thursday, Saturday evening or 11am Mass on Sunday. Or you could e-mail me at mim@trianglemusic.info.

Thank you for reading this, brothers and sisters, I feel sure that together we will produce something of real value for the future.

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Please keep a safe distance

Cleansing balm for the spirit

By Magdalene Santos

It is called cleansing and the storyteller who has been given the keys to carry out this privileged work smiles with amazement as parishioners thank her for the little things that she does.

The pleasure is all hers, this is her prayer to Him who hangs on that tree with open arms of forgiveness. An honour beyond compare and this work is being carried out in perfect seclusion. This is a gift of love for her, the aloneness, yet never being alone! There is something fulfilling about cleaning away the dirt and seeng it without spot or stain – isn't that what we do in Confession?

The deep cleaning in the church is physical work, so it keeps her fit and active. She enjoys climbing to clean the high-level areas such as the Stations of the Cross or the even higher ledges. She is either clambering over benches or you will not be surprised to find her at the top of a ladder!

The daily sanitising is done with a fogging machine. This releases a fine, hazy, airborne, antiviral solution into the environment, sanitising all areas. It is quick and efficient and has become a popular method of daily sanitation (it is not new; it has been around for more than 30 years and was used in hospitals to decontaminate wards and operating theatres after so-called dirty cases such as MRSA. The fogging machine does not, however, replace the old fashion hands-on deep cleaning. Anyway, that's enough talk about cleaning.



A proverb does claim that cleanliness is next to godliness

This pandemic has given us all time, to contemplate and be still, and when she is not cleaning that is exactly what she does. She is at home here with these resident saints; they are her friends and she loves them.

She would like to take you on a tour, starting at the back of the church behind the decorative gates and introduce you to her

friends. First is Little Teresa of the Child Jesus, she has the sweetest smile and will help you in times of trouble. Her neighbour is the very fine Saint Antony. He has such a gentle soul and I believe he will help you find things, so if you are absentminded, like her, St Antony is your man!

Then as we move down the



Their Master, risen from the dead, stands in the centre of His most earnest and devoted brothers

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north aisle towards the front of the church, this is where her friend Padre Pio lives. She knows him well and has experience of him from long, long, long ago. She was living in London then. For some reason she and a friend were invited to a special service at Westminster Cathedral where Padre Pio's holy bloodstained mitten was present. She remembers that during that Mass the congregation were invited to come and kiss the relic. It was the most extraordinary experience and sometimes she wonders if it was just a dream!

Next is our most esteemed guardian, Our Holy Mother. She is so beautiful and her love is breathtaking. One only has to look at her to be filled with her spirit. The storyteller didn't know her before and she doesn't really know why. Now she truly knows that this is the Queen of Heaven, her true Mother! How wonderful

this discovery was and it makes her life complete. Now we must cross over to the other side of the altar where we will find Our Lady's most blessed husband, Joseph. It makes the storyteller smile because Joseph is the most honourable and virtuous man. Joseph the quiet man, Joseph the strong and silent man. Joseph is a very human person, a man who never fails to grant your petitions. The storyteller can put her trust in him.

However, she is not finished yet; she doesn't want to forget her lovely Apostles, Matthew, Mark, Luke and her soul's companion from the early days, John. He who steered her on the right path many years ago and then helped guide her into the safe hand of another John, her mentor, John of the Cross! She is always getting distracted, and she apologises.

These Holy Apostles, they live just above their Crucified Lord, with their Master, their Beloved, who has risen from the dead and stands among them in the centre of His most earnest and devoted brothers; they listen attentively to His teachings.

She has almost finished. There is the brave St Pancras who is no more than a child. He is yelling at her: "Don't forget me! This house of God bears my name. I, too, gave my life for Him." She is smiling at St Pancras and looks at him with tenderness, because up to now she has never really noticed him. He was always so

silent before. So sorry, St Pancras, I will pay attention to you in the future, thank you, my little friend.

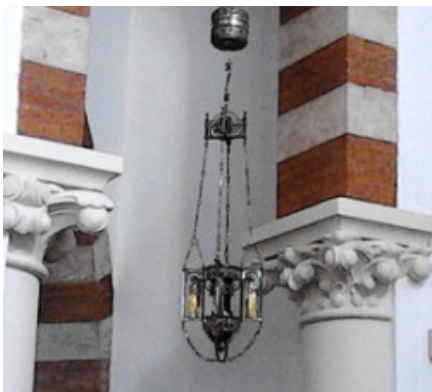
She is coming to the close of this story but He is pointing towards the beautiful risen Christ who is suspended in mid-air just above the little chamber where His appointed shepherd Fr Joseph hears the confessions of His people. We sheep enter that cell with trepidation and weighed down by our sins, a hostage of our own making. We depart with the joy of mercy as we are given Grace. Oh You, my most beautiful breath of all Creation, You leave us with an everlasting passion of Goodness. Amen.

Please no more. It's the call of the departed, and of all those that she has forgotten. Please tell the people that we, the departed, never cease praying for living souls.

Do you now see why she is so happy to clean away the dirt and grime? It is a great privilege to serve others and to be in the assembly of such great company, the company of those she calls her friends.

Now she has finished.

If one day you find that the storyteller has vanished you may find a little smidgin of her spirit within. The Holy Tabernacle, the Holy of Holies has become her dream and the very thought of it fills her with ... she knows not what. A glimpse into Heaven



Light of the world

9 Year of St Joseph

Pope Francis has proclaimed a Year of the Family within a year that also marks the 150th anniversary of St Joseph as the Protector of the Church.

Bishop Alan Hopes said: "During this past year, we have seen just how important the family is. So many have experienced how vulnerable

relationships within our families can be. Children who no longer live at home have been unable to visit their parents. Grandparents have not been allowed to hug or see their grandchildren. Journeys to visit friends have not been possible. Like our faith, our family life was not intended to be lived in isolation.

"So this will be a year, when the pandemic is over, for coming

together once more and renewing those essential and close family ties.

"Plans are under way for each diocese and parish to be able to mark this important year. Our diocesan marriage and family life commission has been discussing how we might assist in this renewal of the family. Over 20 people are being trained across the diocese for a Prayer and listening ministry," Bishop Alan said.

"There will be Masses and retreats to celebrate marriage and the family during the year, together with occasions when those who have lost a child, or cannot have children, can come together to share their griefs and hopes. Every parish will need to reflect on how it might celebrate this year, helping to strengthen family life and assisting those who have gone through difficulties.

"Renewing those essential, close family ties will be vital for the Family of God, the Church."



St Joseph is the Protector of the Church

Diocesan events

Mass for Marriage and Family
Saturday June 12, 11am, St John's Cathedral, Norwich

Retreat for Men
Saturday, July 3, Walsingham

Mass for Miscarriage
Sunday, October 10, noon,
Our Lady & St Etheldreda,
Newmarket.

Retreat for abortion recovery
by Rachel's Vineyard
October 1-3: Norfolk location,
women and men welcome,
contact Sona, 07900 734207 or
sona_pilgrim@yahoo.com

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Consecrating to the worker saint

By Pat Ware

I was brought up to say the prayer, "Jesus, Mary and Joseph, I give you my heart and my soul" before I went to sleep. Recently I've seen a lot of readings and talks online about Saint Joseph, who many of us know so little about.

There is a Litany to St Joseph and a Memorare to St Joseph, I discovered, and podcasts are full of mentions of "this year of St Joseph".

I wondered how many

parishioners knew that Pope Francis had declared a Year of St Joseph, marking 150 years since he was declared Patron of the Church.

Fr Donald Callaway of the Marian Fathers of the Immaculate Conception has published a book, *Consecration to St Joseph*, and gives some enthusiastic talks on YouTube. He says the laity have often contributed to developments in the Church, citing the

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**Mass for Infertility
Saturday November 6, 11am,
Our Lady & St Etheldreda,
Newmarket.**

**Retreat for mothers and
daughters
January 2022, venue TBC**

**Mass for St Joseph Day
(blessing of children)
Saturday March 21, 2022, 10am
at St John's Cathedral,
Norwich**

Resources

**Through the Year of St Joseph
we are all invited to:**

**Pray the St Joseph Novena.
Make the consecration to St
Joseph**

**Participate in an online
marriage enrichment course.
Take part in mothers and
Daughters Cycle Prep
afternoon. These events will
run twice during the year and
invite mothers and daughters to
work together on the general
practices of charting the
blessing of fertility.**

**To participate please email:
famc.eastanglia@rcdea.org**

**Join a family group already
operating in the diocese or start
one in your parish.**

CANA

**Join a regular social event with
other married couples or a
weekend or online retreat. For
more information on the group
already operating in the
Diocese please email:
richard.burnford
@btinternet.com**

TEAMS

**Join a regular social event with
other married couples or a
weekend or online retreat. For
more information on the group
already operating in the
Diocese please email:
centralgb@teams-
transatlantic.org**

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proclamation of the doctrine of the Immaculate Conception by Pope Pius IX in 1854. This followed many petitions from laity, bishops and priests.

Pope Pius also had many requests to name St Joseph as Patron of the Church. One came from a Dominican priest, Fr Jean-Joseph Lataste who wrote to the pope in 1868, telling Pius that he had offered his life for the declaration of Saint Joseph as patron and the inclusion of his name in the Canon of the Mass.

Lataste died, aged 36, from tuberculosis the next year. Pope Pius was moved by the priest's zeal and declared St Joseph as the church's patron in December 1870.

Pope John XXIII added St Joseph to the Canon in 1962. There are claims that he was influenced by a plea in a speech from Bishop Petar Cule who had spent time in a concentration camp in Yugoslavia.

In 2013, Pope Francis added St Joseph's name to Eucharistic Prayers II, III and IV, building on preparatory work by Pope Benedict XVI.

Bishop Robert Baker of

Birmingham, Alabama, declared 2018-19 a Year of St Joseph for his diocese. Fr Callaway was inspired by this to write to all the chanceries of the United States asking them to push for such a year and about a dozen dioceses took it up.

Fr Callaway says he was friendly with members of the Oblates of St Joseph and, after two recent superiors told him that they were going to Rome for their general chapter in 2018, he wrote a letter asking them to petition the Pope for a year of St Joseph. The Oblates made 2019-20 a Year of St Joseph for their order.

He also wrote a letter to the Pope in 2019 which a bishop in Argentina translated into Spanish and arranged to have it handed directly to Pope Francis.

The letter was dated May 1, the feast of St Joseph the Worker, and handed to the pope on May 2.

Fr Callaway brought out his book that December. A year later, on December 8 2020 the anniversary of St Joseph being declared the church's patron, Pope Francis declared the Year of St Joseph.



Pope's prayer

Hail, Guardian of the Redeemer, Spouse of the Blessed Virgin Mary. To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man.

Blessed Joseph, to us too, show yourself a father and guide us in the path of life. Obtain for us grace, mercy and courage, and defend us from every evil.
Amen.

Easter gateway



California dreaming: When the sun shines San Francisco's Golden Gate Bridge really is golden

By Patricia Young Al-Salih

When asked to recall their most memorable Christmases, people will come forth with descriptions of special gifts, splendid feasts and glorious decorations.

Easter, for most, appears to be a less memorable celebration. With Holy Week almost upon us, I found myself reliving a truly memorable and uplifting Easter morning.

At the time I was living in San Francisco. A few hundred yards from the City side of the Golden Gate Bridge there was a lovely sandy beach.

When the Bay was not enveloped in fog and the sun was shining it was a very popular spot.

I belonged to an

interdenominational prayer group, and we decided to have an Easter morning sunrise service at this beach praying that the sun would rise and shine upon us.

We gathered together and someone read aloud the Gospel story of the Resurrection. The sun appeared on the horizon, and there were cries of "Alleluia, He is risen".

The Golden Gate Bridge was truly golden. After we had prayed and sung Easter hymns it was time to move down the beach, close to the water's edge. Fires were lit and we all joined in preparing fresh coffee, ham and eggs, sausages and pancakes. I

Easter people

Never look down on anybody unless you're helping him up.

Jesse Jackson

At the end of the day, love and compassion will win.

Terry Waite

thought that nothing had ever tasted so delicious.

After the feast there was an egg hunt for the children and games. The event lasted most of the day and, incredibly, the sun shone throughout. I went home feeling that I had never before really celebrated Easter.

Unfortunately for lots of people Christmas is over when the tree comes down and the decorations are packed away. Easter goes when all the chocolates and the last of the roast lamb are consumed.

As Christians we know that these are not simply the two most important days in our liturgical calendar, these are days that are the essence of our faith, the reason for our faith. I would like to see individuals, families and church communities truly celebrate these days with special festivities.

The Owl of Christchurch Park

Here I am, a little owl, I live in Christchurch Park.
I love to fluff my feathers up and fly out after dark.
Flapping my wings I feel the rush of cool fresh air and
ride the balmy breeze;
Just like a tiny sailing boat on undulating seas.

Landing on St. Mary's spire, it is my favourite perch;
I sit and scan the narrow streets around the ancient
church.
Throughout the night so many scenes appear before my
eyes.
Silently, I watch and learn, that's why I am so wise.

The clock strikes five and slowly comes a lightening of
the sky;
It is the roseate hue of dawn and time for me to fly.
Then, drifting off within my tree I hear from far away,
The rapid tap, tap, tapping as woodpecker starts his day.

A.M. Smith



Art by Gill Mobb

Make a malt loaf

Ingredients

1 tbsp. treacle
1 tbsp. malt
2½ ounces of brown sugar
Milk
9 ounces of self-raising flour
Half tsp. bicarbonate of soda
Sultanas

Method

1 Line a 1lb loaf tin with
greaseproof paper.

2 Mix malt and treacle together
in a bowl.
3 Add sugar and milk and mix
again. This should be fairly liquid
to incorporate the flour.
4 Add sultanas.
5 Sieve flour and bicarb into
bowl a bit at a time stirring to
mix with milk and sugar etc.
6 If the mixture is too dry more
milk may be added. The finished
mixture should be almost, but
not quite, dropping consistency.
7 Bake in an oven for about an
hour at 150C.
8 When the loaf is ready and
cool wrap in a plastic bag to
avoid a hard top crust.

As this is an old recipe there
are no exact measures for the
milk and sultanas but working
these out is fairly
straightforward.

Happy baking!

Anna Smith



Daring to dream

Let us Dream
Pope Francis

By Jean M Johnson

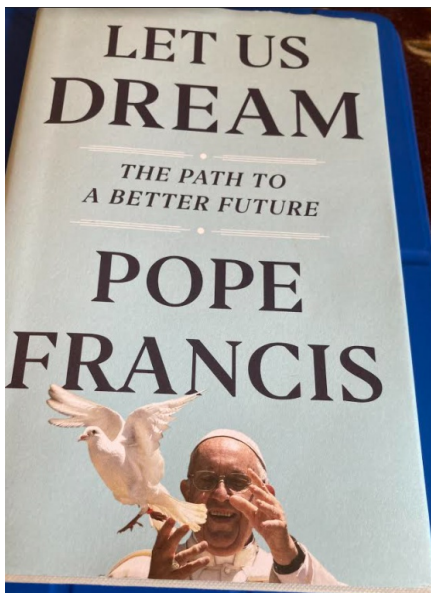
This short book, available in hardback or as an ebook, is a reflection by Pope Francis in the light of the pandemic. He begins the prologue by saying: “I see this time as a reckoning.”

The Pope believes we are living a time of trial and gives the basic rule of a crisis: “if you get through it, you come out better or worse, but never the same.” He says it “is a moment to dream big” and, filled with hope, invites us: “Come let us talk this over. Let us dare to dream.”

Some readers may have belonged to the Young Christian Workers and remember their “See, Judge, Act method”. The three sections of the book are organised in a similar way.

Part One: A time to see. Pope Francis reflects on those who have suffered at this time – the bereaved, the persecuted, those in shanty towns or refugee camps, children who are hungry or without schooling.

Some may say: “So what?”



Pope Francis argues that we can learn from the pandemic

What’s it to do with me?”

Accepting that we don’t have all the answers, the Pope reminds us of Our Lord’s promise: “I am with you to the end of the age” (Matt 28:20).

Francis enumerates problems, from social distancing to destruction of statues, and reiterates environmental issues explored in his encyclical *Laudato Si’*.

Looking at how we might learn from Biblical figures such as Solomon he also tells us of his own experiences of crisis forcing him to rethink. Amid all this, he believes: “We can learn what takes us forward, and what sets us back. We can choose”.

Part Two: A time to choose. I found this part the most exciting. It is based around Catholic social teaching, which is beautifully explained.

The Pope believes, like St John Henry Newman, who he canonised, that the “kindly light” will lead us.

Francis talks of the many signs of the times, exploring at length the role of women. The idea of fraternity is examined, referring

to his encyclical *Fratelli Tutti*. I found his lengthy reflection on synodality illuminating, in the light of the synods on the family and Amazonia.

Concluding, he urges us to trust the Lord and “move forward with courage”.

Part Three: A time to act. Here are big ideas on how to move forward.

The Pope demands three Ls for people: we should all have Land eg fresh air, clean water and a balanced diet; Lodging, not just our house but “our common home,” as explored in *Laudato Si’*; and Labour, so we can earn a dignified living.

A short epilogue asks: “And now what must I do?”

It’s a great book! Buy it, or if you are not yet convinced go to YouTube and find Fr Tony’s Home Channel, for Mgr Tony Rogers of Aldeburgh, and his talks on *Let us Dream*. If I’ve not persuaded you, I hope that he will!

Let Us Dream: The Path to a Better Future by Pope Francis is published by Simon & Schuster (£10.99)

Training the soul

‘The artist must train not only his eye but also his soul.’ Wassily Kandinsky

By Fr Joseph Welch

Not surprisingly, perhaps, I have been asked several times since I arrived at St Pancras what I do on my day off and what are my hobbies. Like so many in the current pandemic I cannot, unfortunately, indulge one of my cherished pastimes, namely visiting art galleries. I have a particular predilection for almost all things Baroque and would certainly count

Caravaggio among my favourite artists. How can any viewer not appreciate the earthiness, the sheer humanity, of his figures? This coarseness seems to reflect the uncouthness of much of his life and makes it less surprising, perhaps, that he never depicted the pure, unadulterated beauty and glory of the resurrection. He painted post-resurrection scenes, such as *The Incredulity of Saint Thomas* (about 1602) and the *Supper at Emmaus* (1606) but as far as we know, never the



The Incredulity of Saint Thomas by Caravaggio, about 1602

resurrection itself. But it was this very vulgarity, to use the word in its proper sense, that made his work popular, to begin with, and then to fade from public view for many years until the art historian and critic Kenneth Clarke helped to revive interest in him as late as the 1950s.

On my list of favourite Baroque painters must also be included El Greco, precisely because he bucked so many trends. Someone coming to his work with no prior knowledge of his œuvre or the 16th century art world would be unlikely to place him among his contemporaries. What is it that so fascinates about a painter who was so far ahead of his time? The play of light and dark, perhaps, or the extraordinary facial features that can illustrate worlds of experience and suffering in figures such as St Francis of Assisi, the Blessed Virgin, and Our Saviour Himself? He seems to cut across artistic eras,

combining the two-dimensional figures of the 14th and 15th centuries with astonishing depth of reality in the faces of almost every subject he depicts.

On the subject of earlier periods, who cannot gasp at the sight of some of the great pieces of late medieval art? I long to see the frescoes on the walls of the Scrovegni chapel in Padua but, like the Crown Jewels and Turin Shroud exhibitions, one only gets just a few minutes in the presence of these wonders before being ushered out to make way for the next group of visitors. Perhaps the time to go is during the pandemic when no one else is around ... if travel can be arranged.

Close to the top of my list – perhaps the foremost – of treasured artists is a comparatively little known and, in my view, greatly underrated modernist painter from Britain, David Jones (1895 – 1974). Jones was born in Brockley, Kent, now



Mater Dolorosa by El Greco

part of the London borough of Lewisham, but his father had been born in Wales, and Jones developed an attachment to all things Welsh, especially culturally, historically, and in terms of the landscape. Joining the Royal Welch Fusiliers in the First World War, Jones later wrote his best known, book-length poem, *In Parenthesis* (published by Faber in 1937), drawing on his experiences at Mametz Wood in June 1916 where he was injured out of action, although he later returned to the Front. The work received tremendous critical acclaim – being hailed by TS Eliot as a “work of genius,” and by Auden as “the greatest book about the First World War” – but little popular attention. After the war, he joined Eric Gill’s assortment of friends and became part of the community at Ditchling in Sussex, becoming a Catholic in 1921. Indeed, for a while, he was engaged to one of Gill’s daughters, Petra, but they parted company and Jones never married.

He worked in different media, becoming an engraver, a letterist, a poet, an essayist, and figurative artist. But whatever he turned his hand to, his work was always eclectic and multilayered. He was self-taught but the extent of his knowledge was breathtaking and he incorporated allusion and reference throughout his pieces. One of my favourite art works, housed in Kettle’s Yard, Cambridge, is his *Vexilla Regis*. It is an astonishingly complex piece with layer upon layer of allusion and symbolism, incorporating Arthurian legend, Roman mythology, Imperial Roman imagery and, of course, Catholic liturgy. The central image is a tree which stands between two others, one of which is shown as a Roman triumphal column and, at the same time, as an imperial standard. It represents the bad thief, not rooted in the ground but



David Jones's *Vexilla Regis* is housed at Kettle's Yard, Cambridge

artificially supported by the wedges of worldly power. The other tree represents the good thief, rooted as in rich soil – with a pelican in its branches, feeding her young. In the central tree, we see nails, cruciform, halfway up the trunk and thorns spread around its base. It is the only one of the three trees fully in leaf. The exquisite detail of flora and fauna on the forest bed can only be appreciated close up, so as soon as the pandemic is over you'll have to take a trip up the A14 to see it for yourselves.

It is the complexity and richness of Jones' compositions that most fascinate me, along with the fact that he draws so heavily on the symbolism of the

liturgy of the centuries' old Roman rite. He was appalled by the stripping away of so many layers of representation and historical and cultural exuberance that followed the changes to the Mass in the 1960s and '70s. Jones saw it as a great impoverishment and from an artistic and cultural perspective one would have to agree. But polemic aside, the works of David Jones are well worth exploring, and visits to the Tate in London, Cambridge, Ditchling or the National Museum of Wales in Cardiff, are always rewarding. If you enjoy uncovering his works half as much as I have done over the years, you're in for a treat.

Easter paws for thought

By Jess

Greetings everyone, it's wonderful to be in communication again. Although I'm a sight hound, I do love socialising. In fact lockdown has been hard for us dogs as well as humans. On our walks we meet friends – two and four legged – and how we like a pat and a kind word! I know a black labby called Ruby who wobbles up and extends the paw to get attention. She really misses her meet-ups!

Well, I'm so happy spring has sprung. In the park, nature has exploded into glorious technicolour with interesting sights and smells included. Of course, Alex, my pet human, reminds me that Easter is a most important feast day. Feast! Suddenly I'm all ears but Alex says it means a celebration in the Church. Surely feast = food? Humans get chocolate eggs. Sounds good but not for us, as chocolate is toxic for dogs! Fortunately, we don't miss out on everything, I'm sure extra dog treats will arrive on the day.

What about this then? How do you like my Easter bonnet with all the frills upon it? Rather fetching I'd say! Then, I could also call it my historical hat – because our quiz is about famous places in and near Ipswich.

The idea came when Alex borrowed a book from St.Pancras library. Being curious, I couldn't wait to get my paws on it.

The book is about Etheldreda, a Saxon princess. It seems she was multitasking – just like me. She apparently built a monastery at Ely.

Nevertheless, the book gave me the idea for a quiz involving places. Thank you Etheldreda for your inspiration!!!



Jess is a dogged quizmaster; firm but fair

Questions

1 Where was the Augustinian Priory of the Holy Trinity? Alex takes me here every morning.

2 There is a statue of Cardinal Wolsey in Silent Street. What is peeping out from his robes. I saw it of course! Grr!

3 Where is home to a woolly mammoth. It's a place that I'd like to visit.

4 Name a modern building in

the town centre with glass that ensures even I can't see through.

5 Name the grade II* listed building designed by John Clarke that stands on the waterfront.

6 Name the building said to be the oldest house in town with fancy plasterwork I like. Alex says it's called pargetting.

7 Alex sometimes takes me along a little lane that was the site of a shrine which attracted pilgrims, including a Tudor

queen. Name the lane and the queen.

8 Are you into fine carving? Which town centre building has an ornate pulpit by the woodcarver Grinling Gibbons or one of his students.

9 What is the name of the town's civic church? There has been a church on the same site since Saxon times. It was rebuilt in Victorian Gothic style in the 1850s. I can see the spire when I am out and about.

10 About town I pass a great white horse, where is it?

11 Name the local archaeologist who excavated the Sutton Hoo burial mound. Dogs could have helped him, we are expert in digging!

12 The treasure is thought to have belonged to which king of East Anglia?

13 Name the seat of the East Anglian kings, which is now a forest with a UFO trail?

14 What does the name Ely mean? The truth can be slippery!

15 Where was Etheldreda born in 636?

17

16 Who was the first bishop of the East Angles?

17 Where did this bishop establish a school and monastery, now under the sea?

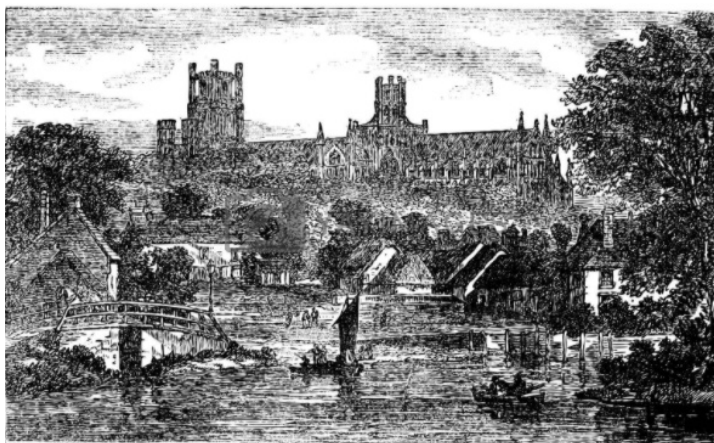
18 What river did the writer Eric Arthur Blair use for his pen name?

19 Which village is associated with John Constable? Ready with the paint brushes?

20 Where can you see Gainsborough's house?

Finally for a bonus bark, I mean mark. What's my favourite hostelry? I just love those yummy cakes and scones on meet-up Mondays.

Answers, page 27



What does the name Ely mean?
No 14

Easter funnies

I invented a new word: plagiarism!

I told my wife she was drawing her eyebrows too high. She looked at me surprised.

The mountains aren't just funny, they're hill areas

Helvetica and Times New Roman walk into a bar.

"Get out of here!" the bartender shouts.

"This is a respectable pub. We don't serve your type."

SEEN AND HEARD

Hash Wednesday

A Catholic priest was questioned by police after officers' suspicions were aroused by clear plastic bags in his car for Ash Wednesday ceremonies, according to *The Daily Telegraph*.

Father John Campbell, from the Sacred Heart parish in Cumbernauld, Lanarkshire, said he was pulled over and asked why he was not at home during lockdown.

The priest said he had been visiting someone on a "sick call" when he was found with the type of bags often used by drug dealers.

He had actually been using the bags to hand out Lenten ashes to

parishioners. Fr Campbell posted pictures on Facebook of small clear bags, similar to those used by drug suppliers, and wrote: "Got pulled over and asked why I was out of the house.

"The officer didn't quite believe or understand what I meant when I said these [bags] were for ashes for Wednesday."

However, the Scottish Sun said the whole story was a prank by the "cheeky priest".

The tabloid quoted Father Campbell saying: "It was just a funny wee prank. The prank grew from preparing bags of ashes. I had them lying about and someone joked 'you better

hide them, people will think you're a dealer.'

After he posted the story on Facebook Fr Campbell said: "I had someone text me to say 'Oh father, you've gone viral.'

"Hopefully it's cheered folk up. I've been doing more social media stuff. It's good to have a bit of a laugh in these times."

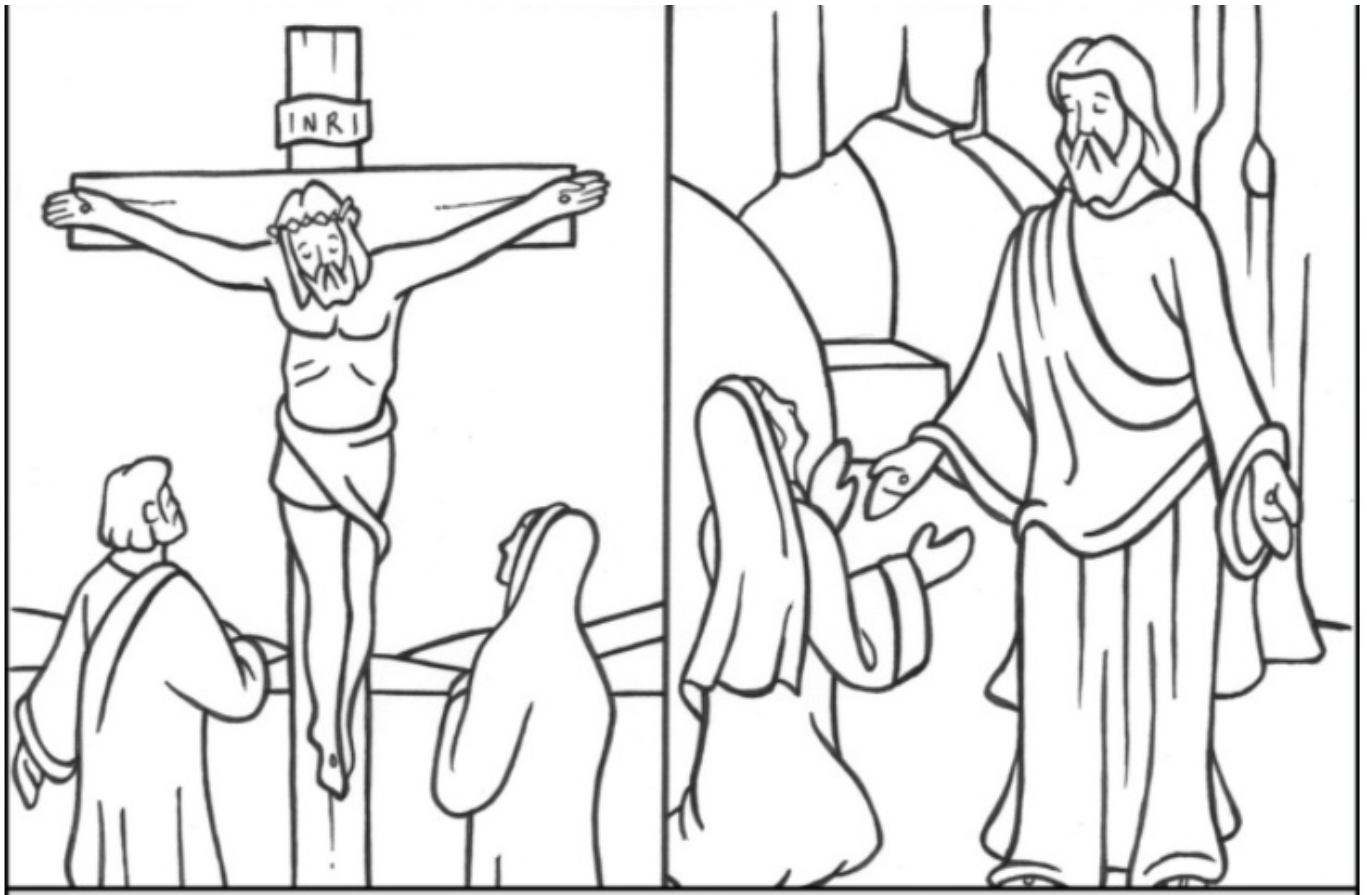
Some Facebook users believed the story was real.

One commented: "Thank god they let you off Father Campbell"

Another wrote: "Oh my word, could only happen to you Father Campbell."

Submitted by Judy Fell

Junior Times



Easter Word Search



Angel

Holy

Messiah

Savior

Cross

Hope

Resurrection

Third Day

Crown of Thorns

Jesus

Risen

Easter

King

Sacrifice

Empty Tomb

Love

Salvation

Good Friday

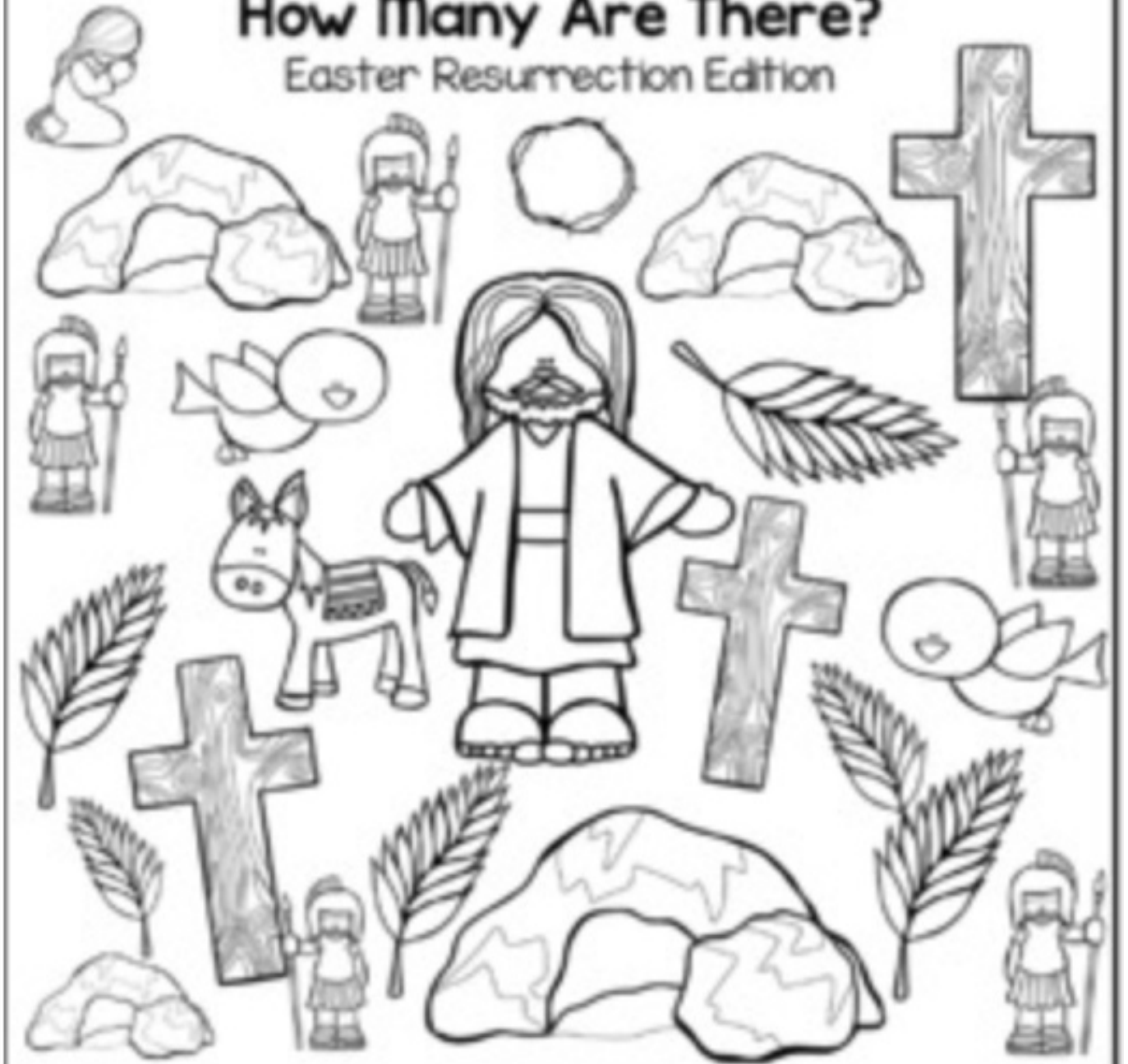
Mary

Sunday



Junior Times

How Many Are There? Easter Resurrection Edition



Listening to God

By Jean Johnson

The God Who Speaks campaign has been extended until early 2022. Thus we are now concentrating in Year B on the Gospel of Mark.

Our diocese launched the project in Advent 2019. Unfortunately the priest who acted as a focus for diocesan activities has moved to Oxford and it has been left to individual priests to decide whether or not anything will happen in their parish.

However, all is not lost. The godwhospeaks.uk website is easy to use and has new material uploaded at the start of every month.

The site's chosen "Focus" for March is the Holy Family.

There is plenty of good material, whether for parishes, schools or individuals, and a link to each of the dioceses, some of which have their own special section for the project.

The site also offers the chance to sign up for a newsletter. If you give your email you will receive a summary at the start of each month of new material added to the website. That keeps you up to date and I strongly recommend it.

As Suffolk's champion for the campaign I am happy to work with any group or help any individuals. I am having Zoom sessions with one Ipswich group and have sent resources to several individuals.

There is also a section on the St Mary's parish website – st-mary.org.uk – where I can post updates.

I have uploaded files on the Year of Mark covering Sunday readings from his gospel up to the second Sunday in Lent. I have also recently uploaded a file, Year of Mark 3, about the



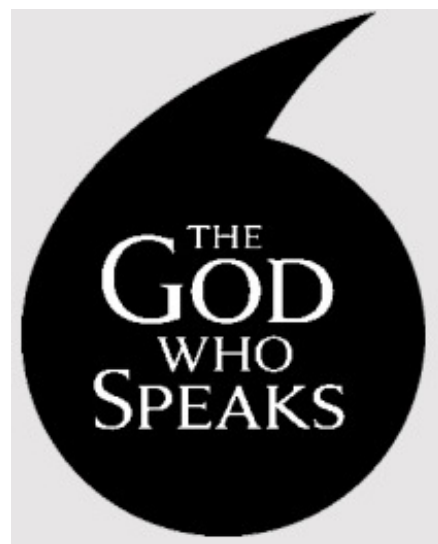
Linocuts by Ade Bethune (1914 – 2002) an American Catholic liturgical artist who was associated with the Catholic Worker Movement appear on the God Who Speaks website

Passion in Mark, which we hear on Palm Sunday. These files are not devotional (that is not my job!) but explanatory.

You are welcome to download them or pass them on but please leave my name on them and if you pass them on please do not alter them.

I am passionate about Scripture, and know Mark well, because I had to study it in Greek both for a Cambridge diploma and for my Bachelor of Divinity degree.

If you think I can help in any way, I am usually at the Thursday Mass at St Pancras or you can phone me on Ipswich 725370.



From the archives

100 Years Ago – 1921

The members of St Pancras congregation, Ipswich, held a very successful social meeting in the large hall of the Co-operative Society. The object was to provide a means of reunion between the older and the younger members of the congregation, and this object was fully achieved, as there was an attendance of nearly 400. Amongst others present were the Rev Canon Rogers, Father Donovan, and the recently appointed curates, the Rev Fathers P Duane and Bernard S McCaul.

The first part of the evening took the form of a concert, Father Donovan opening the proceedings with a song. Two songs followed, by Miss Sedgewick and Mr G. Cooper, namely, *Happy Summer* and *Drake Goes West*. Miss D. Westripp gave a humorous recitation, *I could not help it, could I?* in excellent style, after which Master E. Hunnisett sang *In Tree Land* and *A Laugh* in a fashion that showed excellent musical training. After Miss N Forsyth had given a violin selection, *Autumn*, in creditable style, further variety was lent to the programme by Miss Kathleen King, who danced an Irish jig in dainty fashion. Mr Whitmore created a good impression by his singing of *Young Tom of Devon*, and as an encore submitted *Because*. Mr B. Gough, in lighter vein, gave a song, with banjo accompaniment, *Yiddle On Your Fiddle, Play Some Ragtime*. Mrs Cooper played the piano accompaniments carefully. Capt W Dooley introduced the various items. Hereabouts there was half an hour for conversation, and Father McCaul made an appeal for a small sum to defray the

expenses. This was so heartily responded to that after defraying expenses there will be a balance of over £3. The remainder of the evening was devoted to dancing and card games. Mr J Brown officiated as MC, and the following contributed the dance music: Mrs Salmon (piano), Mr W Finch (violin), Mr T Tarrant ('cello). The committee in charge of the arrangements are to be congratulated on this initial venture, which will doubtless be the precursor of other social evenings."

50 Years Ago – 1971

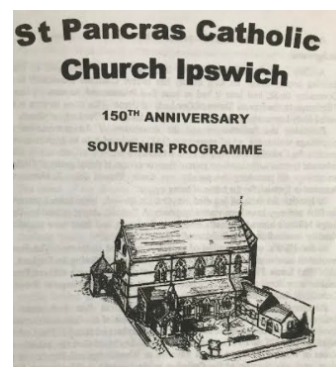


10 Years Ago – 2011

from the newsletter: **Easter Sunday, April 24,**

Walsingham Pilgrimage May2 – Coach available from Ilfee Way, Stowmarket at 8:45 returning 7:15pm. There is a car park available in Ilfee Way if you would like to use it, across from the one for Asda the supermarket. Cost is donation & tip for the driver. Only 18 places are available, so make sure you book.

2nd Sunday of Easter, May 1
Beatification of Pope John Paul II today.



3rd Sunday of Easter, May 8
St Pancras 150th Anniversary – A four-day celebration begins with an open church event and flower festival to run until Sunday. There will be Mass at 12:15pm and 7:30pm on Thursday the Feast of St Pancras and a Youth Event in the evening. You are invited to join the overnight vigil of prayer and adoration from 8pm Fri to 8am Sat. Please add your name to a slot on the rota at the back of the church to ensure no one is left alone. Saturday morning will include a Children's Activities Event. The celebration's main event is the 6pm Mass on Saturday, with a cheese and wine reception afterwards in the hall. We hope you will join us. Please take a copy of the souvenir programme.

Compiled by Fr Welch

God and His Image

Suggestions for spiritual reading from Fr Joseph



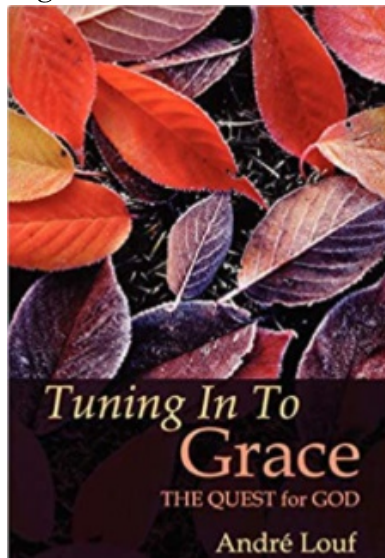
GOD AND HIS IMAGE

An Outline of Biblical Theology

DOMINIQUE BARTHÉLEMY, O.P.

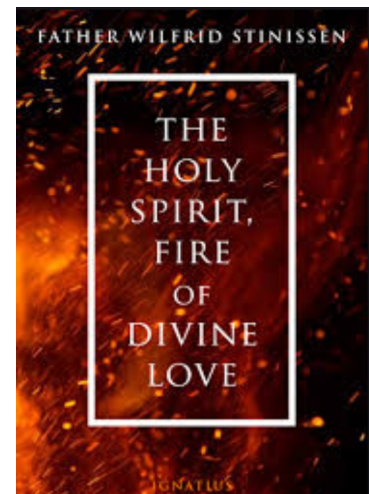
Each of us is made in the image and after the likeness of God (Gen 1:26), and it is because we have damaged this likeness through sin that our religion exists. The whole point of Our Lord's work of redemption, salvation and sanctification, is to restore that likeness within each of us until we are made ready to enter eternity with God. With that in mind, one can see the aptness of the title of Jean-Dominique Barthélemy's, *God and His Image* (Ignatius Press). The book presents, as its subtitle says, *An Outline of Biblical Theology*, but in eminently readable language. The author (d. 2002) was a Dominican biblical scholar who specialised in the Greek and Hebrew texts of the Old Testament. Here, he puts forward some of the fruits of his scholarship as a priest and a believer, rather than as an academic. "This is a book," writes Fr Stephen Ryan OP in his foreword, "about God and man. It is also a book about the long history of God's search for man and the difficulty man had in keeping intact the divine image in which he was created." Not everyone is given to reading volumes of biblical scholarship

but this work is within the reach of the ordinary Mass-going Catholic, unfolding, as it does, such themes as "A Wrong View of God" in the Book of Job, Two Shepherds Who Discovered God," and "The Jealous God and the Deceived Husband," to cite just some of the chapter headings. If you read nothing else on the Bible this year, I warmly recommend *God and His Image*.



My second choice is called *Tuning Into Grace: The Quest for God* by André Louf (Cistercian Publications, 1992). Louf was a prolific writer on the spiritual life. A Trappist monk from the age of 17, he was abbot of the monastery of Mont des Cats, in the Haut-de-France region, for 35 years but spent the last decade or so of his life as a hermit until his death in 2010. The book, as the title suggests, is designed to help us tune in to the workings of God's grace, to be continually aware of those workings and to look upon the initial workings of God's grace in our life as just the beginning. Louf writes about the need for an ongoing conversion, to accept being tested by God, for

spiritual companionship and to grow through prayer: "The topic [in each chapter] is our life with God," he writes in the preface, "how to enter into contact with Him, how to become more aware of Him, how to grow in His grace and Spirit." Are these not, he asks, "the only question[s] of importance to the God-seeker?" Tuning in to God's grace, Louf says, is a lifetime's work. Heavier and of more substance than *God and His Image*, this book is, nonetheless, also written in accessible language and could be read as a retreat in its own right, providing spiritual nourishment to those who persevere.



Finally, we return to Ignatius Press for my third choice. *The Holy Spirit, Fire of Divine Love* (originally published in Swedish in 1989, and reissued in 2017), takes us into the world of Carmelite spirituality, having looked at books by a Dominican and a Cistercian. Fr Wilfrid Stinissen, OCD, was born in Belgium but sent by his order to Sweden in 1967 to co-found a small contemplative community. He died in Sweden in 2013. Perhaps the most accessible of

Continued on page 24

From page 23

these three titles, *The Holy Spirit, Fire of Divine Love*, written with the ordinary reader in mind, is easy to read and understand. But

its message is intended, as the title suggests, to light, or reignite, a fire in the reader's soul. "If you are not content to live a life on 'simmer' and wish to live a full

and genuine life, you need the Spirit" Fr Stinissen writes. With Pentecost just weeks away, perhaps this is the book you need to help prepare for it.

Follow the science

By Bill Newman Sanders

The universe came into existence 13 or 14 billion years ago according to the big-bang theory that was the work of a Belgian Jesuit priest called Georges Lemaitre.

Before the Big Bang there was no matter, space or time. We have to conclude that it was just "one of those things" that happened by luck or there was/is an intelligent being responsible. It seems clear which option is sensible.

Those who accept it was/is an intelligent being recognise God. Other titles include Creator. Even David Attenborough calls us creatures, which implies that we were created. If God created matter, space and time then he must be outside, above and/or independent of these three things. God is not made of matter but is pure spirit, is everywhere and is always aware of the past, present and future.

Turning to matter, Greek philosophers thought, quite rationally, that there were four basic substances: earth, fire, air and water. They knew that if you heated living matter it gave off water. If, having driven off the water, you ignited it, it produced hot gases (air), a flame (fire) and ash (earth). Earlier human beings were almost certainly no less intelligent than us. It is just that we have the benefit of all the knowledge they acquired.

Relatively recently scientists decided that instead of four basic substances there were about 92 made of basic particles called atoms. However, they then found

that atoms were made of three other basic particles – protons neutrons and electrons. Investigating more they found protons included quarks. The quarks were held together by other particles that one physicist suggested should be called gluons and the name stuck.

Scientists now list 36 different subatomic, or fundamental, particles. The latest find is the Higgs boson. We discover more and more about less and less. History shows that whenever scientists solve a problem they open up a new field of knowledge that they didn't even know existed.

These fundamental particles are invisible and rarely detectable by humans. An example is gravity. If we drop an object it is pulled to the ground. There must be something, call it gravity, between the Earth and the object to attract it. The latest theory is that gravity consists of particles called gravitons, but if you look between the ground and the object there is nothing to see or touch. Basic matter is so intangible that it is almost spiritual.

To my mind it makes Church teaching on transubstantiation more understandable. During Mass the consecrated Host becomes Jesus (body, blood, soul and divinity) while retaining the characteristics (accidents) of bread.

The more we delve into the nature of matter the more mysterious and intangible it appears to be. This is not surprising because it was created out of nothing. We believe that

God created it and keeps it in existence. If he stopped doing so the universe would disappear.

What about us? We have approximately 10 to the power of 29 atoms (1 with 29 zeros) that make up our body. A few years ago an article in the New Scientist said a CD with that information would have to be at least one light year (six trillion miles) in diameter. The information is in fact on a sperm and an egg which are so small that we can hardly see them. Luck, just one of those things ... or?

Regarding space, it doesn't look like humans will ever live on other planets. There doesn't seem to be anywhere else habitable in our solar system or around the nearest star, which is 4½ light years away. Travelling at a tenth the speed of light it would take 45 years to get there. Our spaceship would have to provide everything we needed for that time. The energy from the sun would be no use because one year out it would be no brighter than any of the other stars. If something went wrong halfway it would take two years for an SOS to reach Earth. Realistically the planet we live on is our only spaceship.

It seems we could exist quite happily if our solar system was the only thing in the universe. If we are the only beings made in the image and likeness of God, why did he make the rest? Maybe He wants to show us how infinitely great He is so that having a one-to-one personal relationship with a few billion souls is no problem at all.



Rwenzori ProLife House, built in memory of late St Pancras parishioner 'Doc' Heley, cares for mothers and babies

Mission rises

By Jean Johnson

Readers may know of the problems in Darfur where hundreds of thousands of people have been killed in conflict going back decades. Darfur is in Sudan, a Muslim country with Khartoum as its capital. However, in the south – which became the independent country of South Sudan, with Juba as its capital in 2011 – most of the population is Christian. The Church's roots in the area are traced back to the 2nd century and European missionaries have been active there since the middle of the 19th century. Male and female, Catholic and Protestant missionaries were working the country until February 27, 1964 when the government in Khartoum ordered that all foreign missionaries had to leave southern Sudan within eight days.

Some missions had barely an hour to prepare to leave. Police escorted missionaries to Juba and on March 2 they were taken to the airport and put on a plane to fly to Khartoum. The Holy See provided a plane for the Comboni Missionaries (originally known as Verona Fathers) and on April 7 they flew to Rome. Two days

later they had an audience with Pope Paul VI who offered Fr Sisto Mazzoldi, a Comboni, the mission of Karamoja in northern Uganda. The main town was Moroto and Fr Mazzoldi was there by August 18. The next year it became a diocese under Bishop Mazzoldi.

Karamoja had been a closed district until 1956 so evangelisation was only just beginning. The Karamajong people are a pastoralist tribe, comparable with those of the Masai Mara. One of Bishop Mazzoldi's first thoughts was to establish a minor seminary, which was functioning by 1967. By 1975 there were 15 mission stations, a leper colony, kindergarten, mechanics workshop and catechetical centre. Meanwhile, they began building near the minor seminary at Nadiket, at the foot of Mount Moroto. By this time the bishop and Fr John Marengoni together had the inspiration to found two religious congregations, the Evangelising Sisters of Mary and the Apostles of Jesus (AJ). The Apostolic See gave permission and in 1968 novitiate of the AJ – the first missionary congregation founded in Africa – was opened in Moroto, next to the minor

seminary, under the direction of Fr Marengoni. The first religious professions took place in 1970 and news of this African congregation spread. There are now more than 400 AJ priests worldwide.

The Evangelising Sisters also grew rapidly. They work mainly in east Africa, including Moroto, especially in educational and medical work. There is also an enclosed congregation. I understand that the aim of the two great Combonis who founded these congregations was to ensure that there would be Catholic missionaries in east Africa, even if Europeans and others could not return.

The aim from the start was that the AJ were to be "missionaries for Africa and the world". In 1972 a minor seminary was opened in Uru, Tanzania, and soon after one in Bukinda, Kabale diocese, Uganda, and one in Nairobi, Kenya. In recent years one was opened near Juba in south Sudan. Thus, they had five minor seminaries. I came across them in summer 2004, when I went to Birmingham Oratory to listen to a bishop from Iraq, who was talking at an Aid to the Church in Need meeting. An

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African asked a question and in the interval I spoke to him, Fr Jimmy Lutwama, AJ and said I was approaching retirement and would like to use my skills in Africa. Before I knew where I was, Dr Maire Heley, late of St Pancras, and I went one Sunday to his Mass at a convent in Wolverhampton where he was chaplain and by November I flew out to Bukinda for two weeks. I was hooked! My next visit was July 2005 for Mazzoldi day (he died in 1987 but Fr Marengoni lived for another 20 years – both died on July 27). From then on I went twice a year, spending about 10 weeks each year there, based mainly in Bukinda seminary then, when it was safe to do so, also in Moroto, doing training in science, particularly chemistry, for them and many schools across the country.

During this time the work of the AJ in the UK expanded. Fr Jimmy is the key figure in the work here and they now run three parishes in Coventry. All three are vibrant communities, currently livestreaming all Masses. They also have several parishes in Wrexham diocese and an Apostle is Dean there. By 2018 several issues had cropped up in Africa and one result was that Rome decreed that all AJ minor seminaries were to become schools. All other missionaries had closed their minor seminaries years before. In July 2018 I was invited to the Golden Jubilee in Moroto, with about 1,000 guests

and the vice-president of Uganda present. They were only allowed five speakers after Mass but as the regional superior passed me in the procession for Mass, he told me he would invite me to speak in the middle of his speech! I'm afraid I was somewhat distracted during Mass but decided I had nothing to lose, and said that Pope Francis went to an ordinary school and, like me, became a chemist – before he went on to become a Jesuit priest – and surely, what was good enough for the Pope was good enough for the Apostles!! I imagined I would be told off but it appeared to be well received.

The next problem was to rescue Bukinda. Between me and two priests, one in Coventry and one in Nairobi, we compiled inventories and plans to fill the seminary bus to overflowing with all that it could fit and drive it to Moroto. A second team was sent to collect the rest from chapel, library, labs, along with the various vehicles. We lost the buildings, including the only stained glass window in the diocese, built in memory of Fr Tom Heley, Doc's brother. The contents now at Moroto, including instruments for a brass band in memory of my mum, mean that the school in Moroto is probably now the best equipped in Karamoja.

We had intended to set up a pro-life house run by sisters near their school in Kabale diocese, but after issues over land ownership we chose a lay pro-life

team from Fort Portal diocese. This is now Rwenzori ProLife House, built in memory of Doc Heley in 2017, when we thought she had only weeks to live, and with later additions in memory of Geraldine Kersey of East Anglia Life. They have seven girls and their babies and are looking for funds to accommodate two more girls. They also run training courses including tailoring and knitting, using machines from the Tools With a Mission charity in Ipswich.

One has to be careful, especially with issues around land ownership. But the rewards can be great: the top medical student from the science university did his O-levels at Moroto and A-level at Bukinda. We have many scientists, engineers, teachers, three male doctors and a girl, who has almost qualified, and many nurses and medical officers as a result of the work I started in science in schools. There have also been numerous vocations to the Missionary Sisters of Mary Mother of the Church in whose schools I and a chemist friend have worked. I watched online from America as Kaddu, from the first class I ever taught in Bukinda, was ordained. I am afraid I wept with joy. Fourteen young men, many of whom I knew, were ordained priest in Nairobi a couple of weeks ago. Training in Nairobi has been delayed by Covid but the other young men from Kaddu's class have just returned to Kenya's capital and will soon take perpetual vows prior to ordination. I had hoped I would be there for these ordinations, but sadly the world has changed.

Hopefully you now know a little more about the people that quite a few of you have helped to support. This support of education and pro-life will continue and I am always happy to give more information to anyone who is interested, just phone me on Ipswich 725370.



Brass band instruments were donated to a school in Moroto

Next door's news



Members of the congregation at Christ Church are preparing for Christian Aid Week in May

By Rob King
Our church building has now been closed since October 1. We had hoped to reopen for Easter Day but the United Reformed Church moderators advised us to be cautious and wait until Pentecost.

In the meantime we have continued to worship remotely using an emailed script each Sunday together with a video recorded by our minister reading the bible passages and giving his reflection on them.

During Lent we normally meet each Wednesday lunchtime for soup and a roll followed by a time of meditation and prayer. This year Shrove Tuesday was

marked by our children and young people having a virtual pancake day over Zoom. Members of our congregation have since prepared meditations to email around each other and be shared together on Wednesday lunchtimes.

Our minister started us off with a service for Ash Wednesday. Week two focused on Fair Trade as it was the start of Fairtrade Fortnight. In week three we thought about the uncertainties we all face about the future and that we can trust Jesus to be the way for us. Week four looked at Creation and our responsibilities to care for it. Week five reflected on pilgrimage and how, as we journey, we are changed and

come to fresh understandings. Week six will use material about Simon the Zealot, taken from a book compiled by Rosemary Power called, *Lenten Reflections on 13 lesser reported followers of Jesus' Passion*. We are making plans for Christian Aid week which this year is May 10-16. We had a successful auction of promises last year which was a lot of fun and raised a significant contribution. It had the advantage that arrangements could be made by email and were not limited by government restrictions. This year we are preparing for a plant, cake and produce sale and hope that this can take place at the front of the church.

The appearance of the fresh shoots of spring is especially welcome as we begin to move out of lockdown. Easter celebrations will be different this year but we will find joy in this time as we sing the Easter hymns in our homes.

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

Quiz Answers

1 Christchurch Park 2 A cat 3 Ipswich Museum 4 Willis Building, designed by Norman Foster and built in 1970s 5 The Old Custom House 6 Ancient House 7 Lady Lane, Catherine of Aragon 8 Unitarian Meeting House, dates back to 1699 9 St Mary-Le-Tower 10 Tavern St. 11 Basil Brown 12 Raedwald 13 Rendlesham 14 Isle of eels 15 Exning 16 Felixstowe 17 Dunwich 18 Orwell 19 Flatford 20 Sudbury 21 The Greyhound



Flight of fancy

A painting of an owl, by her friend Gill Mobb, inspired Anna Smith to write a poem, page 12

Rooted in faith

Fr Joseph Welch is eager to revisit one of his favourite paintings – *Vexilla Regis* by David Jones, on display at Kettle's Yard in Cambridge – when lockdown eases, page 15

