

OUR DIOCESAN FAMILY

The newspaper of the Diocese of East Anglia

FREE

November 2007



Bishop makes new call for vocations

CAFOD to hold memorial Mass for supporters

A year ago, new leaflets and posters were distributed across the diocese, asking the simple question: 'A priest for our future – could this be you?'

Another poster and some prayer cards will soon be heading to all parishes and primary schools in East Anglia.

They focus on the call to give our lives to God, especially by serving as priests. Everyone can use the simple prayer on the card.

These new materials feature art work by 11-year old Catherine Mackay, who has just left St Mary's School in Lowestoft.

She won this year's diocesan primary schools vocations poster competition.

Bishop Michael congratulated her and said: "Catherine's picture gets to the heart of being a priest."

"It's a special way of giving one's life to God, especially by celebrating Mass and the other sacraments, proclaiming the Good News of God's love, and bringing that love to people."

"East Anglia needs lots of dedicated and enthusiastic new priests for our future together."

East Anglia now has four young men training at Oscott College, the seminary near Birmingham.

Michael (from Ipswich) and Luke (Peterborough) are in Year 4. Both are on three month parish placements.

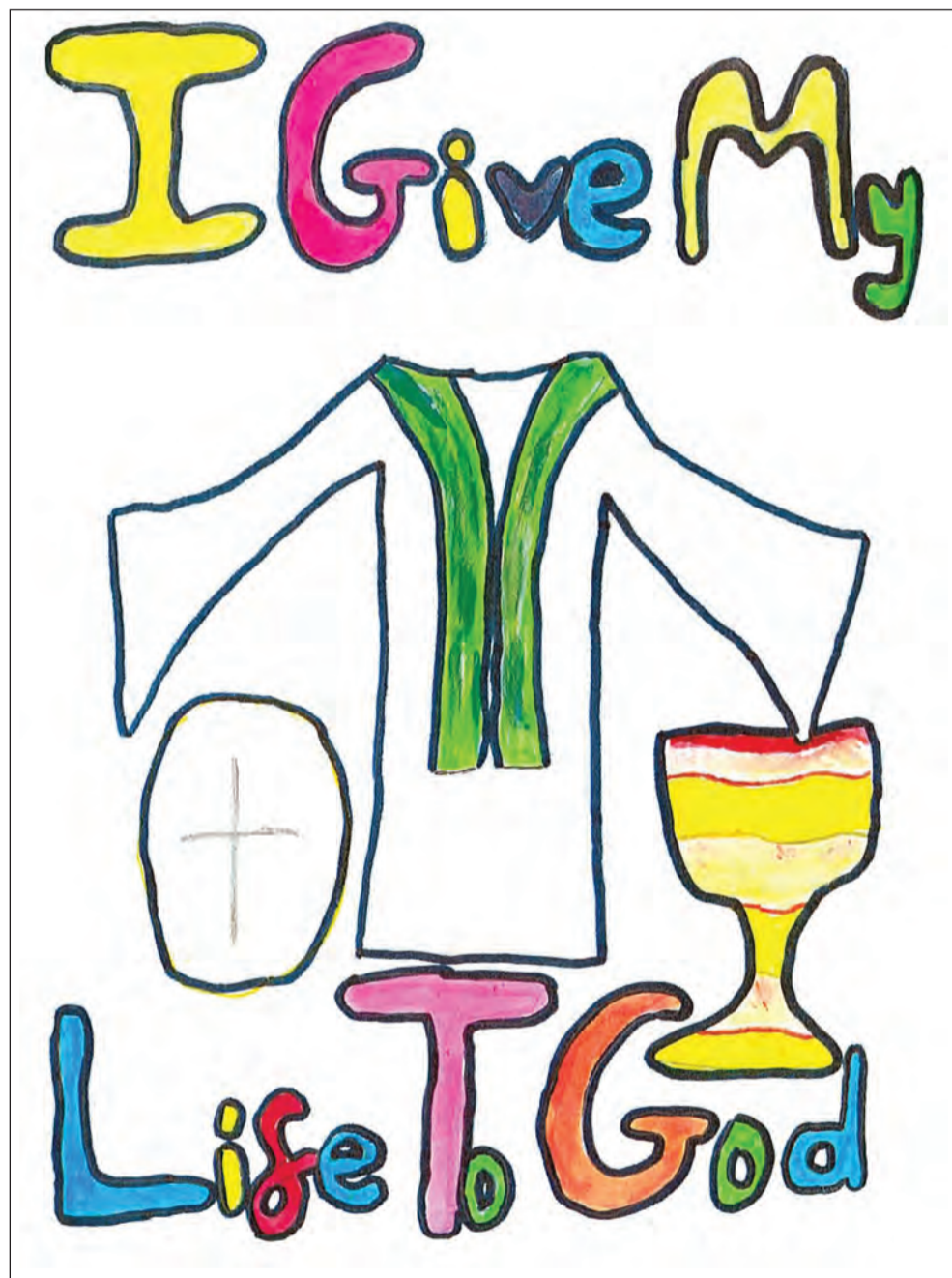
Padraig (Cambridge) is in Year 3, and Henry (Bury St Edmunds) has just begun Year 1.

Leaflets on the permanent diaconate have also been sent to all parishes. In many parishes, deacons provide sacred service of God's people.

Religious communities are also a vital part of the diocese, and a wonderful way of giving one's life to God.

For more information, see the vocations pages on the diocesan website:

www.catholiceastanglia.org



Catherine Mackay's winning poster

CAFOD has asked Bishop Michael to celebrate a Memorial Mass for those people in the diocese who have helped shape and develop the organization but have died.

The Mass will be held in St Mary's Church, Woodbridge Road, Ipswich on Wednesday 7 November at 7.30pm.

CAFOD's diocesan manager John Malley said: "It will offer an opportunity to gather together and remember those we have loved and lost; and to celebrate their lives, their faith and their compassion."

"Over the years, the Catholic community in East Anglia has supported CAFOD in a wide variety of ways, for which we are truly grateful."

"Whether you have lobbied your MP, given at Fast Days, set up a Direct Debit, mentioned CAFOD in your will or remembered us in your prayers; you are an important part of our work and we would like to thank you for your kindness, your commitment and your support."

"Do come and join us in prayer and afterwards for a cup of tea in the hall where you can meet some other CAFOD supporters and members of staff."

Further information from John Malley, the Cafod Diocesan manager.

If you would like us to remember and pray for a loved one at the Mass, contact John by November 2 on 01603 624714 or by email on eastanglia@cafod.org.uk

Ladies at play

St John's Cathedral flower ladies enjoying a day out at Cromer's seaside in August to show it is not all hard work. Some of the group are in their 80s and a bracing day paddling in the sea is just what they needed. This was just one of the regular outings they enjoy. To see their work behind the scenes go to the centre pages.

Church wins architectural award



The new church at Walsingham, left, has won a top architectural award for "interpreting the iconic and traditional Norfolk round tower".

The church has won the Graham Allen Award for Conservation and Design, awarded by North Norfolk District Council.

The innovative and contemporary Church of the Annunciation in Walsingham's Conservation Area, replaces a temporary one that dated from the 1950s.

The Diocese of East Anglia and local architect Anthony Rossi, whose design incorporated natural materials and renewable energy technology received the award from Edward Allen, the son of the late Graham Allen, North Norfolk District Council's first Chairman and a champion of building conservation.



NEWS FROM BISHOP MICHAEL GIVEN FOR YOU, SHED FOR YOU

LOURDES 2007

Receiving and Being the Body of Christ

Our diocesan theme for 2007/2008

Each year, we have had an annual diocesan theme. It was Confirmation in 2003/2004, Reconciliation in 2004/2005, Baptism & Welcome in 2005/2006, and last year it was 'Hearing and bearing the Word of God'. Last year's theme leads naturally to the next, starting this Advent: 'Given for you, shed for you – receiving and being the Body of Christ.' Christ is present in the reading of the Scriptures. He is present in so many different ways at Mass, especially in Holy Communion.

This page will give you some idea of what I have in mind for the year:

What's the point?

Supporting mission/evangelisation in our parishes: 'Being the Body of Christ to the world', linking closely with Pope Benedict's 'Year of Saint Paul' as well as focusing on St Luke's Emmaus story.

Developing Catholics' love for the Eucharist and Christ's special presence there, and strengthening their sense of the sacredness of the Lord's Day and the importance of Mass each Sunday.

Deepening our prayerful reverence when we receive Holy Communion.

Enhancing our appreciation and understanding of receiving Holy Communion under both kinds.

Helping parents to understand that First Holy Communion is a rite of deeper initiation of their children into the life, worship and witness of the Church.

Further encouraging Eucharistic Adoration.

Supporting Extraordinary Ministers of Holy Communion in the understanding, exercise and spirituality of their ministry.

Helping parishes make the most of the annual solemnity of *Corpus et Sanguis Christi*.

Article 92 of Pope Benedict's *Sacramentum Caritatis* will help us move from the diocesan theme of the Eucharistic presence of Jesus in 2007/2008 to that of 'Care for God's Creation' in 2008/2009.

What will happen through the year?

Bishop's Pastoral Letters for the Epiphany (6th January 2007) and 3rd Sunday of Easter (6th April 2008).

'The Bishop Teaches' articles in this Diocesan Newspaper, including reference to *Sacramentum Caritatis*, *One Bread One Body* and the Eucharistic hymns of Charles Wesley.

Diocesan Prayer Card and Diocesan Act of Dedication to the Eucharist on *Corpus et Sanguis Christi* 2008.

A special invitation to all Extraordinary Ministers of Holy Communion to the Diocesan Pilgrimage to Walsingham on 5th May, and a letter from me to all Extraordinary Ministers.

A special diocesan focus on First Communion, with a Bishop's

letter to parents of First Communion children, and a card to each child for distribution on their First Communion Day 2008. Children making their First Communion in 2008 will be specially invited with their parents to the Diocesan Pilgrimage to Walsingham on 5th May, where we will make a fuss of them in some way!

Clergy Ongoing Formation Day on the Eucharist.

Encouragement of study of Pope Benedict's letter *Sacramentum Caritatis* and of revisiting our Bishops' Conference document *One Bread One Body* (especially articles 45-67) on its 10th anniversary, as well as our *Diocesan Pastoral Plan* pages 44-50.

Each parish is invited to review the way that Holy Communion is distributed at Mass.

Our Diocesan Pilgrimage to Walsingham (5th May 2008) will be on the theme of 'Mary of Nazareth...the model for each of us, called to receive the gift that Jesus makes of himself in the Eucharist' (Pope Benedict, *Sacramentum Caritatis*, n. 33).

My hope is that all of this together over the year will help to make receiving Holy communion even more fruitful as we grow in holiness and love together in Christ, and make even more prayerful and spiritually joyful our celebration of Mass.

Mass leads to Mission. We receive the Body of Christ so that we can more truly be the Body of Christ to our world.

LEARNING TOGETHER

These are the next two modules for our diocesan adult religious formation programme. Everyone is welcome.

Challenges for Catholics in an aggressively secular society

3rd November 2007 at St George's Catholic Church, Sprowston Road, Norwich

Charles Wookey, Assistant General Secretary of the Bishops' Conference, who works closely with Archbishop Peter on ethical issues, leads this day on a vital topic for today.

Understanding Confirmation

24th November 2007 at the Parish Centre, Catholic Church, Exeter Road, Newmarket

Bishop Michael leads a day on Confirmation for Parish Confirmation Catechists, parents of young people being confirmed in the coming year, and anyone else interested.

You can register for each module by e-mailing: learning.together@yahoo.co.uk

or by going to the 'Adult Education' pages on our diocesan website and registering on-line, or by writing to:

Diocesan Learning Together Programme, Parish Office, 14 Exeter Road, Newmarket CB8 8LT

All modules are on Saturdays, with registration and coffee at 10.30 and finishing at 3.00. Bring your own packed lunch. Donations to cover costs will be welcome.



East Anglia was back in Lourdes at the end of August, as part of the Catholic Association pilgrimage along with the dioceses of Southwark, Portsmouth, Northampton and Clifton, as well as Stonyhurst School. As always, the Glanfield Group was a vital and fun-filled part of our pilgrimage, and St Mary's School, Cambridge (present and old girls) provided a large proportion of the young helpers. Amidst the heavy programme, much fun and relaxation was had, and the dedication of helpers and helped alike was an inspiration to all.



The bishops coping together, above.



The Glanfield Group at the Grotto pictured left.



Service with a smile

THE BISHOP TEACHES GOD'S FAMILY TOGETHER

As you will see on page eight, the Dowry Pilgrimage to Walsingham in September was a wonderful occasion, with around 3,000 people, especially from the ethnic chaplaincies in London.

Our own parishes in East Anglia have been greatly enriched in recent years by migrants from many countries, including India, Lithuania, the Philippines, Poland and Portugal, as well as other Eastern European countries and Africa. It is great to have you all here with us!

But we need to look at the way we live, worship and witness together. Are we really united? Are we really one single Church family?

This was the theme for my homily at the Dowry Pilgrimage Mass. I ask you to read this edited version of my homily, and see how it applies to your own parish.

What can you do to draw people together as God's family?



Homily of Bishop Michael at the Dowry of Mary Pilgrimage Walsingham on 9th September 2007

How did you spend your wintry summer this year? For me, August was sandwiched between two East Anglia diocesan pilgrimages to France, one to Taizé at the end of July, and another to Lourdes at the end of August. Both gave a wonderful sense of the worldwide, universal Church of Jesus Christ.

At Taizé, 4,500 young adults from over fifty countries and every continent gathered together as one great community. And over 20,000 pilgrims, mostly from Europe, descended on Lourdes the week our diocese was there.

On Saturday evening in Taizé, thousands of candles shone together as we celebrated the resurrection of Jesus. At Lourdes each night at the torchlight procession, thousands processed with their candles, again focusing on the Risen One, united as disciples of Jesus with Mary his mother.

All of this, and especially the Sunday morning Eucharist at Taizé and the International Mass at Lourdes, was a powerful symbol of what Christ's Church is meant to be: one great worldwide family of God our Father, united in Christ by the Holy Spirit.

In such a family, there should be no divisions, no elitism, no ghetto mentality, no cutting ourselves off from our brothers and sisters, our fellow disciples.

On this Racial Justice Sunday, we remember especially that there can be no racism among Jesus' disciples: racism is evil, a grave sin. Every human being is made in the image and likeness of God, and we are all equal in his sight. God looks on each of us as his marvelous handiwork, on each Christian as his beloved daughter or son.

Whatever our race or colour, our culture or nationality, our language or tradition, we are united by our common baptism as brothers and sisters of Christ and of one another. We are his

disciples together.

More is asked of us than simply mutual respect and appreciation. Being one family is more than just being together in the same place. Our minds and hearts must be open to one another, and we must reach out to one another in love.

Some large-scale Catholic celebrations can look really good from the outside, with people of all nations gathered together as one, but that is not enough! All too easily, we can simply be in the same place without being truly united in love.

Each group travelled here today in its own coach, gathered behind its national flag or banner, and most of you are sitting together in those groups now. That doesn't matter – and it has certainly helped the singing! But gradually we need to mingle and mix and reach out to each other.

All too easily we can simply be in the same place, even moving in the same direction, but still split off from any genuine contact with one another. God's family is meant to be much, much more than that! And we must put this into practice in the way we are the Church together.

It is natural to want to preserve our language, our culture, our traditions, especially when we are living in a very different land. Here in East Anglia, the Lithuanians and the Keralans, the Poles and Portuguese, have their special language Masses from time to time. But how can we each preserve our many wonderful national and cultural heritages without at the same time living and worshipping in isolation from each other?

All Catholics should have a passion for the family life of the Church. Our Catholic unity is a great gift and blessing. We belong to a world-wide community with members from every nation, every language, every race and culture. Such family life is more than just existing side-by-side. It is more than a loose federation of people each doing their own thing: we English on our own, determined to retain our old hymns and liturgical style and nothing else; Poles going each week to their Polish Masses and Polish social clubs with little real contact with ordinary English parish life; Lithuanians and Vietnamese, Filipinos and Keralans, so often thriving and at the parish Sunday mass, but sometimes only on the fringes of parish life.

As I have said before, it is right to celebrate our own cultures, to be proud of our national gifts and traditions and language, to rejoice in what is special and distinctive about us – but as closely united members of one single Body of Christ, all dependent on one another, all with much to give and receive from one another.

Our gathering here today in Walsingham is wonderful to see. There is so much life here! The Holy Spirit – the Spirit of Communion – calls us to share each other's lives, to exchange our gifts with one another.

The Catholic Church in England has been so enriched since the Second World War and particularly in recent decades by people from many nations, races and cultures, people coming to live here and make their home here. We have long been deeply dependent on migrants, especially from Ireland.

English Catholics have a great deal to receive from Catholics from other countries – but this can only happen if they share in some real way the life, worship and witness of our Catholic parishes. People from other countries, including Catholic countries, have also a lot to receive from our Catholic life in England. Again, that can only happen if our parishes are warmly welcoming and inviting to people from every nation, and if those people accept the invitation to 'come inside' and be at home.

There are many lively parishes in England where people from different cultures contribute together to our life and mission, enriching each other's lives. We have a glimpse of that today – Scripture readings in different languages, songs from Ghana, Brazil and India alongside English hymns and Latin plainsong. This is truly Catholic life and unity!

I would like to challenge everyone here today to return home determined to be family-makers, working with God to create a truly united Catholic family in this land, Mary's Dowry. It will be a unity in diversity, but it must be a real unity. Go home to your parishes and find new and better ways to be a single community of faith, a single family together, God's family together.

How can the many national and language groups, and people from other Catholic rites such as the Belarussians here today, preserve their wonderful special gifts and yet at the same time contribute to Catholic parish life in England. How can we better share our gifts with each other? We have so much to give each other – and we all need each other.

In today's Scripture readings, St Paul calls us to get into the debt of mutual love, and Jesus himself calls us to take responsibility for one another, to reach out to one another in his name. Here today at Walsingham, England's National Shrine, our Lady herself calls us to deeper unity, drawing closer to her risen son and to one another in him.

We are here because we are all disciples and friends of the Risen Jesus. We can only be true disciples if we are united with each other in faith and mutual love. Let us truly be God's family together.

+ Michael

DIOCESAN SCHOOLS IN FOCUS

New headmistress is welcomed at St Mary's

During a Rite of Commissioning at Mass Bishop Michael officially welcomed Charlotte Avery to St Mary's Independent Senior School in Cambridge.

The event was attended by governors, staff, students, parents, along with heads of other top Cambridge schools and members of the CJ Community.

During the Mass, Charlotte promised to undertake her role as headmistress, support the school's Catholic ethos and commit to nurturing a community centred in Christ.

Charlotte said she is most anxious to preserve the ethos at St Mary's, whilst extending and developing various key areas of the school.

"Our staff will continue to be warm and caring, committed to bringing out the very best in each and every girl.

"And the calm and purposeful environment will remain, enabling girls to grow into confident young women.

"Although we have been a bigger school for such a short time, we are already well used to the junior and senior girls sharing aspects of school life together," she said.

Charlotte's first focus will be further integration of the junior and senior schools. There will also be developments in boarding.

The extra-curricular and weekend programmes will be further extended and emphasis will also be placed on offering ways for girls to develop leadership abilities.



Bishop Michael and Mgr Tony Rogers from Our Lady and English Martyrs at Cambridge welcome Charlotte Avery as headmistress at St Mary's.

Junior students showing enthusiasm for history

Students at St Mary's junior school in Cambridge have revealed that they are very enthusiastic about all their activities there.

In a few brief notes a few of the students give an insight into the work they do and how they enjoy their time.

Form 5 and 6 Visit to Athens

Last Summer Form 5 were studying the Ancient Greeks in history and in May a group of forty girls from year 5 and 6 took part in a residential field trip to Athens.

One year 6 girl's comments: "We had the most amazing days filled

with outings and activities. On Tuesday we had a tour of the city.

"Throughout the week we visited the Acropolis where we saw the Parthenon and this was fantastic. My favourite afternoon was the visit to the temple of Poseidon.

"This was like being face to face with thousands of years of history.

"I'd say we all had a great time, the teachers were amazing and the whole trip was the best ever!"

Form 5 Visit to Ingatestone Hall

This term Form 5 are studying the Tudors and on Tuesday 11 September they visited Ingatestone

Hall, an old Tudor mansion built by Sir William Petre, Secretary of State to four Tudor monarchs. The students had a guided tour of the house and gardens.

Some of their many comments: "I enjoyed finding the priest holes in the house."

"They were really interesting but they were so small, I don't know how the priests were supposed to fit through them."

"My favourite part of the gardens was the Lime Walk. It was lovely and shady."

"I enjoyed walking along the Long Gallery. We learnt that rich

people walked along them for exercise."

"I enjoyed seeing the four poster bed and the secret passage in the bedroom."

Form 5 Visit to Lavenham

Form 5 visited Lavenham as an introduction to their CDT project this term which is to design and make a Tudor house.

Lavenham is a medieval wool town in Suffolk and most of the timbered houses were built between 1450 and 1500.

They spent some time sketching

Tudor houses and we visited the Guildhall of Corpus Christi.

Some of their comments:

"I really enjoyed seeing the crooked houses and seeing how different they are to my house."

"I liked the Crooked House because it looked like how I imagine a witch's house to be in a fairy tale.

"I particularly enjoyed looking at and drawing the Guildhall of Corpus Christi."

"I enjoyed trying on the Tudor clothes in the Guildhall museum. In one of the rooms there was a mummified cat which was very interesting to look at!"

Celebrating international peace day at St Augustine's

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AGE 3—11 YEARS
(Welcoming children of all faiths)
Member of Independent Schools' Association



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St Augustine's Primary School celebrated International Peace Day on Friday, September 21. Years 5 & 6 marked the day with a special Mass. They prayed for the children in Cambodia who

had been injured by landmines. As part of their preparation they had made little one legged figures of Christ the Amputee which they mounted on a Cross, right.

Fr John Shannon showed his cross which was given to him by the Bishop of Cambodia. The children, above, all sang the Peace song No Wars Will Stop us Singing as part of the Mass.



Contacting the youth service

The Diocesan Youth Service can be contacted at: The Diocesan Youth Office, The White House, 21 Upgate, Poringland, Norwich, Norfolk NR14 7SH
Tel: (01508) 494833
Mobile: (0781) 2004934

Fax: (01508) 495358
Email: dys@east-angliadiocese.org.uk
There are often times when there is nobody in the office. Please do leave a message and someone will return your call as soon as possible.

YOUTH MATTERS (Oh Yes We Do!)

Family fun for St Edward's



Despite the weather the hardy people of St Edward's Deanery turned out for the fun day and enjoyed themselves



Dates for 2008

Saturday 5th January
Epiphany / New Year Candlelight Mass at The White House, Poringland
For all young people preparing for Confirmation or recently confirmed.

Friday 15th February
Ice Skating in Norwich
For anyone of secondary school age

Sunday 17th May
Hobble with the Bishop
Sponsored walk through Thetford Forest raising money for young people in Cambodia and the Holy Land.

Friday 30th May
Trip to Thorpe Park (or somewhere similar)
For anyone of secondary school age.

June 29th
The Big One
Our main Diocesan event for young people. Including competitive games, a barbecue, live music and much more.

July 5th – 23rd
World Youth Day Pilgrimage to Australia

The deadline for booking a place on the World Youth Day Pilgrimage 2008 has passed but if you would like to be placed on a waiting list, and given a place if someone cancels, please contact the Diocesan Youth Service.

August 2nd-10th
Youth Pilgrimage to Taizé
Our annual pilgrimage to Taizé.
For those 17+.

In our last issue we were unable to report on all the amazing events that happened over the summer so cast your mind back to those days of sheltering from 'torrential rain' like these people at the summer camps



Days of preparation for World Youth Day

Eighty-five people from East Anglia have signed up for the World Youth Day Pilgrimage in Sydney next July.

They will be joined by about half a million other young people from all over the World as they come together to celebrate their faith in the presence of the Pope. The East Anglia group have been meeting every few months.

"These preparation days are partly about passing on information and partly about getting to know each other, so by the time we leave, everyone will

very much feel part of the group" said Hamish MacQueen one of the main organizers.

Previous preparation days had included a variety of traditional ice breaker games so this time the group were randomly split into small groups and challenged to build a life size kangaroo out of newspaper pictured here!

"The groups also took on the more serious task of devising a 'Code of Conduct'. In many ways this shows our pilgrimage has already started," Hamish added.



After months of preparation and hard work (on the brain cells at least) setting up the gazebos and stalls, People from across St Edward's Deanery, Ipswich, were ready for the thousands, with the BBQ beginning to whet their appetites!

However, with flooding in various parts of the country and the forecast for the wettest weekend of the summer, the omens were not good for the prospects of a fine day for the Deanery Family Fun Day.

Joanne Aguilar-Millan gives a first hand view of the day. She said: "Parishioners from across St Edward's Deanery met at 9:00 am to prepare for the big day.

"Thank goodness for the shelter we put up in the morning! The rain kept coming and going throughout the day, but it didn't spoil the enthusiasm and enjoyment.

"At least those of you who appreciate the arts were able to view an impressive display of paintings in the dryness of the entrance hall at St Mary's Church. The rest of us had to make do with visiting the stalls, running between Gazebos.

"Bishop Michael opened the event and mingled with the crowd. He's a natural in front of the microphone and cameras!

"We had the usual throng around the cake stall and bottle tombola, the children loved the face painting and hair braiding and young and old got stuck into the spin to win football game.

"The more energetic put on their dancing shoes and had a go at salsa dancing, whilst parishioners from around the Deanery showed off their many musical and artistic talents to the delight of all those who attended the Fun Day.

"We had an Australian theme for the day as the proceeds from the event went to support the young people going to World Youth Day next year. What could be more Australian than a BBQ?

"The culmination of all the events was the inter-parish Tug-of-War, where some of the rules had to be "flexed" to allow for the enthusiastic to take part. What should have been teams of 8 turned into 15+ easily!

"The team from St James' came out as eventual winners with a display of strength which would have made our Anglo-Saxon ancestors proud!

"Hopefully everyone who came to the Fun Day had a fun time. I certainly did. Sometimes it is easy to forget that we are part of a wider Holy Family, but at an event like this we can see first hand just who our family are.

"A big THANK YOU to all those helping organise the event, representatives from parishes at Aldeburgh, Brantham, Leiston, Felixstowe, Ipswich, Woodbridge and Framlingham. Finally, we would like to thank our many sponsors and all those who were able to attend, making the event a success helping to raise over £1500."

Joanne Aguilar-Millan wrote the report with help from Francisco de Carvalho. Others who helped on the day are Sarah Aguilar-Millan, Emma Bonshor, Joseph Howard, Joby Mathew, Kathryn Hogan, Lindsay Bradley, Lydia de Carvalho, Matthew Rutterford and Melissa de Carvalho.

CATHEDRAL FOCUS

NEWS FROM OUR MOTHER CHURCH



Some of the group in front of one of their more visible displays - the colourful lectern on the altar at St John's Cathedral

Silver jubilee for 'flower angels'

A group that keeps the Cathedral looking colourful is celebrating its Silver Jubilee this year.

Visitors and parishioners often admire the colourful and interesting altar flower displays, the garlands around St John's statue, the arrangements St Joseph's chapel, Our Lady of Walsingham and the baptismal font.

Other areas of the cathedral are decked out in a similar fashion and at great feasts like Christmas and Easter, at diocesan events and, in the past, at weddings it is a mass of colour and scent.

It is as if some 'flower angel' visits in the night and the cathedral is transformed but the reality is that a dedicated group of women raise money to finance the arrangements, they discuss designs, buy the blooms and painstakingly create the display everyone admires so much.

Today the group is about 17 strong and Brigid Dowler, one of the founding members, is still one of the leading members.

She said at its peak the group had about 25 members but there are many who have

served the cathedral for many years.

Maureen Fitzmaurice has also been a member from the early days and said the group puts in a special effort for the great feasts and diocesan events.

But often individual members of the group such as Rosa Ravina are seen daily watering the displays to ensure they retain their colour for as long as possible.

It is this behind the scenes work of mounting the displays and taking great care to nurture the blooms that ensures colour all year round at the cathedral.

To mark the Silver Jubilee Jenny Warrington produced a booklet outlining the great events the St John's Cathedral Flower Group have been involved in over the last 25 years as well as the humorous occasions.

She describes how the group was founded after the housekeeper who 'did' the flowers became too ill to continue working.

That was a week before Easter so they met, they saw the challenge and they conquered the task of preparing the cathedral for Easter 1982.

They have never looked back. Through discussion, study and workshops they now

handle a wide range of blooms to create their displays.

Along the way they have become involved in successful flower festivals in conjunction with the Anglican Cathedral in Norwich, they have found missing foundation stones, dressed the cathedral for Masses of Thanksgiving for bishops, the diocese, for ordinations and visits.

To mark the 10th anniversary, Jenny said, four members of the group depicted the diocesan coat of arms in flowers.

They enlisted the help of the the City Parks and Gardens department to provide pot grown plants for the visit of Archbishop Barbarito, the Apostolic Nuncio.

They also go on trips as a break from their work and once were involved in a treasure quest.

A Chinese looking pot was found among the odds and ends inherited when the group took over their work from the housekeeper.

After visits to various so-called experts including professors in the belief the pot was Quing dynasty it was finally put up for auction and went for £16 which of course went to the flowers fund.

Some examples of the flower group's work



Francis Grubb, Jill Prestt, Eileen Doyle, Joan MacInnes, Barbara Scrutton and Judy Howman

New vestments to order

Discerning eyes will have noticed that new sets of vestments are being used for services at St John's Cathedral and the latest chasuble to be made was worn by Fr James to celebrate the 40th anniversary of his ordination.

A group of people is working behind the scenes at the Cathedral to replace worn out vestments and to create new ones.

Barbara Scrutton is leading this seven-strong team called St John's Embroiderers who meet weekly to talk about themes for the vestments, ways of raising money to support their work and to carry out the intricate craft which results in fine new vestments and altar decoration.

The team makes chasubles, dalmatics, copes and altar panels in the traditional colours of the liturgy.

These are green, purple, white and red and are worn on suitable days - ferias, Lent, Advent, feasts, martyrs'

and apostles' days.

So far vestments and decorations in purple and green have been made as the group moves through the colours.

Barbara said: "We also knit and embroider items to sell at Christmas and Easter to raise money to pay for cloth, threads and other materials."

The group has been established for about five years and one of their big fundraisers is the sale of Easter chicks and now they are making Christmas tree decorations from unwanted women's tights.

Barbara said the group was founded originally when she was asked if blue banners could be made to decorate the Cathedral for the ordination of Bishop Michael and these are still in use.

"One of the big advantages of making the vestments ourselves is the saving. Chasubles alone can cost up to £700."

On the new purple set depictions

of the cross in shades of grey give a three dimensional effect an idea developed by Barbara.

She has also designed the latest set of green vestments which are almost complete and the discerning eye is called for here again.

The design is taken from the ironwork on the doors of the cathedral.

The group meets on Tuesday afternoons at Cathedral House in Norwich to work and discuss plans, designs and fundraising but much of the painstaking work of stitching and embroidery is done by the group at home.

Barbara said they are always looking for new hands to help them and are willing to carry out work for other parishes.

Alongside the new work running repairs have to be made to existing vestments and tears caused by microphone clips are regular problems.



The Cathedral is reaching out more and more to different sections of the community. For the third year running, we welcomed around 2,000 visitors during the 2007 Heritage Open Days (6 to 9 September). This is the one time in the year when heritage sites all over the country allow access to things and places that you normally cannot see.

In our case, Barbara Scrutton our Sacristan and her team put together a splendid exhibition of vestments (see pictures) and plate.

There were organ recitals each lunchtime and on the Saturday afternoon there was an opportunity to 'come and sing' led by Chris Duarte, the Cathedral Director of Music.

The Tower Guides offered the ever-popular tours of the upper reaches of the cathedral, and Jacky Staples and her helpers provided wonderful refreshments.



Volunteers needed

The Catholic relationship organization Marriage Care, that does a lot of important work for couples across the diocese, is in need of help itself especially in Norfolk.

The organization needs more counsellors to help couples build the foundations of a good marriage and to help them overcome the difficulties they may encounter along the way.

Like most organizations they also need people to help in the day-to-day routines - the office work.

They are looking for people in their 30s preferably in a long term relationship themselves and with some experience of life's ups and downs.

Volunteers will be given full training and that will continue during the time they work with Marriage Care. They will also have the support of the group they are working with as well as trained supervisors.

Marriage Care is a registered charity, a

member of the British Association of Counselling and takes a non-judgmental view focusing on the relationship of couples.

Terry and Pat Sibthorpe are helping to organize the recruitment drive.

Terry said: "Some people might think we are just another church group or from outside the church.

"We provide marriage preparation day-long courses designed to encourage couples to explore their hopes and expectations for their future lives. They also explore a 'tool-box' of ways to confront disagreements and arrive at a win-win solution whenever possible.

"We provide a counselling service for when something has gone wrong and our trained counsellors are people who listen and give advice."

If you feel that you can give your time and commitment to Marriage care please contact Pat of Terry Sibthorpe on 01603 897652 to start the ball rolling.

Interest in Canadian nun growing

Interest is growing in the spirituality of a Canadian nun who was a member of the Congregation of Jesus and Mary, which has a house in Felixstowe.

A conference at the Lateran University in Rome last month discussed the sanctity and spirituality of Blessed Dina Bellanger and interest in her is growing especially among young seminarians and religious.

Blessed Dina was born in Canada in 1897 and lived till she was 32 years old making her vows as a member of the congregation at Sillery, Quebec, in August 1923.

Sr Thomas More, a member of the Religious of Jesus and Mary community at Felixstowe, said: "She had to overcome defects in her character with the help of God's Grace.

"She was wilful by nature and went through the ordinary stages of childhood and adolescence gradually overcoming the difficulties of her temperament."

It was said that she was artistic, gifted musically and would gaze at length in wonderment at the beauties of nature which drew her close to God.

Sr Thomas More said: "She was also very intelligent and her parents hoped she would become a great musician and so they gave her every opportunity to develop this talent, encouraging her to practise the piano to attain the highest standard possible."

However, she was drawn to the religious life and joined the congregation whose mission is to make Jesus and Mary known and loved chiefly by means of the Christian education of youth.

"Her teaching career was brief as Dina contracted an infectious disease which prevented her from working actively and forced her into isolation from the community and students.

"It was during this period of her life that she probably did most good,



Blessed Dina Bellanger

through her union with God and the suffering she endured for the people of the world.

"She allowed Christ to act in her at every moment of her life and gradually she 'emptied out her human tendencies' as Jesus substituted his will and spirit in her.

"She had a practical vision of the world and of human weakness when faced with temptation. She knew she must accept the Cross wholeheartedly, offering everything with Jesus for the redemption of the world.

"She understood the power of the Eucharist to transform us from within and developed a habit of conversing with the Lord in prayer.

"Her sisters in religious life admired her solid virtues and from her writings we know that the more she became absorbed in Christ the more she longed to communicate to the world the secret of the happiness she had discovered and by which she lived.

"Her great desire was to bring souls to God - who loves us all in spite of ourselves - that was her mission in life." Blessed Dina was beatified by Pope John Paul II in March 1993 and the congregation is now waiting for the approval of a miracle so canonization can take place.

Roof releaded and welcome to visitors

Work has begun on a new phase of releading part of the Cathedral and tower roof. Scaffolding began to be erected on 24 September and work will take several months to complete.

The total cost of the work is £165,000, and will be part-funded by a grant from English Heritage.

During the summer we had visits from several pilgrim groups visiting Walsingham. In September, a large group from Wrexham included the Bishop of Wrexham, who celebrated

Mass in the Cathedral for his flock.

With the enormous increase in our regional Polish population, there is now a Mass in the Polish language every Saturday at 4 pm. For the past six months, the hall has been used as a drop-in centre for a refugee group from Congo.

Recently a large group of Norwich city councillors, many of whom had never visited us before came to hear about the Cathedral's work in the community, and a number of them enjoyed a guided tour

and a twilight trip up the tower.

Father James Walsh, Cathedral Dean, said: "Our Cathedral is becoming a focal point for visitors both local and national. "As the Mother Church of the diocese it has a special welcome for Catholics in East Anglia.

"We especially hope that more parish groups will come and visit, perhaps for a guided tour, a trip up the tower, and stay for a cup of coffee.

"Why not combine it with a shopping expedition to Norwich?"

Advent and Christmas at the Cathedral

Sunday 9th December, 3pm
Advent Carol Service 2007 followed by seasonal refreshments in the hall.

Christmas Eve, 6pm
Christmas Mass for families and children

Christmas Eve, 11.30 pm
Carols in the Cathedral, followed by the First Mass of Christmas at Midnight
Christmas Day Masses at 9am and 11am

Around the Diocese

Our Lady of many nations

Nearly 3,000 pilgrims met at Walsingham for the annual Dowry of Mary Pilgrimage. They came from all over the country on Racial Justice Sunday and created a multi-national, multi-cultural and multi-ethnic celebration.

Among the pilgrims were Belarussians, Brazilians, Chinese, Congolese, Filipinos, French-speaking Africans, Ghanaians, Hungarians, Keralans from India, Lithuanians, Nigerians, Romanians, Tamils from Sri Lanka, Vietnamese and people from Zimbabwe.

Bishop Alan Hopes and Bishop Bernard Longley, auxiliary bishops in Westminster diocese, joined

Bishop Michael for the celebrations, along with many ethnic chaplains and other clergy.

At noon, national flags and banners were brought forward, and the Lord's Prayer said in many languages. At the Mass, the Gospel was read in different languages, and during and after Communion, songs were sung by groups from Ghana, Zimbabwe, India and the Philippines.

The procession down the Holy Mile was a colourful affair, and during Benediction Filipino and Tamil songs of adoration were sung.

Throughout the day, there was a wonderful sense of being one family, closely united in our diversity.

In his homily at Mass, Bishop Michael appealed to people from all

cultures and countries to be family-makers, serving the true Catholic unity of God's family, the Church.

He stressed that Catholic unity was more than lots of different groups existing side-by-side, each following their own flag, with little contact with each other. It is good for people to preserve their language and traditions, but not in a way that cuts people off from each other.

"We should share our gifts and our lives with each other. We should be a single family, united in love as disciples of the Lord with Mary his mother."

Bishop Michael challenged everyone present to go back to their parishes and to work to bring people together, whatever their language, race, culture or nation of origin.



Pilgrims brought their cultures with them to the celebration



The stature of Our Lady being carried back to St John the Evangelist church

Homecoming celebration

A mediaeval feast known as Our Lady's Homecoming was celebrated in Suffolk during the summer.

A statue of the Blessed Virgin had spent a night in a chapel at St Gregory's Anglican church reputed to be the site of the original shrine to Our Lady of Sudbury until 1537.

It was restored at the church of Our Lady and St John the Evangelist in the presence of about 4000 pilgrims in 1937 exactly 400 years after its destruction of the orders of King Henry VIII.

Bishop Michael led a twilight procession from the chapel of Our Lady and St Ann at the Anglican church to return the statue to its nearby shrine.

"In the Middle Ages Sudbury's Shrine would have been visited by many pilgrims making their way to the shrine at Bury St Edmunds and Walsingham," parish priest Fr Peter Rollings said.

"It was the custom each year to remove the Blessed Virgin's statue from the shrine on the Saturday following the Assumption known across East Anglia as the feast of

Our Lady of the Harvest.

"The statue would be taken to a chapel outside the town to rest overnight, probably St Bartholomew's Priory, and next evening it would be brought home in a joyful procession accompanied by lights, sheaves of corn and barrels of wine.

"The mediaeval festival celebrated the harvest, Mary as the first fruits of the harvest of Christian souls and her homecoming symbolized the joy in heaven at Jesus Christ's reunion with his mother," Fr Peter said.

Rawan's surprise visit

It was a big surprise for many people at St. Peter & All Souls to see Rawan, a member of the Holy Family Parish in Ramallah, in Peterborough during the CWL Summer Garden Party.

The Peterborough parish has been twinned with the Holy Family in Ramallah for nearly four years.

A lot of email, letters, and Christmas cards have been exchanged between the two parishes.

Fr John Minh has led three groups to visit but said it is extremely difficult for Fr Aktham, the parish priest of the Holy Family, to pay a reciprocal visit to Peterborough.



"If he goes out of the West Bank, he will not be allowed to go back to his parish again.

"The political situation in the area has made life very difficult for a priest like Fr Aktham."

Fr David Jennings said: "Rawan's first trip to England was not only a great joy for her, but for the whole parish of St. Peter & All Souls.

"She talked to the parishioners during all five Sunday Masses, attended a Taize prayer session, and visited many convents as well as families.

"It seemed that she had been a friend of the parish for a long time."

Fr David was astonished to receive a request from Evelyn Day, a member of the parish, to help Rawan to visit Peterborough again this year.

After a lot of paperwork and telephone calls, including the special help from the Italian Sisters, Rawan came to Peterborough.

Everybody was surprised to see Rawan, pictured above with Fr David, again at CWL Summer Garden Party with the brilliant smile on her face.

Rogation day back to Suffolk

The tradition of Rogation Mass and blessing of the fields was restored by parishioners in Suffolk, this year.

A group of parishioners at St Edmunds church in Bungay, with friends from other denominations, gathered at Mutt's Farm in Denton on a morning in May for a service and blessing.

Fr Charles Fitzgerald-Lombard OSB and Fr Roger Spencer from Southwold concelebrated Mass and this was followed by a procession led by a horse and phaeton driven by farm owner Elizabeth Adeane to bless the fields.

The prayers and homily touched upon God's bountiful creation and a farmers' breakfast was served to the 40 people who attended.



Procession makes their way to the fields in a traditional way



To get in touch with the editor Patrick Byrne the details are listed below. Our Diocesan Family, The White House, 21 Ugate, Poringland, Norfolk NR14 7SH. Tel/Fax: 01603 627409 and email: ptjbyrne@patrickbyrne.go-plus.net

BUILDING BRIDGES in Cambodia and the Holy Land



More news from Nikum

Our main Cambodian project this year has been supporting the small Catholic community at Nikum, near Battambang. The priest who looks after this community is Fr Gabby, a Filipino Jesuit. He writes to give us a further update on what has been going on in the village:

Kindergarten Closing Ceremony

In July we held the closing ceremony of the trial period of Nikum's kindergarten. We started in February, initially intending only three months. But the elders of the community, together with our one and only teacher, decided to extend the trial period a couple of months more, ending at the same time as the government school year.

The children's mothers came for the ceremony, together with friends and other guests. Some children with disabilities from the Arrupe Welcome Centre in Battambang (the place where I also work and live) also came. All 16 children we started with happily finished the trial period. The three best students received special gifts, which included more pencils and notebooks. After the ceremony, the flag was lowered and we had some snacks inside the church. Some guests, like the kindergarten teachers from another Catholic community, found the sheep interesting.



Your community's generous gift of US\$10,856 and another person's donation of US\$6,000, have enabled us to dream of a bigger plot of land and even a new kindergarten school! We are so happy about this! We presently have two teachers for the school. Socheata, is a teacher from Battambang who taught during the kindergarten trial period. She was happy about the experience and is looking forward to begin one full year. The other new teacher is Kunthia, a resident of Nikum. Both teachers are with us and are getting ready to teach forty to forty five children from the end of October.

The plan for the school is simple: two classrooms and one library, made out of wood with cement flooring. We are still thinking about the material of the roof, whether it will be iron or coconut leaves. I am personally excited about the library. We dream of a place with tables and books where the older children can come to read and study their lessons! We hope with the remaining money we can get books and more educational materials.

Fr Gabriel Lamug-Nanawa S.J.

Music in Birzeit

OLEM in Cambridge is twinned with Birzeit on the West Bank, Palestine. The parish priest, Fr Aziz, and the head teacher wrote to explain how £5,000 had been spent in the Latin Patriarchate school there.

This is a very practical example of how our diocesan and parish twinings are making a real impact on people's lives.

The £5,000 pounds was used as follows:

- 1 Salaries for two teachers for music and special education: US\$6,750
- 2 Internet Connection: US\$2,020
- 3 Student fees: US\$2,000

The music teacher and special education teacher had a good impact on our students this year. The teacher of music is a young woman who gave one music lesson every week for each grade from the 1st to 6th grade.

This made a good impression on the children and their parents, because for many of them it is the first time that they have studied music theory, which is something new and important for them.

These classes gives them the basic theories and knowledge of music so they can continue to improve their knowledge on music in the future at the music school of "Kufia" in Birzeit or at the National Conservatory of Music in Ramallah.

The study of music is important also for our children at this time because it can help them psychologically to relieve their frustrations because of the difficult situation that they and their families live in Palestine.

The special education program was also good and helped some children to resolve their academic problems. The teacher looked after the students who faced difficulties in classes and exams.

Other role of this teacher was resolving some problems of behaviour that students have with their colleagues or teachers.

For the internet, we now have good connection at 20 computers in the school that the students use during the classes on technology and other classes under the supervision of the teacher of computer science.

They also use the internet to search for some subjects in order to write studies on the Catechism, English and Arabic language, science, history and technology.

It helped them a lot to have free access, and to type their homework when they do not have computer or internet access in their homes. Finally with this amount we helped 20 students to pay their school fees (US\$100 for each student).

We renew our deep thanks and gratitude to all of you in the OLEM parish and the school.



May God bless you all and fill your life with happiness.

Fr Aziz Halaweh *Parish priest of Bir Zeit*

Miss Rawand Musallam *Head teacher*

LAST CHANCE TO HELP?

Our two main diocesan 'Building Bridges' projects this year are helping to re-roof the church at Zababdeh in Palestine, and supporting the kindergarten at the small and very poor Catholic community at Nikum. We will start new projects in January, so this is your last chance to support the 2007 projects. Cheques should be made payable to the 'RC Diocese of East Anglia'.

First name.....

Surname.....

Title (Mr, Mrs, Miss, Ms, etc)

Address.....

.....

.....

Postcode..... Amount enclosed.....

Anything you give will be divided equally between Nikum and Zababdeh, unless you indicate below by ticking one or other that all your money should go to that project:

NIKUM (Cambodia)

ZABABDEH (Palestine)

GIFT AID DECLARATION (if appropriate)

I wish the RC Diocese of East Anglia to reclaim tax on this donation. I have paid an amount of UK tax or capital gains tax equal to any tax claimed.

..

Signed.....

Date.....

Please send to:

Bishop Michael, 'Building Bridges', 21 Ugate, Poringland, Norwich, NR14 7SH

Registered charity no. 278742

BISHOP MICHAEL'S ENGAGEMENTS FOR NOVEMBER AND DECEMBER

NOVEMBER				
		all week in Leeds	27 th	Cambridgeshire Ecumenical Council
4 th	Confirmations Great Yarmouth 11pm	17-18 th Parish Visitation to Hadleigh		11 th Visit to Peterborough Prison and Hospital
6 th	Norfolk Church Leaders and Churches Together from noon	20 th Enthronement of new Bishop of St Edmundsbury & Ipswich	28 th	Ongoing Formation Day for Clergy at Poringland
7 th	CAFOD Memorial Mass for deceased supporters at St Mary's, Ipswich at 7.30pm	21 st East of England Church Leaders meeting (10.30-3.00)	29 th	Diocesan College of Consultors at Poringland at 4pm
9 th	Mass with Diocesan Head Teachers at Poringland at 3pm Confirmations at Bury St Edmunds at 7.30pm	22 nd Diocesan Schools Service Commission at Poringland Mass at Margaret Beaufort Institute, Cambridge at 6.30pm		DECEMBER
10 th	Diocesan Council of Laity at Poringland	23 rd Confirmations at March at 7.30pm	1 - 2 nd	Parish Visitation to Southwold
11 th	Diocesan Youth Council Poringland	24 th Diocesan 'Learning Together' study day (Confirmation)	3-6 th	International Methodist/Catholic Working Group Meeting in Rome
12 - 15 th	Bishops' Conference meeting	26 th British Catholic/Methodist Committee in London	8 th	Vocations Morning at Ditchingham
			9 th	Confirmations at Walsingham
			10 th	Emergency Services Carol Service at Norwich Cathedral at 7.30pm
				15-16 th Parish Visitation to St Laurence's, in Cambridge
				17 th Presentation evening at St Benedicts School Bury St Edmunds
				24 th Christmas Masses at HMP Wayland (tbc)
				25 th Midnight Mass at St John's Cathedral Mass at Norwich Prison

Viewing CAFOD schemes

CAFOD Supporter Duncan MacInnes, of St John's Cathedral Parish in Norwich, recently spent a week in Tanzania and Kenya visiting projects funded by the agency's World Gifts scheme.

Duncan, a governor at Notre Dame High School, met several children who are able to go to school thanks to 'School Starter Kits,' purchased by UK people.

"It was fantastic to be able to meet these children, and see for myself the difference that gifts like these can make."

The starter kits, which cost £7 each, allow families to buy essentials such as books and pens, as well as helping out with school fees.

About 1000 of these kits were bought by supporters in East Anglia last year.

Duncan also visited a healthcare project in Tanzania which uses bicycles to deliver food and medical care to people living in remote parts of the country.

The bicycle is a new World Gift which has been added to the



Duncan MacInnes sees another side of life in Africa

catalogue for this Christmas, and an invaluable tool which allows projects such as this to reach out to vulnerable people in isolated or inaccessible areas.

With goats being one of the most popular gifts last year, Duncan also visited a livestock project, one of many funded by the scheme.

"I'd encourage everyone to consider World Gifts this

Christmas," Duncan said.

"They can really have an impact on lives in the developing world, and if nothing else, it shows a lot more thought than the usual socks or aftershave!"

If you'd like to hear more about the trip, Duncan is available to speak to schools or parish groups, and can be contacted through the diocesan office.

Fairtrade campaign growing

More than 60% of parishes responded to a questionnaire sent out by the steering group aiming for Fairtrade Status for the diocese.

This reveals the progress made towards the "five goals" required to gain certification.

Bernard Shaw from Cambridge said: "Goal 1 is to support and promote Fairtrade, encourage the use and sale of Fairtrade products and serve Fairtrade tea and coffee at diocesan meetings.

"Fairtrade tea and coffee are used exclusively at Poringland, the venue for most diocesan meetings and at some parishes.

"Goal 2 is to encourage parishes and deaneries to adopt the same policy and to display literature advertising the fact that Fairtrade products are used and served there.

"Over a third of our Parishes publicise the parish stall and Fairtrade Fortnight.

"Goal 3 is to ensure Fairtrade tea, coffee and other products are used and/or sold by more than a third of parishes in the Diocese.

"Well, we easily exceed that Target! 47% of parishes have a regular Traidcraft stall, 56%

serve fairly traded tea/coffee after Mass and 38% at parish events.

"This shows how faith is put into practice by ensuring we support rather than exploit poorly paid farmers and producers.

"Goal 4 is to attract media coverage and help increase awareness of the Fairtrade mark.

"We fulfilled that goal by articles in 'Our Diocesan Family' and occasional articles in local papers outlining the benefits of Fairtrade to producers in developing countries."

A Learning Together Study Day on Fairtrade is planned for 10 May 2008.

Bernard adds goal 5 is to set up a Fairtrade steering group to monitor these goals continue to be met and developed. Under the Justice & Peace Commission, the Steering Group has met regularly since October 2006."

The survey also indicates that members of the Catholic community are active in promoting Fairtrade Status

You can contact the Steering Group via Bernard Shaw on 01223 240207

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