

St Pancras

Summer pilgrimage times, 2021



Free to good homes, see page 2



By Anna Smith

It is a damp morning. I hurry through the streets whose greyness merges with the louring clouds overhead. It starts to rain. But I have arrived. The heavy wooden door opens easily at a touch as if in welcome. Once inside there is an immediate shift in atmosphere as worldly worries and cares are replaced by a sense of peace and calm.

We wait and we are not alone. Saints look down from their windows, others stand about the church and the evangelists survey the altar. The hallowed walls whisper of congregations long gone and

yet somehow with us. We, like them carry our supplications to lay before God. This is a significant moment.

The priest enters and intones the sacred language of the Mass. We are lifted out of the ordinary and, as we hear the words of the Sanctus, the angels gather. All kneel in humility and reverence. As Christ enfolds us in His love, past, present and future conjoin. We stand in eternity.

We feel at ease and uplifted. We have been privileged and as we leave the church we are reminded that this is another day for the glory of God.

(Ad Majorem Dei Gloriam)

Dear fellow parishioners,

I hope everyone is well and that we are all beginning to see the light of the end of the tunnel from the coronavirus pandemic.

Thanks to all those who have contributed to the magazine. Copies are available free on the basis of one a household. Contributions towards production costs may be handed in at the presbytery in marked envelopes.

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

Please email contributions for the autumn edition to me by Sunday, September 19. If you don't have access to the internet please get them to me by Sunday, September 12 either by post or handing in at the presbytery, clearly marked with contact details in case of queries. Thanks,

Stephen Donaghy

Contents

The cover illustration is Bellini's *Madonna of the Meadow*, c 1500

3-8 Pilgrim people

9 Where were you? Theresa

Cleary remembers England

winning World Cup under ex-

Ipswich manager Alf Ramsey

10 Bernie Wood on our library

11 Our dogged quizmaster has

set a summer seaside quiz

13-16 Pages for young readers

with colouring, wordsearches, a

recipe and a Saints' quiz that

will puzzle many adults

17 Fr Welch on confession

20 Jean Johnson: God Who

Speaks

21 Theresa Cleary's Prom

memories

22 Magdalene de Santos on

God's business

24 Poems from Bernie

Kavanagh

25 Jean Johnson on Ethiopia

27 Next door's news

To be a pilgrim³



Stephen Donaghy, an old ruin at Finchale Priory, once a holiday home for Durham Cathedral monks

By Stephen Donaghy
Walking through Bellburn Wood with the sun dappling through the trees, birds chirping and a brook singing through a carpet of flowers felt as close to heaven as I'm likely to get in this life.

Like centuries of pilgrims before us our group was walking along one of the routes for the English Camino. We'd set off the day before from the ruins of Finchale Priory, the holiday home for the monks from Durham Cathedral. The 13th century ruins reminded me of an Irish country music song my parents used to play with a line about the preaching of holy monks echoing through ancient abbey walls.

From there we walked up a slope to amble around Durham prison. It might be argued that visiting prisoners would be a

laudable thing for pilgrims to do but the gates were firmly shut and there were lots of posters warning about punishments for drones – I don't think they were talking about people reciting prayers.

Anyway we carried on and after a couple of miles we enjoyed our first view of the cathedral towers. Our guide leaflet claimed it was akin to the view that pilgrims in Spain get from Mount Joy on the Camino Frances as they see the towers of the Cathedral of Santiago de Compostela, just five miles away. In March 2018 I booked three hotel rooms in Santiago and had planned to spend a month walking the Camino this summer, when the feast of St James, July 25, falls on a Sunday, meaning that those who complete the pilgrimage have the chance to obtain a full plenary indulgence.

The coronavirus pandemic put paid to my plans – though that's

very small potatoes compared with what many other people have suffered. The Pope has now extended the 2021 Holy Year until 2022 – so maybe next year.

The Finchale Camino had been planned as a practice run. And 25km of it counts towards the 100km minimum walking requirement to obtain an official certificate for completing the Camino. But the Finchale Camino proved well worth doing for its own sake. About 5½ miles after leaving Finchale we reached Durham. Our group of pilgrims weren't the first visitors to notice how pretty a town it is with the castle and cathedral – recognised, with the buildings between, as a Unesco world heritage site - overlooking the river. We enjoyed lunch at the cathedral's cloister cafe – even though my daughter claimed there were difficulties ordering as they couldn't cope with her southern

Continued on page 4

From page 3

accent. We ended up returning to the cathedral after completing our walk as there was so much to see there, including the shrine of St Cuthbert, who died in 687, the tomb of the Venerable Bede, father of English history, and the sanctuary knocker, used by those fleeing justice to claim refuge in the cathedral.

From Durham we stayed pretty close to the path of the river Wear before arriving at Croxdale where we stayed for the night. We set off early the next morning, walking on the path across fields. We met one man out for his Sunday morning constitutional who asked why we weren't going to church. It's an interesting question what's the difference between a country walk and a pilgrimage. I have heard it suggested that a pilgrimage offers an opportunity for contemplation and reflection. Walking with people I've known for more than 50 years, and offspring, meant that the bulk of the time I was



Sanctuary knocker

walking I was chatting. Some walkers believe that chatting spoils a walk. But surely most people would accept that getting out on foot into the countryside does give an opportunity to appreciate the wonders of God's creation? And if fellowship isn't a blessing to be added to that, then what is? Pope Francis wrote in *Evangelii Gaudium*: "Journeying together to shrines and taking part in other manifestations of popular piety, also by taking one's children or

inviting others, is in itself an evangelising gesture."

Turning to less spiritual matters we stopped for breakfast at Spennymoor. Then we followed the path, including the glorious stretch through Bellburn Wood, to Bishop Auckland where we enjoyed afternoon tea and three members of the group caught trains to return to the workaday world. The remaining five carried on to the Saxon church in Escomb. The 22-mile Finchale Camino ends there. Plans to extend it to St Mary's Well at Gainford for a total of 33½ miles have been delayed by the pandemic – which also meant that when we did our walk most of the churches where pilgrims could say a prayer and get stamps for their passports were closed. With the help of God they will be open again soon.

The route can be found on the British Pilgrimage Trust website. Passports can be bought from the Finchale Friends of the Camino, contactable through Facebook

Pilgrims: 'Just do it'

By Tony Kelly

It is said that pilgrimages help you find yourself, but really it is the friends you walk with that do that. Finchale Priory to Escomb Saxon church is the English Camino, 25km (15 miles) of which offsets the minimum 100km required to achieve the Camino proper.

Churches en route provide stamps for your Camino Passport to prove that you have completed the pilgrimage: this is purpose made for those of us in their sixties, and beyond, who remember their stamp collecting days. We were a mixture of Catholics, lapsed Catholics, atheists and no fish on Friday or any other day vegetarians – this must soon become a religion.



End of the road: Tony Kelly at Escomb's Saxon church

We went to school together, some were altar boys together, but walking together brings us closer. Why? I don't know.

I could write about the route, and I will: the magnificence of Durham Cathedral appearing on the horizon; the riverside walks;

the glorious sunshine and poor route signage.

However, all of this pales against the joy of walking with friends.

This is a religious experience if ever there was one. To quote a pair of shoes. Just do it.

Walsingham Way⁵

Route from Norwich launched



Elizabeth Meath Baker, Walsingham Abbey estate officer, centre, with, from left, Fr Kevin Smith of the Anglican shrine, Gail Mayhew, a volunteer with the Walsingham Way project, Rev Dr Peter Doll, team leader and Mgr Philip Moger, rector of the Catholic shrine

By Eldred Willey

A new waymarked walking route between Norwich and Walsingham has been launched to celebrate pilgrimage.

Called the Walsingham Way, the new 37-mile path is inspired by a network of pilgrimage routes that once crossed the county as pilgrims from across Europe travelled to north Norfolk's Shrine of Our Lady of Walsingham. Founded in 1061, it is thought to be the oldest shrine in the world dedicated to the Blessed Virgin Mary.

Mgr Philip Moger, rector of the Catholic Shrine of Our Lady of Walsingham, said: "Walsingham is much more than

a pleasant Norfolk village but, for centuries, has been a place of pilgrimage, where people from all sorts of backgrounds have journeyed to Our Lady's shrine to find peace, restoration, new hope, a fresh start.

"I warmly welcome the Walsingham Way, on which pilgrims, inquirers, the curious, may journey on foot following ancient routes from Norwich, to reach the place, known for many centuries, as 'England's Nazareth'."

The project to waymark the route was made possible thanks to a partnership enabled by Norwich Cathedral and involving many different organisations and individuals.

The modern-day Walsingham

Way can be started from either Norwich Anglican Cathedral or St John the Baptist Catholic Cathedral.

Pilgrims will be guided by signs featuring the new Walsingham Way logo of two linked Ws that together form the letter M. The M, which is adorned with a crown, is a tribute to the Blessed Virgin Mary to whom the Walsingham Shrine is dedicated.

Walkers will be able to enjoy the Norfolk countryside, including the river valleys of the Wensum and Stiffkey, and pass by many of the county's villages and historic churches, before reaching Little Walsingham. Known as England's Nazareth,

Continued on page 6

From page 5

the village is today home to an Anglican and a Catholic shrine as well as the ruins of the original priory church.

Volunteer groups along the route have also already started projects to welcome new pilgrimage visitors. At Great Ryburgh, for example, the church has established an area for campers and will offer

hospitality to walkers. The project has been supported by EU funding for rural economic development, the Diocese of Norwich, the John Jarrold Foundation Norfolk County Council and by the considerable goodwill of volunteers, landowners and parish councils.

More information about the Walsingham Way can be found online at walsinghamway.blog



Signs mark the route

Highways to heaven

By Stephen Donaghy

People long to go on pilgrimage when spring arrives, Geoffrey Chaucer – whose family ran taverns in Ipswich – wrote in *The Canterbury Tales* more than 600 years ago.

Pilgrimage has been part of

our faith since the early fourth century when St Helena – mother of Constantine the Great, who was in York when he became the Roman emperor – travelled to the Holy Land.

The Catholic Catechism reads: “Pilgrimages evoke our earthly journey towards heaven and are traditionally very special

occasions for renewal in prayer.” Pope Francis wrote in *Evangelii Gaudium*: “Journeying together to shrines and taking part in other manifestations of popular piety, also by taking one’s children or inviting others, is in itself an evangelising gesture.”

Interestingly Muslims consider pilgrimage so important that every adult is enjoined to travel to Mecca in Saudi Arabia at least once in their life as one of the five pillars of Islam.

Making a pilgrimage gives us a chance to:

Feel closer to God and work on our relationship with him;
Demonstrate sacrifice, for example by giving up time and money;
Connect with saints such as Our Lady at Walsingham and St James at Santiago.

Of course the shrine of Our Lady of Grace in Ipswich once rivalled Walsingham, attracting pilgrims including Henry VIII, Catherine of Aragon and Anne Boleyn before it was suppressed during the Reformation. The shrine's statue was sent to London to be burnt, along with the statue from Walsingham. A plaque in Lady Lane marks the site of the original chapel and a statue has been installed in the church of St Mary at the Elms, thanks to the efforts of Meryemana (formerly the Guild of Our Lady of Ipswich).



Geoffrey Chaucer, whose family ran taverns in Ipswich, immortalised a group of pilgrims in *The Canterbury Tales*

Youth Service pilgrimage to Walsingham

By Hamish MacQueen

Each year the Diocesan Youth Service runs a pilgrimage. Every few years this is to World Youth Day but in between they have been to Taizé, Iona, Lindisfarne, and along the Camino de Compostela.

After thinking about what to do this year, with all the uncertainty of the pandemic, we have decided to go to one of the most historically prominent places of pilgrimage in all of Europe, a site where many kings and queens have made pilgrimage ... Walsingham.

It may be on our doorstep and perhaps there is a temptation to take it for granted, but Walsingham is amazing.

Even if there are still some restrictions in place, we are confident that we can walk and camp Covid safe.

Around the same time as we started planning, we were contacted by Radio Maria England, which is based in our diocese.

They did a similar pilgrimage last year and wanted to do it again this year, especially for young people.

So it made sense to work together, which is exciting.

We are calling the pilgrimage "England's Way" as Walsingham is known as "England's Nazareth".

Our pilgrims will follow one of the ancient routes, starting at Ely

Blistering pace

Murphy and Smith went to confession and were given penance of walking five miles with peas in their shoes. Murphy was soon in pain but Smith strode ahead without a care in the world. "How are you coping with the peas?" Murphy asked. "Ah" replied Smith, "I boiled mine first."



An earlier diocesan youth pilgrimage to Walsingham

Journey of Faith

and walking approximately 70 miles over four days, camping overnight.

So if you're weary from the past year, or perhaps the pandemic has thrown your plans into disarray, we invite you to come and take a few days out and join the pilgrimage.

England's Way runs from July 28 – August 1 and is open to anyone aged 16 – 30.

There are limited places available, especially for those

under 18, so please book early. For more information see www.englishway.org.

Registration costs £50 a person (plus £2.69 fee) and covers daily supper and breakfast, plus a contribution to campsite costs. The organisers need registration form and payment by Sunday, July 4. Contact Hamish MacQueen, diocesan youth service director, by emailing dys@rcdea.org.uk or telephoning (07812 004934)



Socially distanced pilgrims take part in the annual diocesan pilgrimage to Walsingham

Pilgrim people

By Keith Morris

Two hundred socially distanced pilgrims were welcomed to the Catholic National Shrine at

Walsingham on a rainy May Bank Holiday for the Diocese of East Anglia annual pilgrimage, with many others joining them online.

It was the largest in-person pilgrimage the shrine had seen since the previous autumn, but most pilgrims were asked to stay at home and watch the Mass online instead.

The rector of the shrine Rector, Mgr Philip Moger, welcomed pilgrims, saying: "It is a great pleasure to welcome you to Walsingham for the East Anglia Diocesan Pilgrimage.

"It is a bit of a cheek really for a Yorkshireman to welcome the locals to their own shrine.

"It is wonderful that you are able to be here because last year was a year of great challenge with

pilgrimages not even happening virtually in some cases."

The Mass was celebrated by the Bishop of East Anglia, the Rt Rev Alan Hopes.

He said, in his sermon: "As Christians, going on a pilgrimage journey reflects something of our journey towards God, our creator.

"We come ever closer towards God, bringing to him all of our needs, our thanks, those whom we love, asking him to bless them. This year there is only a small group in person from our diocese with many others joining us from their homes.

"We are unable to walk in procession in large numbers and not able to share our stories, our joys and our tears with one another as we usually do.

"This is very sad but it does teach us that our pilgrimage journey towards God is never easy, never what we expect and not controlled by our will but by God's desires for us." The chief

executive of the shrine, Zyg Rakowicz, said that the crowd of 200 people at the East Anglia pilgrimage was the largest number attending the shrine since the previous autumn. More than 400 others joined the Mass online.

"The shrine has been open for a couple of months for private prayer and Mass," Mr Rakowicz said.

"We will reopen on May 17 for accommodation with retreats also running at Dowry House both online and in person.

"We warmly invite people to come to Walsingham now things are opening up.

"Groups will be allowed from later but we await government guidelines for exact details.

"We hope to be welcoming ever greater numbers to Walsingham in the near future."

Mass from the shrine may be watched online at: www.youtube.com/WalsinghamCatholicTV.

Where were you?

By Theresa Cleary

An article in the Sunday Telegraph featured the question, "Where Were You When?"

The writer, Eleanor Steafel, had been visiting Princess Olga Romanoff, a cousin of the Duke of Edinburgh on the morning that Prince Philip died.

Princess Olga, who is also a cousin to the Queen, lives in Kent. Incidentally, my brother, Canon Pat Cleary, came to know her when he was a student for the priesthood and engaged in a holiday job with other seminarians.

The Telegraph journalist went on to list four moments in cultural history that prompted the question. They were:

1 The assassination of President J F Kennedy 2 The outbreak of the Second World War 3 England winning the World Cup 4 The Queen's Coronation.

I thought it would be interesting to answer those four questions from my point of view but listing them chronologically.

Second World War

Although I was not around when the Second World War began it certainly had a bearing on my existence. On the morning of Sunday September 3, 1939 – the day war was declared – my Mum and Dad's wedding banns were read out at the 11am Mass at St Pancras. Dad said everyone came out crying! They were married at St Pancras' on September 30 and I came along the next year on November 2, 1940.

Coronation

Dad had been brought up in London and I think he and Mum combined a visit to his parents and a look round London at the decorations on a lovely sunny June 1, 1953, the day before the Coronation. I felt aggrieved that I



The Queen was crowned on June 2, 1953

World Cup

could not go with them as I had to go to school. The day of the Coronation, was wet, wet, wet. We had a day off school and I listened to it on the radio as we did not have TV then. I remember a pretty Coronation tin of chocolate finger biscuits which I enjoyed as I listened.

JFK assassination

My memory of the assassination of JFK on November 22, 1963 was of being on the Cornhill, Ipswich, that evening on my way home from somewhere, seeing a newspaper flyer announcing that Kennedy had been assassinated and not knowing what that word meant. I had never come across it before.

As for England winning the World Cup on July 30, 1966, that was exciting. I was in Wembley that afternoon staying at my aunt and uncle's house, Auntie being Dad's sister. So we were watching it on TV about a mile from where it was taking place.

That evening I went to a Prom concert at the Albert Hall and to return to Wembley caught the 52 bus which went past the Royal Garden Hotel down the road from the Albert Hall on the other side.

There, on the balcony, the England team were being congratulated. What a day!

Prom memories, page 21

The pen is mightier than the sword



The artist De Favray portrayed an injured St Ignatius of Loyola having a vision of St Peter

By Bernadette Wood

You may have noticed in church, things look a little different. The millennium library, which was set up by Father Leeder with Doc Maire Heley and Loris Squirrel in 1999 to encourage everyone to read and explore their Christian faith more deeply, used to be housed under the stairs to the choir loft.

Doc and Loris were inspirational “adult catechists” who led us in studying our faith and the Bible. They built bridges between our church and other Christians locally to develop our mutual understanding of each other and the Gospels. The

library is still available 22 years later, for you to visit and borrow books. It is in a slightly reduced form and is situated in the connecting room between the church and the hall.

There are catechism, theology, prayer books and Bibles, missals, biographies of saints and other interesting people. There are histories and pilgrimage books, and even fiction and poetry. Childrens’ books are available but not currently for use during Mass.

Mind the step, switch on the light, take what interests you and return it to the shelves when done. You do not need to ask.

Be inspired, as St Ignatius of Loyola was, when given a book

of saints to read after injury in battle. His conversion has brought salvation to many through the Holy Spirit. Our Holy Father, Pope Francis, comes from the order of Jesuits he founded.

If you find anything interesting you might write a review for this magazine.

Over the years many books have been borrowed and returned and the mission that Doc and Loris started still continues.

Free to take away ...

There are some books which have been withdrawn from the shelves as no longer required or duplicated and these are available for you to take free.

Paws for thought

By Jess

Oh I do like to be beside the seaside! I can't wait to get away with my humans this summer. Pawing through holiday brochures I have lots of ideas. I was intrigued by a place called Dogger Bank. Ouch, German Bight did not sound appealing! Alex, my human, said I was barking up the wrong tree and must have been listening to the Shipping Forecast. Wherever we go I'm ready. Strolling along the promenade, eating tasty snacks, meeting old friends, it's all tail-wagging fun.

My favourite destination is Cromer. I have been there three times with my little friend Loulou, a bichon. There are so many of us dogs, all shapes and sizes. I have even met two Mexican hairless – very superior. Mind you, Loulou and I couldn't be more different. Me, tall, slim and elegant in black velvet springing lightly along the pavement beside dumpy Loulou in her white woolly jumper.

While perusing the main street I sniffed out a real butcher's shop. Loulou was ecstatic! She is a real scoffer, I hesitate to say epicure or gourmet as she will eat just about anything – no discernment. This year we are both hoping to sample some bones and of course crab, the local delicacy.

At Cromer, there is enough water to fill a zillion dog bowls. Alex calls it the sea. I was scared at first. It seemed to be alive, rushing up the sand towards us; it's frilly white edges threatening my toes. What a relief when it turned back, I could now relax and enjoy myself.

My favourite thing has to be sitting on the cliffs with the family sharing the most delicious fish and chips. Then we go for a jaunt along the pier. It's wonderful to stretch the legs and smell the fresh sea air. Loulou



Life's a beach for holidaying hounds

says we're like the poodles strutting the Champs Élysées; she is such a diva!

Our pawsome day ends with a drink al fresco, then home to snooze on the sofa.

You have probably guessed the subject of our quiz – seaside resorts.

1 With my sharp eyes I might just spot the blue birds flying over white cliffs at this seaside town.

2 This place boasts an exotic pavilion built by a prince.

3 The air here is said to be "so bracing". Could that mean chilly? Brrr!

4 Now here's a conundrum – the

only seaside on the east coast that faces west. Let me think ...

5 While we're on the subject of compass points, this is the most easterly place, once the centre of Eastern Coach Works.

6 Alex would like it here. The home of Adnams brewery, not to mention a lighthouse and colourful beach huts.

7 Gilbert and Sullivan say this was a haunt of pirates.

8 And yet more music, Benjamin Britten's home town.

9 Now I could really stretch my legs here on the longest pier in the UK!

Continued on page 12

From page 11

10 This is north Cornwall's main fishing town with John Betjeman buried nearby at the church of St Enodoc.

11 Best known for its illuminations, bark no more!

12 Especially for steam train enthusiasts – terminus of the North Norfolk Railway. Twinned with Otterndorf, it has an offshore wind farm. And yes, I have enjoyed a ride on the train.

13 Now I would like to visit this place and look for fossils like Mary Anning. I wonder if they are tasty? This small seaside is royal as it was granted a charter by Edward 1 in 1284.

14 A seaside resort famous for a black stone called jet; almost as shiny as my coat.

15 This resort is full of ups and downs known as the Chines. No trouble for me but hard work for humans.

16 Now here is somewhere with a great lump of limestone called the Great Orme, even I need to go up in a cable car !

17 A famous battle was fought near this place, so glad I wasn't around then.

18 This town overlooks Robin Hood's Bay. You might go to the fair with Rosemary and Thyme.



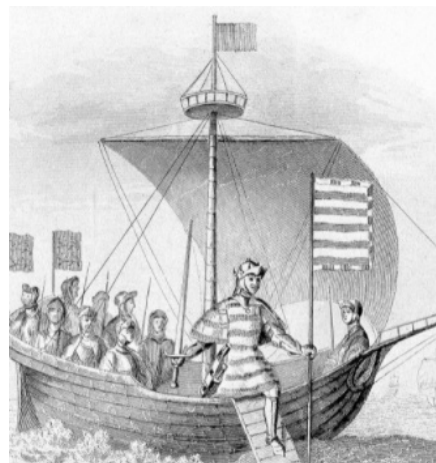
Statuesque resort, 19, where did William land? 24



Don't get a cob on if you haven't worked out the answer to 13

19 There is a statue of a famous person called Eric here.

20 This place has an interesting name – Dinbych-y-Pysgod, or in English Little Fortress of the Fish.



21 King George V convalesced here on England's south coast.

22 Noted for its docks, this town has pretty gardens and painted beach huts along the front.

23 Now I can speak from experience, famous for tasty crabs, a traditional pier with a theatre and lighthouse.

24 Duke William landed here in 1066. It is a small town with a pebbly beach and castle ruins.

25 This must be very pretty in summer, noted for its flower show which stretches for a mile along the front.

13

Kids' Biz



CATHOLIC TERMS WORD SEARCH



Amen

Catholic

Crucifix

Holy

Jesus

Mary

Rosary

Sacraments

Saints



Ginger cake recipe

Ingredients

8oz (250g) plain flour
 4oz (125g) brown sugar
 3oz (75g) margarine
 Quarter tsp salt
 One egg
 Three quarters tsp. ground ginger
 1tsp baking powder
 A quarter tsp.bicarbonate
 6oz (6tbsp) treacle
 A quarter pint (125ml) of milk

Method

1 Sieve together flour,salt, ginger, baking powder and bicarb.
 2 Warm sugar, margarine and treacle in a pan but do not allow to get too hot.
 3 Warm milk and beat the egg.
 4 Combine all ingredients mixing thoroughly.
 5 Pour into a greased and lined 12in x 6in tin
 6 Bake in a moderate oven for an hour at 140C-150C (gas mark 3)



7 NB The amount of ginger can be adjusted according to taste

Anna Smith submitted this recipe from her old school cookery book, courtesy of Mary Taylor, her teacher



Language of success

St Mark's school in Ipswich has been honoured for its language teaching. The Catholic primary was awarded gold accreditation by the Linguamarque teaching programme.

Claire Jackson, head teacher, said she was pleased to receive the accreditation, along with language teacher Carole Starling

and her pupils. Marina Dixon of Linguamarque said: "Congratulations to you all – you truly deserve this."

She told the East Anglian Daily Times: "The teaching of languages at St Mark's is really outstanding. And well done to your amazing pupils for all their hard work."

Linguamarque, run by Ipswich-based educational

company Schools' Choice, has been developed to help primary schools meet the statutory requirements for languages teaching. The programme is used throughout the UK.

Last year it was presented at the House of Lords in Westminster where Linguamarque was highly praised for its innovative approaches and effectiveness.

Noah's Ark Wordsearch

ANIMALS
ARARAT
ARK COVENANT
DOVE
FLOOD
GENESIS
GOPHER
HAM
JAPHETH
NOAH
RAIN
RAINBOW
RAVEN
SHEM



How well do you know your saints?

By Michael R. Heinlein

Sainthood. Each of us is called to it, but it's not so easy to achieve. Thankfully, we have the example of thousands of men and women who the Church has declared to be in heaven with Our Lord. What better way to be inspired to live holy lives than to learn more about them? Test your knowledge, and maybe learn a bit, in this quiz. Answers are on page 24

1 Known as a martyr in defence of marriage, this saint became a widower in his early 30s.

- A. John Henry Newman
- B. Thomas Becket
- C. Thomas More
- D. Simon Stock

2 This saint was a doctor and died shortly after giving birth to her fourth child.

- A. Zélie Martin
- B. Margaret Clitherow
- C. Catherine of Siena
- D. Gianna Beretta Molla

3 The first married couple to be jointly beatified came from?

- A. France B. Italy
- C. Poland D. United States

4 Considered an apostle, this saint introduced St. Paul to the Twelve. A. Barnabas B. Timothy

- C. Mark D. Titus

5 This saint was the first to see the risen Jesus.

- A. Peter B. Mary Magdalene
- C. Martha D. John

6 There is no book in the New Testament attributed to this saint's authorship.

- A. Jude B. Peter
- C. John D. Andrew

7 Known by this name, he is the Roman soldier who pierced Christ's side with a lance.

- A. Cornelius B. Longinus
- C. Cleopas D. Silas

8 St. Thérèse of Lisieux died at this age.

- A. 18, B. 22, C. 24, D. 29

9 St. Dominic Savio was a student and protégé of this saintly priest.

- A. Vincent de Paul
- B. John Vianney
- C. John Bosco
- D. Padre Pio

10 This is the youngest non-martyr saint to have been canonised by the Church.

- A. Agnes
- B. Maria Goretti
- C. Bernadette
- D. Jacinta

11 St. Joan of Arc was martyred in this French city.

- A. Rouen B. Tours
- C. Marseilles D. Paris

12 This saint was chosen as the apostle to replace Judas.

- A. Silas B. Timothy
- C. Paul D. Matthias

13 This saint is seen as having spread Christianity to India.

- A. James the Less
- B. Thomas
- C. Philip
- D. Bartholomew

14 He was the third pope.

- A. Linus B. Cletus
- C. Clement D. Sixtus

15 The number of popes canonized from the 20th century.

- A. 2, B. 3, C. 4, D. 5

16 This pope was the first to travel to the United States while in office.

- A. John Paul II
- B. Paul VI
- C. John XXIII
- D. Pius X

17 This pope resigned from the papal office.

- A. Pius V
- B. Leo the Great
- C. Celestine V
- D. Gregory the Great

18 Which of the following popes canonised the most saints?

- A. Benedict II
- B. Leo II
- C. Sixtus II
- D. John Paul II

19 Which Doctor of the Church is known as the "Angelic Doctor."

- A. Augustine
- B. Thomas Aquinas
- C. Leo the Great
- D. Teresa of Ávila

20 She is the patroness of missionaries, even though she never left her monastery.

- A. Teresa of Calcutta
- B. Teresa of Ávila
- C. Thérèse of Lisieux
- D. Teresa Benedicta of the Cross

This is an edited version of a quiz produced by Michael R. Heinlein as editor of Our Sunday Visitor's Simply Catholic

Fr Joseph Welch produced a series of articles on confession for the parish newsletter. An edited version of all four is produced below

Why we confess

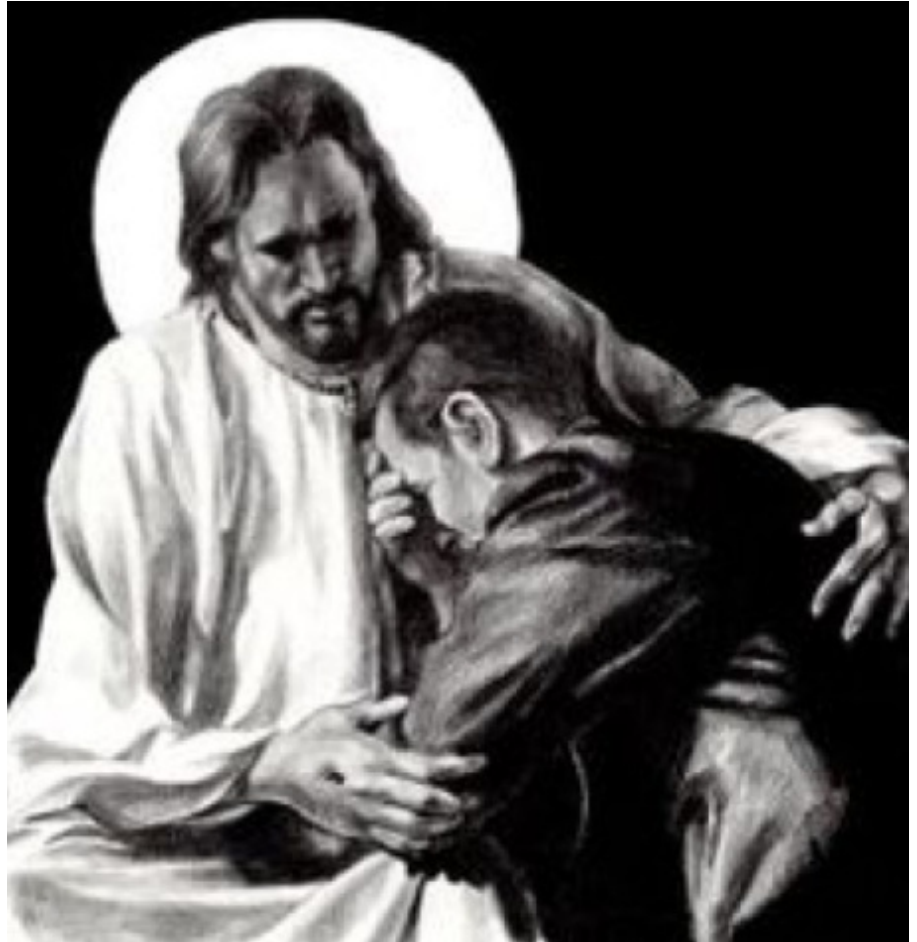
Pt I: What is Confession?

What is Confession? First, it is called the Sacrament of Confession because we confess, (name and speak aloud) our sins, and we confess, in the sense of proclaim, our need of God's mercy. Second, it is called the Sacrament of Reconciliation because in this sacrament we are reconciled to the love of God if we have parted from it through mortal sin. Third, the title Sacrament of Penance denotes an interior repentance, the nurturing of a hatred of sin, and a turning away from sin coupled with a desire and resolution to change our life. With so much emphasis on sin, we might well pause and ask, what is it?

Sin is defined as an offence against God. Anything that offends God's majesty, which contradicts His will, is a sin. Perhaps we are quick to dismiss some sins as less important than others, and sometimes even assume that God doesn't mind about certain sins. But we must be careful about presuming to know what is in God's mind, and which sins matter and which do not. It is always best to stick to what we know through Divine Revelation and Church teachings.

All sins offend God, and all sins harm our relationship with Him and others. Even sins of thought harm our relationships because of the supernatural bond between those who have been baptised and the natural bond of our shared humanity.

Apart from Our Lord Himself, the Blessed Virgin Mary is the only person who has never



'If we say that we have no sin, we deceive ourselves'

sinned (although there is a Church tradition that says neither St John the Baptist nor St Joseph ever committed any actual sins in their lifetimes even though, unlike Our Lady, they both needed to be cleansed from the stain of original sin).

In other words, all the rest of us commit sins, and all of us need the cleansing power of Confession. As St John the Evangelist says: "If we say that we have no sin, we deceive ourselves, and the truth is not in us" (1 Jn 1:8).

In the same letter, St John draws a distinction between sins that are "not to death" and those "unto death" (1 Jn 5:16-17). A mortal sin cuts us off from the charity, the love, of God, so that

God's life (that is, sanctifying grace) is no longer within us. Once we are in a state of mortal sin, and our soul is dead to the life of grace, we must go to Confession before we may receive Holy Communion again. A venial sin disrupts our friendship with God but does not cut us off from His love. Even so, we do well to confess all venial sins when we next go to Confession. We will say more about venial and mortal sins later.

We should regard going to Confession a little bit like taking a shower. We cleanse our body frequently and regularly. Similarly, we should seek cleansing for our soul

Continued on page 18

From page 17

frequently and regularly. A good practice is to go to Confession once a month. Some people go every week! If you have not been to Confession in a while, then it might be a good time to return to such a beautiful and grace-filled Sacrament.

Pt II: Why go to Confession?

Why do we have to go to Confession at all? Why can we not just say sorry to God in our own private prayers?

First, we should indeed say sorry to God in the privacy of our daily prayers. The Church recommends that our night prayers should always include a brief examination of conscience, in which we examine ways we have betrayed God's grace that day, as well as a prayer of thanksgiving for all of the blessings we have received.

Yet, just as every one of our acts of virtue helps to buoy up the barque of Peter on the stormy waters of life, so whenever we sin we threaten the seaworthiness, as it were, of the vessel. In other words, all sins offend God and they affect our neighbours in the Church because of the supernatural bond bestowed on all the faithful in Baptism. We have to say sorry not only to God but to the whole Church.

In the early Church, sins were confessed before the whole assembly of the faithful, especially on the eve of Easter when neophytes were baptised and received into the Church. As time went on, the Church began to realise that a more private forum was needed, and the practice of private and individual Sacramental Confession grew out of this understanding and from the practice of spiritual direction. The priest, then, represents the body of the Church, not least because the Church is Christ's Mystical Body and the priest, by virtue of his ordination, is present sacramentally as an alter Christus, another Christ.



Our Lord made it clear that while we should be reconciled to our neighbour through personal endeavour (Mt 5:23-24), it was also His will that His priests should have the sacramental power to forgive sins: Our Lord Himself breathed the Holy Spirit upon His apostles to confer this power (Jn 20:22-23). Their ministry of forgiveness is qualitatively different from that of our forgiveness of each other. We name our sins, in part, because there is a psychological healing in the naming of those things of which we are guilty, embarrassed, or ashamed. But more importantly, we name our sins to acknowledge fully (to God and the Church) what it is that we have done wrong, and to ensure that we cannot hide behind our pride or shame. In naming (confessing) our sins, we proclaim (confess) to ourselves and others our utter dependence on God's goodness and mercy.

We also name our sins so that the priest can offer guidance and advice for the spiritual life, and judge the nature and gravity of the sins to be able to give an appropriate penance. This idea of judging is important because, through his training and the "grace of state" that comes from ordination, the priest is sometimes in a better position than we are to judge which sins are grave and which are less grave. We can sometimes become obsessed with sins that are, in fact, less grave while, at the same time, we can

occasionally lose sight of the gravity of more serious offences against God's majesty. Confession can help us keep things in proportion and grow in the virtue of wisdom, that is, we can begin to see things as God sees them.

Pt III: Benefits of Confession

In an age that concentrates on people's feelings, rights, and entitlements, as well as a very subjective notion of truth, Confession reminds us that our religion is not all about feeling comfortable but, in fact, places demands on us, sometimes significant and heavy demands. Our relationship with God is a two-way thing which demands that both parties give generously, receive graciously, but never take.

Our Lord humbled Himself and became obedient (Phil 2:5-8). Likewise, in Confession, we humble ourselves, kneeling before the Crucifix, the icon of our Faith, and open our hearts to God, pouring forth all of our sins, faults, and weaknesses. We reveal to Almighty God what we are too embarrassed or ashamed to reveal to anyone else, knowing, as we do, that He will not mock, nor click His tongue in exasperation, nor rebuke. Rather, reaching down His bloodied hand from the Cross, He will touch us with His infinite mercy, and forgive us our sins.

Psychotherapy can be a good thing, helping to heal psychological and emotional damage, but is chiefly concerned with the self. Confession, on the other hand, is focussed on God and the things of God, restoring us to a state of grace, re-grafting us, if we have fallen into mortal sin, back onto the Living Vine which is Our Lord Himself (Jn 15:1ff) so that the goodness of God can flow into our souls once more and bear fruit in our lives. Confession heals the soul.

Our Lord, the divine physician, came to heal the sick (Mk 2:17), and whether we need a few

plasters or major surgery, Confession is the chief and ordinary means by which this healing is given to us. But like any ordinary medical healing, we have to seek out the doctor, go to him, tell him the symptoms, and accept the diagnosis as well as the treatment. So it is with Confession. First of all, we need to recognise that we are in need of a physician, then we have to go to Him, tell Him the symptoms, and, through His priest, listen to a diagnosis perhaps, and accept the prescription that is offered, and possibly the advice too. In other words, we have a role to play in our own healing; we have to work with the physician if we wish to be healed. We are not forgiven our sins with the wave of a magic wand!

Reconciliation with God, the forgiveness of sins, our

redemption, and our sanctification are the reasons our holy religion exist. It has no other purposes. As a result, going to Confession should be a core feature of our spiritual life, even if we think we have little to confess. Confession cleanses, heals, and refreshes the soul, preparing it for the nourishment received in the Sacrament of the Eucharist. Just as we take a shower or clean our teeth routinely, so we should go to Confession routinely. And if we fear that going to Confession might become merely routine, then don't forget that a good habit is always better than a bad habit: brushing our teeth three times a day is better than not brushing them at all! So, how often should we go to Confession? About once a month. Many people go every

week! Catholics are obliged to go at least once a year, between Ash Wednesday and Trinity Sunday. This, and going to Holy Communion at least once a year during the same time, is called "making our Easter duties".

Pt IV: The requirements of a good Confession

We now come to what we (priests go to Confession too!) must do in order to make a worthy Confession.

First, we must undertake an Examination of Conscience. We must consider carefully what sins we have committed since our last Confession. We might use the Ten Commandments as a basis for this, and there are leaflets and prayer books that list appropriate questions to ask.

Second, we must be contrite. We must be genuinely sorry for offending God by our sins, and we must make a firm purpose of amendment, that is, we must intend (at the moment of our Sacramental Confession) not to commit these sins again (even if we think we are, in fact, too weak to avoid them). We must also promise to avoid the occasion of sin, that is, any circumstance that might lead us to sin. Third, we must confess our sins. We must name all mortal sins of which we are aware, and the number of times we have committed them, and we are strongly encouraged — for the sake of deeper devotion — to name our venial sins also.

Fourth, we must make satisfaction for our sins, that is, we must do the penance set us by the priest, devoutly and sincerely.

In addition, we ought not to make excuses for ourselves during Confession nor list the circumstances in which we sinned, but simply state our sins, leaving the priest to ask for details if necessary. Then we will make an Act of Contrition, and the priest will grant us absolution, the moment when we are freed of our sins.



Priests and popes attend Confession

St Joseph in Scripture



Part of one of the posters available for download at godwhospeaks.uk

Listening to God

By Jean Johnson

The revamped website for the God Who Speaks campaign to encourage Catholics to engage with the Bible, godwhospeaks.uk, is easy to use and updated at the start of every month. There is plenty of good material for parishes, schools or individuals and the opportunity to sign up for the monthly newsletter.

Items in the June newsletter included a section on Scripture and wellbeing – “As a father has compassion for his children, so the Lord has compassion for

Seaside answers

1 Dover 2 Brighton 3 Skegness 4 Hunstanton 5 Lowestoft 6 Southwold 7 Penzance 8 Aldeburgh 9 Southend 10 Padstow 11 Blackpool 12 Sherringham 13 Lyme Regis 14 Whitby 15 Bournemouth 16 Llandudno 17 Hastings 18 Scarborough 19 Morecambe 20 Tenby 21 Bognor Regis 22 Felixstowe 23 Cromer 24 Pevensy 25 Southport

those who fear him.” (Psalm 103:13). There is a section called Between the Testaments looking at writings from the time of Our Lord to centuries earlier that did not gain a place in the Old Testament. And there is an opportunity to join Zoom talks on The Bible, philosophy and the problem of evil: email gregory.stacey@dioceseofleeds.org.uk for an invite.

Additionally there is a section on the website for St Mary’s Ipswich, st-mary.org.uk that I can use for updates, although these probably go in the newsletter more often. There are links entitled, Year of Mark that now cover Sunday readings up to the end of June. These are explanatory not devotional (that

is not my job!). You are welcome to download them or pass them on but please leave my name on and do not alter them. At the start of July I will upload notes up to July 11, after which we start on several weeks of readings from John 6.

If you have children or grandchildren I recommend the lovely posters that can be downloaded from the God Who Speaks website and the prayer by Pope Francis

**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.**

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



Musical memories

by Theresa Cleary

I love the Prom Concerts at the Albert Hall in London. The first I attended, and my first visit to the Albert Hall, was on Saturday, September 2 1961.

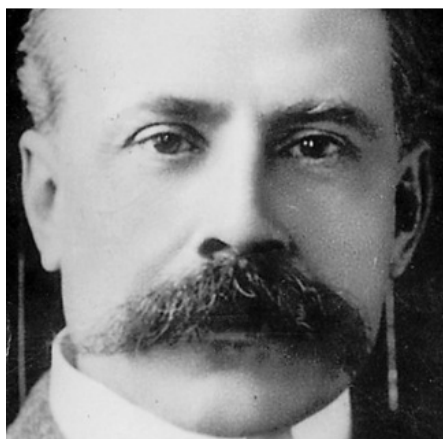
At that concert I was spellbound by the Russian-born pianist, Benno Moiseiwitsch, playing Rachmaninov's *Piano Concerto No 2 in C minor*.

The next year I went to about four concerts but unfortunately did not buy programmes for any of them. After that, as I saw a pattern emerging, I did buy programmes for every concert I went to which I have all lined up in a bookcase at home.

I'd attend these wonderful concerts until summer 2019, meaning that I had achieved 59 years of Proms.

I was looking forward to making it 60 in 2020 – but no! No public concerts took place that summer due to the Covid-19 pandemic, so sadly my diamond jubilee of Proms was not to be.

However, the memories are so beautiful, seeing in person conductors such as Sir Malcolm Sargent, Sir Adrian Boult, Sir John Barbraoli, Basil Cameron and Norman del Mar, to name a few. I was there when the composer, William Walton, came on to the stage to take a bow after a performance of his *Belshazzar's*



Favourite: Elgar



Prommers sang Happy Birthday to Dame Janet Baker

Feast; the day when we, the Prommers, sang *Happy Birthday* to the magnificent mezzo-soprano, Dame Janet Baker, at the end of a concert at which she performed.

Among all those Proms, do I have a favourite?

Yes, the one on July 27 1966, when Sir Malcolm Sargent conducted Elgar's *Dream of Gerontius*. Sir Malcolm was to die of cancer in October 1967.

Elgar is my favourite composer. I loved his *Enigma Variations* as a little girl and when I discovered that Elgar was

both a Catholic and an Englishman, I was delighted.

Just one last special moment: in the 1990s I taught children the piano and music theory and in order to teach little Oliver, ten years old but small for his age, about crescendo and diminuendo (getting louder and getting softer).

I put on a record of the last part of Elgar's *Nimrod* from his *Variations*. It obviously moved him because he said so fervently he wondered how anyone could write such beautiful music.

God be praised for the gift of

God's business

By Magdalene de Santos

What is God's business? The story teller is beaming with joy because she is a member of His transcendent business and so are all His creatures on this planet, even if they have shut the eyes of their souls.

Isn't that the most astonishing fact? The very thought of it makes her giddy. Why? Because she loves Him so

She was overwhelmed when she first learnt of the realness of God's business and how it is covered with layer upon layer of the most exquisite mystical essence that shrouds His infinite wisdom. But there are those rare moments when the sigh of His outward breath is so filled with an ecstasy that it lingers in mid-air sending forth the coolest breeze that lifts this flimsy veil and wounds her with the touch of His glorious love. Sometimes when she prays, she cannot breathe but she is beginning to trust in the weirdness of prayer that reaches the soul. Why? Because a priest, Fr Matt Blake, has helped her to understand, and reassured her that there is nothing to fear, as these experiences are God's silent words that are living in the depths of the soul! She didn't know before about these conversations with Him and that they are quite normal and that there is nothing to fear!

She didn't really know much about God or Jesus when she was growing up but nonetheless, she loved Him and He, the all-seeing God, made it His Business to teach her His ways, starting with His first decree: that she shall love the Lord her God above all things. In obedience to His command, she became a

participant in God's business of pure Love.

She didn't always understand God's business, and in her ignorance she got swallowed up by the immoralities of this world. She became enslaved and tarnished by the unworldly emptiness that resulted in her denial and lost her way many times. In her shame she knows well these periods of dismissal, her self-abandonment, and yet throughout these times of her disrespect He never left her side for one moment.

He made it His business to watch over her. He protected her and saved her time and time again. As she ponders these poignant memories, she can sense the hush of His Oneness that fills the depths of her soul with... she knows not what (And it leaves John of the Cross smiling).

Within her remains that child from long ago. Before we depart from this piece of the story, she wants to sing and praise all of God's most marvellous things – beyond her human comprehension! In His eyes we are all very much-loved children. Even though she is always in trouble and gets side-tracked by her silly thoughts!

We are in 2021 and this year marks the 160th anniversary of Saint Pancras church in Ipswich. What a brave boy, our little St Pancras. He was a Roman citizen who converted to Christianity and was beheaded in the year 304 at the age of 14. A Martyr who gave his life for God. The Greek meaning of Pancras is "the one that holds everything," and He is still a defender of God's great business. He is the signpost that will lead you to your heavenly home. Amen.

We have not long had the month of May, which belongs to

Our Lady. She is the Queen of Heaven. The spring blossoms are Hers. She, who answered the call of God with that resounding Yes! She the young girl, Mary, who was without doubt when God summoned her to carry out His business. Her bravery continues to this day as she has never stopped saying Yes to Him. His mother, remains at the foot of our Lord's Cross, a beacon of light shining in the darkness.

Let's us not forget her most honourable Joseph: he too said "Yes, Lord!" What of our dear friend Joseph the worker? You must talk to him, for God has made this year the Year of Joseph. He too is a cornerstone that underpins God's foundation. A spiritual signpost that will guide you directly into the arms of Jesus.

So, can you see the deep-rooted stem of love that this story teller has for our Heavenly Family, they who are always teaching her. And this is why she is so happy living between these two worlds and now we must also give thanks to all those who have taken up their Cross and said Yes, Lord! Among them is our very own Fr Joseph who is always busy doing God's business!

The story teller is not finished! There is always more; this Heavenly existence of God's business is inexhaustible. We only have to look towards our ancestors the psalmists, they who are the scribes of His sacred lyrics, who have nurtured trillions of seekers who have come in search of His Wisdom. And Yes, it is true, she is in love with them all! What they wrote centuries ago is very much alive today and indeed this is where the thirsty come and drink of the old and new wine, the wisdom that satisfies their souls. The Psalms are about the past, the present,

and very much about the future, and she thanks her forefathers for opening her eyes and pointing her in the direction of God's holy meadows. Come all ye people and take your rest in His paradise that is overflowing with the happiness of His indescribable love! There is more.

The journey that never concludes has arrived at paddocks where the seekers can let go of their troubles as He draws the shutters of our human eyes, allowing the seeker to free-fall into the arms of the beloved Jesus. And the story teller is overjoyed with happiness as she can see that He is waiting patiently for all those who wish to come and contemplate in His fields of the wordless words. Wow ...! The very thought of those holy fields lures her into the depths of His stillness.

It is here that He, Jesus, will touch you with His light, the light that will brighten every corner of your soul, and He will show you all your weakness and then in His cleansing He will make you anew.

He will fill you with the radiance of His gentle healing warmth and He will grace you with His presence every time that you call. And His name from these moments onwards will be printed in your soul and you will be as one with Him as you were long ago! There is no separation, for He is the beat of your very souls. It is He that dwells within you; there is no "I" in God, only God "in she and she in He," Amen! Now we are coming to the close of God's business, but she must not forget about the promise to St Augustine and to Sister Ita who cared for her as a child. It was they who schooled her. Remember how Augustine's words blew her away: "Late have I loved you, beauty so ancient and so new; late have I loved you for you were within me but I was not with you; I sought you outside, and in my ugliness fell upon those lovely things that you



St Augustine's words blew the story teller away

have made. You were within me and I was not with you. I was kept from you by those things; yet had they had not been in You, they would not have been at all; you called and cried to me and broke upon my deafness; and you sent forth your beams that shone upon me; and I drew in my breath and now do I pant for you, and I hunger and thirst for you; You touched me and I have burned for your peace."

Forgive this story teller, she will try to keep this short. It was Sr Ita who saw something in this good-for-nothing story teller, long, long ago. Blessed be Ita, for it was she who nurtured and encouraged this story teller, reassuring her that what is in the soul is truth. Then slowly, the murkiness that covered the eyes of the story teller began to give way to a vision of love that became so intense that the story teller almost vanished, leaving her humanity behind.

So, my friends, when you are sad and lonely go to those holy

fields which Ita once showed her, the story teller, and where the great Augustine fell hopelessly in love, and you too will be bedazzled as He takes you in His arms and covers you with the breath of His pure love.

In recalling these memories the story teller, is smiling because she can see her guide Ita walking with Him on His heavenly paths and in this knowledge of the loving kindness of our God she, the story teller, can begin the surrendering of her being. Amen. He and She in the Union of Prayer.

She knows Your presence: it is the Aura of Your Beauty that does surround her, She knows Your darkness: it is the depth of the true light that does astound her.

And He knows her being in its ugliness and disgrace, that does disappoint and confound Him. But she knows that He in His perfect love, He forgives her and pardons her.

Amen.

Ode to Judy

"I've had a 'slight' calamity"
 My friend, she said to me
 "I don't bounce like I used to,
 Me spring, it's gone, you see.
 I'm only 84, and me up and go
 Has done a flit
 I'd like to still go boogieng
 But it hurts more than a little bit

"Suppose I'll have to give up
 Me dance classes now,
 You know, the ones where
 You spin on the floor.
 I was really getting
 The hang of it and the
 Youngsters were yelling for more
 I wonder if I can stay champion,
 Once I'm out of me
 Collar and Casts.
 I hope I can keep up
 With the skateboarding
 Been having such a blast.

"Well me dear, I've got to be going
 The physio's coming for ten
 Ooh, and he's quite a dish
 Pity he isn't just with me
 I hope to be on the mend soon
 Though I have enjoyed the fuss
 Maybe I'll take up rallying this time
 Or just nick a bus."

Bernie Kavanagh

Ode to Mrs S L

She'd keep me here until Doom's Day
 That woman for whom I care.

It's meant to be a timed visit but she fuddles and
 Keeps you hanging there.

"Oh, I just have to watch this dear" or "read this
 little bit first"
 And all hope of an early escape's just gone up in a
 bubble and burst.

"I know you've someone else to do
 But it won't take you a tick
 I like you coming around dear and odd jobs you do
 that are quick
 Why don't you stop for a cuppa with me (and I'll
 bend your ear on the soaps)
 And by the end of this episode of life
 I'm beginning to think I can't cope."

Now don't get me wrong
 I quite like her
 Though she can drive you
 Quite round the twist
 With such subtle demands
 And her dog's friendly charms
 I'm beginning to think I'd be missed
Bernie Kavanagh

Saints' quiz answers

1 C 2 D

3 B; Blessed Luigi and Maria Beltrame Quattrocchi were the first married couple jointly beatified by the Church.

In his homily at their 2001 beatification Mass, Pope John Paul II said, "Their fidelity to the Gospel and their heroic virtues were verified in their life as spouses and parents."

4 A

5 B; The Gospels of Matthew, Mark and John state the Risen Christ was first seen by St. Mary Magdalene. In the garden outside his tomb, Mary saw Jesus, but at first thought he was the gardener.

She recognised Jesus when she heard him call her by name.

6 D 7 B 8 C 9 C 10 D

11 A; St. Joan of Arc was put to death at Rouen for the false charge of heresy, yet vindicated posthumously.

She is the quintessential French heroine and was canonised in 1920.

12 D 13 B 14 B 15 C 16 B 17 C

18 D; Pope St. John Paul II canonised 482 saints during his 26-year reign as successor of St. Peter. The majority are martyrs. Only Pope Francis has canonised more.

19 B 20 C

Noah's Ark Complaints Department



**YOU ONLY
 BROUGHT
 TWO ANTS?**

25 Out of Africa

By Jean Johnson

The wartorn Tigray region of Ethiopia has been in the news, with Pope Francis calling for an end to fighting to allow humanitarian food aid to reach thousands of starving people.

I visited Ethiopia three times before the latest conflict, including Axum which seems to have been the site of some of the unrest. My Birmingham parish had a number of asylum seekers from neighbouring Eritrea, which seems to be a very difficult place for Christians. I tried a few years ago to go to visit Eritrea but our cruise ship was refused entry. I managed to meet the family of one of the asylum seekers when they travelled to Addis Ababa in Ethiopia.

I had been asked by the Royal Society of Chemistry a few years ago to help organise a one-week joint residential conference for teachers in southern Uganda. Days before it started, we discovered that they were sending the senior chemist from the Catholic Cathedral School in Addis as a participant. Soon after, we were asked to do a similar course in Ethiopia's capital. It was far more difficult working in Addis than in east Africa. A colleague and I had to travel to the embassy in London to obtain business visas, despite being unpaid volunteers, and our two young Ugandan chemists had similar struggles. We spent weeks compiling lists of chemicals and equipment needed, and produced numerous PowerPoint presentations. We managed to leave the UK on a day early in January: mine was the first flight to get out of snowbound Birmingham airport and we had to be sent to be de-iced in Amsterdam so we could



The cathedral and 4th century stela at Axum in Ehtiopia

disembark and connect with the flight to Addis. On arrival late that evening (with only one of two suitcases, but the other came the next day via Paris) I discovered it was Christmas Day. We had not really registered the impact of their continued use of the Julian calendar which is some days behind the Gregorian calendar used in most other countries.

Other problems soon surfaced. Africans use mobile phones to locate people even in the same building but an Ethiopian had to register Sim cards for us to use. Not one simple chemical solution was prepared: many of you will recall from schooldays that solutions of common acids and

alkalis are usually readily available, often on every bench. Bottles were also in short supply. The four of us had a hard day as lab technicians. Teachers turned up with what we would now see as full PPE: they had never worked in a laboratory before.

They got down to work with enthusiasm on practicals, some of which would be done by our children in years 7-9. Simple tasks, such as designing a poster to show how alcohol is produced from dates went down well, as we explained the illegal Ugandan methods of getting potent spirits from bananas. At the end of each day a trip across the road from the cathedral complex to the best

Continued on page 26

From page 25

coffee shop in Addis was a must: 25p for wonderful reviving coffee, excellently brewed using machines from the country's Italian era. Local food was a bit of a challenge, eaten with fingers. We soon chose lovely vegetarian options from the fasting day menu.

On their New Year's Day the Archbishop of Addis Ababa (now Cardinal) Berhaneyesus Demerew Souraphiel said Mass in the Franciscan convent where we were staying. There, and at the Franciscan church where our two young men stayed, Mass was in English and familiar. However, the attire of indigenous clergy was quite different and on the one occasion I attended the cathedral Oriental Rite I found it almost incomprehensible and had to leave before the end because it was so long and our course session was about to start. By this time, we were becoming more familiar with the country and Timkat had arrived. This is an Ethiopian Orthodox feast sort of combining the baptism of our Lord with aspects of other nearby Catholic feast days. In pouring rain, we were taken to a big field where crowds gathered, waiting for richly robed clergy, complete with festive umbrellas (not for rain, more for decoration). Each church representative carried in procession its own Tabot, ie a model of the Ark of the Covenant. It was a lengthy, grand affair, during which, as the only foreigners around, we were interviewed; we found ourselves on the national news that evening.

On another visit, we were in Axum on Palm Sunday. This is in the Tigray province where there has been unrest recently involving Ethiopians and Eritreans. Christianity came early to Ethiopia and by the fourth century Axum had



Jean and colleague with Archbishop of Addis Ababa

claimed to be the resting place of the Ark of the Covenant and the home of the Queen of Sheba. There is a huge obelisk or stela purporting to date from the fourth century. The Orthodox Church of Our Lady Mary of Zion was first built at the same time to house the alleged Ark of the Covenant. There is now a modern cathedral where we watched the wonderful Palm Sunday procession. Nearby is the old church – women could look from afar while men could walk up to it. Only one man, who cares for the alleged original Ark of the Covenant, is allowed inside. It is reported that in December 2020 many people were killed here by militants who it was suspected were hoping to steal the Ark. Both Amnesty International and Aid to the Church in Need have produced reports on the atrocities.

By Easter we had arrived at

Lalibela. This is a World Heritage Site containing rock-hewn churches dating from the seventh to thirteenth centuries and is a place of pilgrimage for Ethiopian Christians. We joined the crowds late on Holy Saturday, looking down at the church far below. This was really exciting: we could identify the new fire and the shout of “Christ is Risen”.

We can all pray that peace returns soon to Ethiopia. It is interesting as an African country where Christianity has been established for many centuries. The beautiful churches and fascinating traditions are worth exploring. There are various Catholic missionaries working in Ethiopia: Franciscans, Jesuits, East African Apostles of Jesus and a number of congregations of Sisters. We need to pray for peace in Tigray.

Next door's news

By Rev Neil Coulson

Greetings to you all from your friends at Christ Church. It was truly wonderful for us here at Christ Church to begin gathering together again in our sanctuary for worship just a few weeks back on Pentecost Sunday.

It had been a long wait, but it felt great to take this step, albeit with all the necessary restrictions that we are all working with for Covid safety.

As we did when we met for a few weeks in autumn, each week we hold in our thoughts and prayers those among us who, for different and understandable reasons, are unable to attend again yet. In all we are doing, we are trying to be as inclusive as possible. The worship service on the service sheet, distributed beforehand is the same as the service in the sanctuary on Sunday morning, with the only addition being a short family talk for children in the church. Also, we are creating a video of the service in the sanctuary every week and this is made available by early Sunday afternoon on the Christ Church, Ipswich YouTube channel for any unable to join us at the moment. We are also able to arrange a DVD or CD recording for any of our folk who don't have access to the internet. Our hope is that these plans will help all at Christ Church to feel as connected and blessed as possible as we start to move forward as a church family in what has been a difficult time for many. The pandemic situation does look more positive than before but, as we are aware, concerns remain regarding Covid. This includes, for example, heartbreaking suffering in other parts of the world, the



Christ Church resumed Sunday worship at Pentecost

threats to the extremely vulnerable and unvaccinated, and the risk of new variants of Covid that are affecting people and communities closer to home. That said, we hope and pray that a sustainable recovery plan will be possible for our country and that wealthier nations, such as ours, will do much more to support other countries that are struggling with the pandemic.

Within the UK, the recovery period has begun and indeed, this is why many more churches have begun meeting in person again. For our churches, we hope and pray that we will be able to embark upon, and remain in, recovery. Throughout this season of recovery, I pray that we will all experience the loving and restoring presence of God. As we carefully take more steps forward after lockdown may we know and experience His gentle leading and guiding. Let us remain open-minded and open-hearted as we ponder what we might do as churches to improve how we serve God, one another

and our world. At all times and in all we do, or even do not do yet, may we rest in the love and peace of God who continues to hold us and sustain us through every season of our lives.

I close with a prayer based on a Pentecost Prayer written by Jo Patel, a leader at Wattisfield URC in our county:

Inspired by our celebration of Pentecost, we trust you afresh Lord, our God of surprises.

With the Holy Spirit within us we say with confidence: "We are not shaken but strong!"

With the joy of your presence, we depend upon your grace in everything we face.

With praises on our lips, we sing a new song of hope, life and fullness.

With peace in our hearts, we live in rest and know with certainty that you will show us the path to follow.

Amen.

Grace and peace to all at St Pancras,

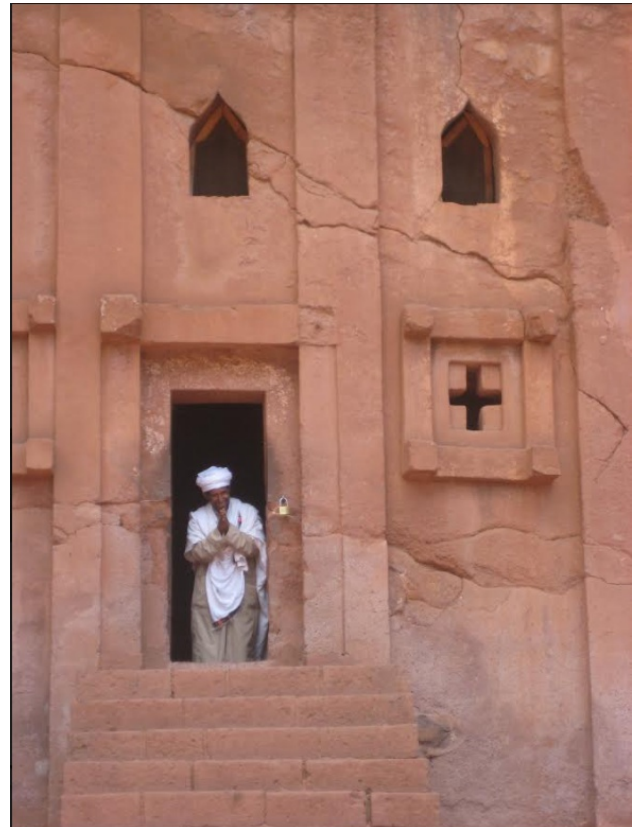
Rev Neil Coulson is minister of Christ Church



Ethiopian clergy take part in a Palm Sunday procession

Out of Africa

Page 25



Churches at Lalibela were carved out of rock