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## Pilgrims gather online and at Walsingham

**Two hundred socially-distanced pilgrims were welcomed to the Catholic National Shrine at Walsingham on a rainy May Bank Holiday, May 3, for the Diocese of East Anglia annual pilgrimage, with many others joining them online. Keith Morris reports.**

■ It was the largest in-person pilgrimage the Shrine has seen since last autumn, but most pilgrims were asked to stay at home and watch the Mass online instead.

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 Bishop Alan Hopes who said, in his homily: "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



Above, East Anglia pilgrims at Walsingham and, left, Bishop Alan giving his homily.



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."

Shrine CEO, Zyg Rakow-

icz, said that the 200 people at the East Anglia pilgrimage was the largest number attending the Shrine since last autumn. A further 400+ people joined the Mass online.

"The Shrine has been open for a couple of months for private prayer and Mass," he said.

"We will re-open 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 in June but we await Government guidelines for exact details. We hope to be welcoming ever greater numbers to Walsingham in the near future."

You can watch a video of the May 3 Mass online at: [www.youtube.com/WalsinghamCatholicTV](https://www.youtube.com/WalsinghamCatholicTV).

## Bishops reflect on challenges after pandemic

**The Catholic Bishops of England and Wales have issued a reflection on post-pandemic recovery and the challenges faced by the Church in encouraging people back to the Church and her Sacraments.**

■ What will be the pace of our emerging from this pandemic remains as yet unclear. What is clear is the challenge we face of bringing our communities and the practice of the faith to a still greater expression and strength.

In facing these challenges, we are endowed with veritable treasures which serve to resource and enrich us. Among them are our schools, in which so many are regaining confidence to come together with others. We believe our schools can indeed be bridges back to church. There is also the remarkable work of social outreach which has grown exponentially during the long months of pandemic. On this, too, we must build. But the greatest treasure is, of course, the sacramental life of the Church, and, pre-eminently, the Eucharist.

It is the Eucharist, the celebration of the Mass, that makes the Church; and it is the Church, in the gift of the Holy Spirit, which makes the Eucharist. The Holy Sacrifice of the Mass is the lifeblood of the Church. It requires our active participation and, to be fully celebrated, our physical presence.

At this moment, then, we need to have in our sights the need to restore to its rightful centrality in our lives the Sunday Mass, encouraging each to take his or her place once again in the assembly of our brothers and sisters.

We face the task of seeking to nurture the sense of Sunday as "a weekly gift from God to his people", and something we cannot do without; to see Sunday as the soul of the week, as giving light and meaning to all the responsibilities we live out each day.

In the time to come we can do no better than to rekindle in our hearts, foster and encourage, a yearning for the Real Presence of the Lord and the practice of prayer before the Blessed Sacrament, a gift so deeply appreciated in these times of lockdown. We need to begin by fostering this in ourselves. For the Eucharist should be the cause of our deepest joy, our highest manner of offering thanks to God and for seeking his mercy and love. We need to make it the foundation stone of our lives.

Pope St John Paul II spoke of our amazement at the gift of the Mass and the abiding Presence of our Blessed Lord in the Sacrament of the Altar. Herein lies our treasure, enriching our relationship with Jesus and bringing together every aspect of our life and mission. This is such an important focus for our task in the coming months.



## news in brief

### St Joseph is inspiration behind new Hamish song

■ **Hamish MacQueen, Director of the Diocesan Youth Service, was inspired to write a song called 'St Joseph pray for me'. He explains how it came about.**

I've always been interested in St Joseph. My grandma was called Josephine, named after St Joseph, and when I was confirmed, I took the name Joseph as one of my Confirmation names. He inspires me for lots of reasons.

St Joseph was compassionate – when he found Mary was pregnant with a child that wasn't his, he would have been quite within his rights to have her stoned to death, but he didn't. One translation of the Bible puts it as: "He always did the right thing." He was also radically obedient to God and trusted him, taking Mary as his wife. I'm sure that can't have been easy in the circumstances.

Then he loved Mary and Jesus, in a very practical way, working to provide for them. Finally, he must have been an amazing earthly dad to Jesus for God, Jesus' real dad, to trust him to bring Jesus up. For me as a husband and dad myself, St Joseph really is a fantastic role model.

One evening I was thinking about these things as we started planning an assembly on St Joseph (being the year of St Joseph). I looked at a PowerPoint presentation that the lay chaplain at Notre Dame School, Alex Savage, had put together, that seemed to capture why St Joseph inspired me so much. From that this song just came together. I do write songs, but have never written one so quickly, so perhaps the intercession of St Joseph had a hand in it.

You can watch 'St Joseph Pray for me' and other resources on St Joseph by the Ignite Team at [www.youtube.com/igniteya](http://www.youtube.com/igniteya)

## Catholic EastAnglia

Newspaper of the Diocese of East Anglia

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# Mark is new Diocesan surveyor

■ The Diocese of East Anglia has appointed Mark Little of Savills Norwich as its building surveyor and property advisor for the next five years.

Supported by his experienced team, Mark will be responsible for providing management services for in-hand properties as well as consultancy on other buildings as and when required.

Along with strategic considerations, landlord and tenant advice and guidance on land law and policy, the role also includes assistance with a wide range of other matters including boundaries, repairs, the impact of government legislation and recommendations based on the wider property market and demographics.

A fellow of the Royal Institute of Chartered Surveyors and of the Central Association of Agricultural Valuers, Mark



has been working at Savills Norwich for more than 30 years and at the start of 2020

was appointed head of office.

With a background and degree in agriculture, he has extensive expertise in all matters involving property tenure, providing sound strategic advice for a range of clients including traditional estates, family farms, organisations in the charitable sector and the church. He also advises on valuation, business planning and care of listed buildings.

Commenting on his appointment Mark, who lives in north Norfolk, said: "I am delighted to be taking on this important role.

"The work promises to be hugely varied – not just focusing on period buildings in need of repair but also taking a look at the diocese's wider property portfolio including churches, agricultural, commercial and residential holdings.

# Far East prisoners of war remembered

**A memorial service at St Thomas of Canterbury in Wymondham heard about the 'shift of mental furniture' of one Far East prisoner of war. Eldred Willey reports.**

■ Fr Pat Cleary, parish priest of St Thomas of Canterbury, hosted the service for Far East prisoners of War on May 16, which was organised by Peter Wiseman. He was joined by Fr Denis Gallagher and an Anglican guest, Rev Pauline Simpson.

The church had been built in 1952 by Fr Cowin, who was himself a prisoner of war in Thailand, and used to say a daily Mass for those who died in Japanese camps. This practice has turned into an annual service which now takes place on the Sunday closest to May 14, the anniversary of the liberation of Rangoon (now Yangon) in 1945.

The church is unique in being built as a memorial to prisoners of war and civilian internees who suffered in Japanese camps. Around 36,000 names are listed in the books of remembrance which are kept in the church.

Fr Pat read an address written by Michael Ipgrave, the Anglican Bishop of Litchfield, whose father was a prisoner of war captured in Singapore. "He was put to hard labour on the railway," wrote the bishop, "and experi-



enced terrible conditions of deprivation, overwork and brutality there; he was fortunate enough to survive, but his health was permanently damaged, and I believe that what he went through deeply scarred him. How could it not?"

Although Geoff Ipgrave never appeared to harbour resentment towards the Japanese, he did not have warm feelings towards them either. When he was 65, he finally visited Japan.

"He met with people of his own generation who had experienced in their own country the brutality which he had encountered as a PoW –

Anglicans in wartime Japan had been regarded with great suspicion as fifth columnists of the Allies, and the Church and its priests had been persecuted as a result."

The bishop said that he could "almost see the mental furniture being shifted around in my father's mind", who from then on became committed to reconciliation with Japan and the Japanese people.

Although surviving prisoners of war are now too elderly to attend, their relatives from around the country laid a series of wreaths on their behalf.

Towards the end of the serv-

ice, the East Anglian connection was highlighted by a link to the the Battle of Kohima. It was the 1944 defensive actions at Kohima of the 18th Division, largely East Anglian, which prevented a Japanese advance into India.

This was the first time the Japanese had been defeated in battle, and it marked the turning point of the war in south-east Asia.

After Jeremy Lightowler had played the Last Post on the bugle, the congregation read the Kohima Epitaph.

Rev Pauline Simpson concluded the service by scattering petals in front of the memorial.



# Civic leaders attend Mass at Cathedral

**Bishop Alan Hopes welcomed Cllr Vaughan Thomas, the Mayor of Norwich, and Dr Marian Prinsley, the Sheriff of Norwich, to the Solemn Mass at St John's Cathedral on May 16. Eldred Willey reports.**



Bishop Alan and Canon David Paul, with the Mayor and Sheriff of Norwich and their consorts.

■ Canon David Paul, the Dean of St John's, was present to host the civic leaders.

Cllr Thomas and his wife Vivien are both parishioners and attend Mass regularly at the Cathedral.

Dr Prinsley and her husband are members of the Jewish community. She is well known to the Cathedral, as their synagogue is opposite and has good relations with the cathedral community.

The Bishop said that the presence of the Mayor and Sheriff at St John's Cathedral this year was a way of recognising the contribution that the Catholic community

makes to the common good in Norfolk and across the whole of East Anglia.

At the start of Mass, Bishop Alan said: "I would like to express the sadness of the Catholic community in Norwich that one of the synagogues in the city has recently been targeted with anti-semitic graffiti. Please be assured that we stand in solidarity with you against such attacks and of our prayers for all the Jewish community at this time."

In his homily, Bishop Alan spoke of the love which unites a community, and which has to be at the heart of all who are

called to serve in civic and public life.

The Bishop emphasised that this same unity was essential to the Church, since it was "not just a group of individuals who have come to faith" but "a community of believers united by the teaching of the Apostles, the celebration of the Eucharist and prayer".

"The love at the heart of the Church is always to be shared," he said. "It must always lead to fruitful action". Christ's love "was not limited to people he liked; he never discriminated between people; His love was never poisoned by the wrongs of others."

Turning to those who serve in civic life, the Bishop continued: "This love must be at the heart of any vision they have for a society where the needs and rights of people are respected."

Civic leaders, he said, "must seek the Common Good of communities with a special regard for the poorest and most dispossessed members."

Speaking directly to the Mayor and Sheriff, he concluded: "As you and your fellow councillors go about your important work, please be assured of the gratitude, prayers and support of the Catholic people of Norfolk."

## Bishop blesses church extension

**The parish of St Dominic in Downham Market welcomed Bishop Alan Hopes on Monday May 10 to bless the new extension to their church porch area. Parishioner Joe Walton reports.**

■ Work to extend the porch, enlarge the kitchen and improve access to the parish-room was completed in late 2020. The porch has been doubled in size and, with its all-glass frontage, it is now much lighter and a more open and welcoming space.

Bishop Alan concelebrated Mass with parish priest Fr Erico Falcao and dean Canon Peter Rollings. He thanked parishioners for their generosity towards the Alive in Faith appeal which had made the extension possible, and for all their hard work on the project.

Bishop Alan noted that this was our church's fourth phase of development from its humble beginnings as a converted stable in the 1940s.

Bishop Alan then blessed the porch and we responded with joyful applause.

We pray that our parish may continue to grow in faith and welcome others to encounter Christ in their lives.



### news in brief

## Former UEA professor set to retire

■ Former University of East Anglia Catholic historian, Professor John Charmley, has announced his retirement as Provost of St Mary's University, Twickenham, at the end of the 2020/21 academic year.

Prof Charmley joined St Mary's University in 2016 from the UEA, as Pro Vice-Chancellor for Academic Strategy, becoming Provost in 2020. During his time at St Mary's, Prof Charmley led a number of important initiatives, which helped to restructure and modernise the University.

Prof Charmley will continue to support St Mary's in areas surrounding its Catholic mission, including helping to guide plans for developing the St Mary's University Press.

Speaking of his retirement Prof Charmley said: "It's been an exhilarating and exciting journey, and I have worked with some of the best colleagues anyone could want, but with the new Vice-Chancellor firmly established and with Vision 2030 building on our achievements, it is time to yield the field to those who will be able to give themselves fully to its implementation across the next five years."

Speaking of the announcement, St Mary's Chair of the Board of Governors Bishop Richard Moth said: "During his time at St Mary's, John has brought much energy and enthusiasm to his role, working to develop the academic life of the University. His contribution to the Foundation Programme has been especially welcome, proving a great benefit to many students."

Prof Charmley was formerly Head of the Interdisciplinary Institute for the Humanities, Associate Dean for Enterprise and Academic Director for Employability at UEA. He also organised the well-known Catholic Newman Lecture Series and is a commentator on matters of history, religion and politics.

## Pauline joins church

■ On the Feast of Pentecost, Pauline Shreeve, who was brought up in the Baptist tradition, was received into the Catholic Church by Fr Richard Ireson at the Sacred Heart of Jesus church in Southwold. Pauline is pictured with Bill Lavender, her sponsor and Fr Richard.





## Pedal power

■ Sean Finlay from Wisbech is among many Pax Christi supporters who did a sponsored bike ride during May to raise money for the charity.

In common with so many other good causes, Pax Christi has experienced a serious drop in income in the past year. Donations from the Peace Sunday appeal were down by 75%.

On May 20, Sean cycled with friends from the disused air base at RAF Sculthorpe in a loop taking in the Catholic Shrine at Walsingham.

Sponsor Sean at: [www.gofundme.com/f/Pax-Christi-Pilgrimage-for-Peace](http://www.gofundme.com/f/Pax-Christi-Pilgrimage-for-Peace)

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# Parish's prayer life on WhatsApp

## A 60-strong WhatsApp prayer group at St John Fisher in Cambourne is meeting regularly for novenas, reflections and discussions. Mel Ward reports.

■ During lockdown, two local parishioners, Lorretta Peck and Elizabeth Christy, both realised that prayer needed to be at the very centre of all our activities. They recognised the great need for us to feel the presence of God together as a community.

They never doubted for one minute that God hears our prayers. They also knew only too well, as health care professionals, mothers and women drenched in the daily life of our church, that there are times when people find it hard to hear God. So, they founded a WhatsApp online prayer group, accessible to people in our diverse, scattered parish.

St John Fisher Catholic community spreads across several West Cambridge villages. It is a young church founded just a couple of decades ago. We rent the church space from Churches Together. It is a beautiful, purpose-built community building, where we celebrate daily Masses said by our parish priest from Sawston, the intrepid, dedicated and much-loved Fr John Minh.

The WhatsApp group has regularly

involved people in a variety of prayerful activities. People have participated in monthly live meetings together in their homes, bringing great joy and support. Maria, one of the parishioners who belongs to the group, called it "a small group with a big heart that the community can rely on".

In one year, the group of parishioners have been through so many life-changing events together, sometimes in person and most certainly virtually, from marriage, mental health, death or birth. All are lived together in Christ via this social medium.

Our group has been encouraged by St Paul's exhortation in Thessalonians to "pray without ceasing". There are not only regular novenas, reflections and discussions, but also a conversation between each other and God that can be accessed at any time day or night. There are now about 60 members, and we receive many prayer intentions from far and wide.

We have had so much encouraging feedback from members. Claudia said: "This group has been my family outside my home country of Malta." Najra, another group member, commented: "Everything feels less lonely."

Those who could not access the online resources also benefitted. We delivered cards to let people know they were not forgotten

during Advent, Lent and Pentecost. The group managed to support those who do not have social media with weekly phone calls or by posting newsletters.

Most works of the Spirit develop organically, and we know that we can develop better integrated communication across our other media platforms to support others virtually too. Smaller linked groups such as our Confirmation Group have supported candidates. The candidates also managed to raise £270 for Missio via an online quiz.

We have had regular parish socials via Zoom, out of which has grown a group of young people who have developed in confidence so much that they are now co-hosts on Radio Maria England, producing a show for young people called RMEY, Radio Maria England Youth.

The good thing about WhatsApp is you can join in whenever you like or need without feeling tied down. Love does the rest in its own time.

We will carry on praying constantly together, however God leads us. Whether Swieconka, novena, or rosary. Let's keep trusting our living God together. Our patron, St John Fisher, teaches us that "a good man is not a perfect man. A good man is an honest man, faithfully and unhesitatingly responsive to the voice of God in their life."

# Developing a habit of prayer and space to pray



## Fr Paul Maddison shares some thoughts on developing a habit of prayer and finding the space to pray.

■ Whilst we can pray at all times and in all places; if we wish to cultivate the habit of spending time in deep prayer, one of the first things we have to admit is that we are weak!

Distractions of any kind, sometimes inspired by the devil, can attempt to pull us away in so many different directions. To help overcome the disruptions there are a few things we can do.

Firstly, the physical space in which we pray is important – it is one of the reasons we have churches and chapels. However, when we want to settle to serious prayer in our own homes, it is important to identify a place where we pray and to return to this place much like a bird to the nest. It might be that we have a guest bedroom we can use,

■ Fr Paul Maddison, who recently returned to the Diocese, has set up an on-line service providing spiritual direction.

He says: "I am convinced that the pandemic has led to a massive increase in prayer, and many of us would like to discover greater depth and strength in our spiritual lives."

"During the pandemic many of us have become used to doing things on-line. We shop, hold meetings, chat to family, even attend Mass on our computers."

"Spiritual Direction can be described as an open-ended gentle conversation, led by you, where we explore, ponder, question, reflect and freely consider your spiritual path. It is not therapy or counselling; but a safe place where we can explore all that you want to explore in freedom and confidentiality, through reflective listening, discovering the spirituality given you as a gift from God."

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maybe once everyone else is out of the house we can use the sitting room. What is important is to find a place that is not filled with too many distractions. A friend with a young family found the only place she could use was the bathroom!

Once the place has been identified some people like to have an icon, statue or picture helping them to focus; there is no right or wrong way to pray, we are all unique and so is our prayer. The golden rule is: if it helps you to pray, use it! If you want to use a candle, make sure it is safe and never leave it unattended.

Posture is vital if we are to pray without the interruption of being uncomfortable. Sitting is normally the best position to adopt for prayer, kneeling is usually reserved for adoration.

Choose a chair which is not too comfortable otherwise you might risk falling asleep. A dining room or kitchen chair with a straight back support is usually best. Sit into the chair so you have your back supported and your feet placed flat on the floor or slightly raised on a large book or footstool if you have one.

The secret is to feel comfortable enough not to be distracted by your body but not too comfortable that you fall asleep! Many people are not sure what to do with their hands; the best advice is to either place them palms down above your knees, or to lay them in your lap.

The third important factor is to become aware of our breathing. Once we settle to pray, if we become aware of our regular and gentle breathing it can become for us a kind of rhythm which allows us to focus and to draw ourselves back once distractions come.

As you begin to pray and become aware of your breathing it will naturally slow and deepen, allow this to happen – try not to force it – and become aware of the breath entering and leaving your body.

Remember that it was God who breathed over the chaos to create the world as told to us in the Book of Genesis, and it was Jesus who breathed over the apostles at Pentecost to give them the gift of the Holy Spirit as told us in the gospel of St John.

There are also significant health benefits to be gained from a period of slow deep breathing including lowering of the pulse rate and blood pressure, reduction of stress and increased lung capacity.

■ Part two will appear in the next edition.



# Seminarians experience unique Easter

Four seminarians from East Anglia were privileged to experience a memorable Easter Vigil at Oscott College this year. Bienn Carlo Manuntag reports.

■ Christ is risen indeed! This year we had a particularly beautiful and memorable celebration of Our Lord's death and Resurrection, not in the Cathedral church of Birmingham with the Archbishop, as is customary at Oscott, but in the College itself – for the first time in 50 years.

The Liturgies of Holy Week and the Sacred Paschal Triduum which commemorate the salvific events of Christ's Passion and Death were celebrated in a very prayerful and transcendent way, in the intimacy of our college chapel, with only the resident staff and seminarians present.

Holy week is not only a time to meditate on the salvation won for us by Christ, but also a great opportunity to pray unceasingly, to pray for ourselves, for the people that are very dear to us and for all the people around us. It was a great blessing also to have the experience of working together to prepare the Liturgies of these holiest of days (which is invaluable training for parish ministry).

None of us forgot how blessed we were to be able to be present in church each day, knowing that so many in the diocese, and indeed across the world, could not attend as usual, given the restrictions



in place.

In the midst of so much anxiety, so much concern over the future and how we will rebuild and recover after the challenges of living through a pandemic, we had the privilege to experience something of the hope, the joy and new life which Easter both commemorates and makes present each year in the world. In short, we knew

that Christ is risen indeed!

Peter Ho, Anthony Reilly, and Benjamin Barnett are in their first year, while I am in my fourth year. Please pray for all of us who are studying in Oscott and for an increase of vocations in our diocese.

**Pictured above are Peter Ho, Anthony Reilly, Bienn Carlo Manuntag and Benjamin Barnett**



## Reflection on Covid lockdown

■ Parishes across the Diocese responded to an appeal from Cardinal Vincent Nichols to pray in front of the Blessed Sacrament as part of day of National Reflection on Covid on March 23.

Bishop Alan Hopes said: "All Catholics were asked to hold this day as a day of prayer. We were asked to open our churches and to encourage our people to pray before the Blessed Sacrament for the many needs, hopes and sorrows that have emerged over the past year. This was our particular contribution to this important day for National Reflection."

The Parish of Our Lady of the Annunciation in King's Lynn was opened for prayer all day and there was Exposition of the Blessed Sacrament with lighting of candles which were placed on the church porch step to mark the vigil of light.

March 23, the anniversary of the first national lockdown, was marked with a minute's silence at midday. At 8pm, people were encouraged to create a 'beacon of remembrance' on their doorsteps by beaming phones, candles and torches into the night sky. Prominent buildings and landmarks were lit up across the UK.

Cardinal Nichols and Archbishop McMahon, as President and Vice-President of the Bishops' Conference, stress that prayer is an essential part of this reflection and remembrance:

"Without prayer we live in a foreshortened world and are more easily swamped by its clamour and tragedy," they write. "Throughout this difficult year, so many have been inspired by prayer, so much effort sustained in prayer, in every place."

They invited Catholics to reflect "in sorrow on all those who have died, whether family members, friends or those unknown to us personally... with compassion on all those who have suffered during this last year, whether through illness, stress, financial disaster or family tensions... with thanksgiving for the generosity, inventiveness, self-sacrifice and determination shown by so many in this most difficult of times."

March 2020 was the first time churches had to be closed. "It is our hope that on this day in 2021, every one of our churches will be open," they continued. "We invite everyone to enter a church on this day, to reflect and pray in the presence of the Blessed Sacrament."

"We know this will involve an extra effort, but this can be part of our important contribution to a significant moment in the life of our country. Indeed, we ask that you might invite a friend, neighbour or colleague to come to church with you."

# Bishop helps Shrine mark first anniversary

**Bishop Alan Hopes celebrated Mass at the Catholic National Shrine of Our Lady at Walsingham on the first anniversary of the Rededication of England as the Dowry of Mary on March 25.**

■ Six hundred years ago King Richard II placed England under the protection of Mary. Ever since England has been known as Mary's Dowry.

In his homily, Bishop Alan said: "Today is the first anniversary when our bishops once again placed England under the protection of Mary and her prayers as each of us, in our cathedrals last year, made an act of solemn renewal and rededication of our country to Mary. We give thanks for that solemn moment and renew that dedication as we celebrate today."



The Mass took place on the Solemnity of the Annunciation of the Lord.

■ Pope Francis invited Catholics and 30 Marian Shrines around the world, including the Shrine at Walsingham, to dedicate the month of May to a marathon of prayer for an end to the Covid-19 pandemic.

The Catholic National Shrine of Our Lady at Walsingham was selected to start the month of prayer at 5pm on Saturday May 1. Shrine Rector Mgr Philip Moger and the shrine team were praying.

The recitation of the rosary was live streamed from Walsingham to the Vatican television Centre so that Pope Francis could join in live. The Walsingham Intention was for those who have died from the pandemic across the world.

May also marked a month-long Rosary Mission with the theme: Rosary Stronghold with the Holy Family linked to the Walsingham Shrine.

There was a nightly online Rosary at 8pm which was led from various shrines and parishes throughout the UK.

In addition there were three National Days of Prayer.



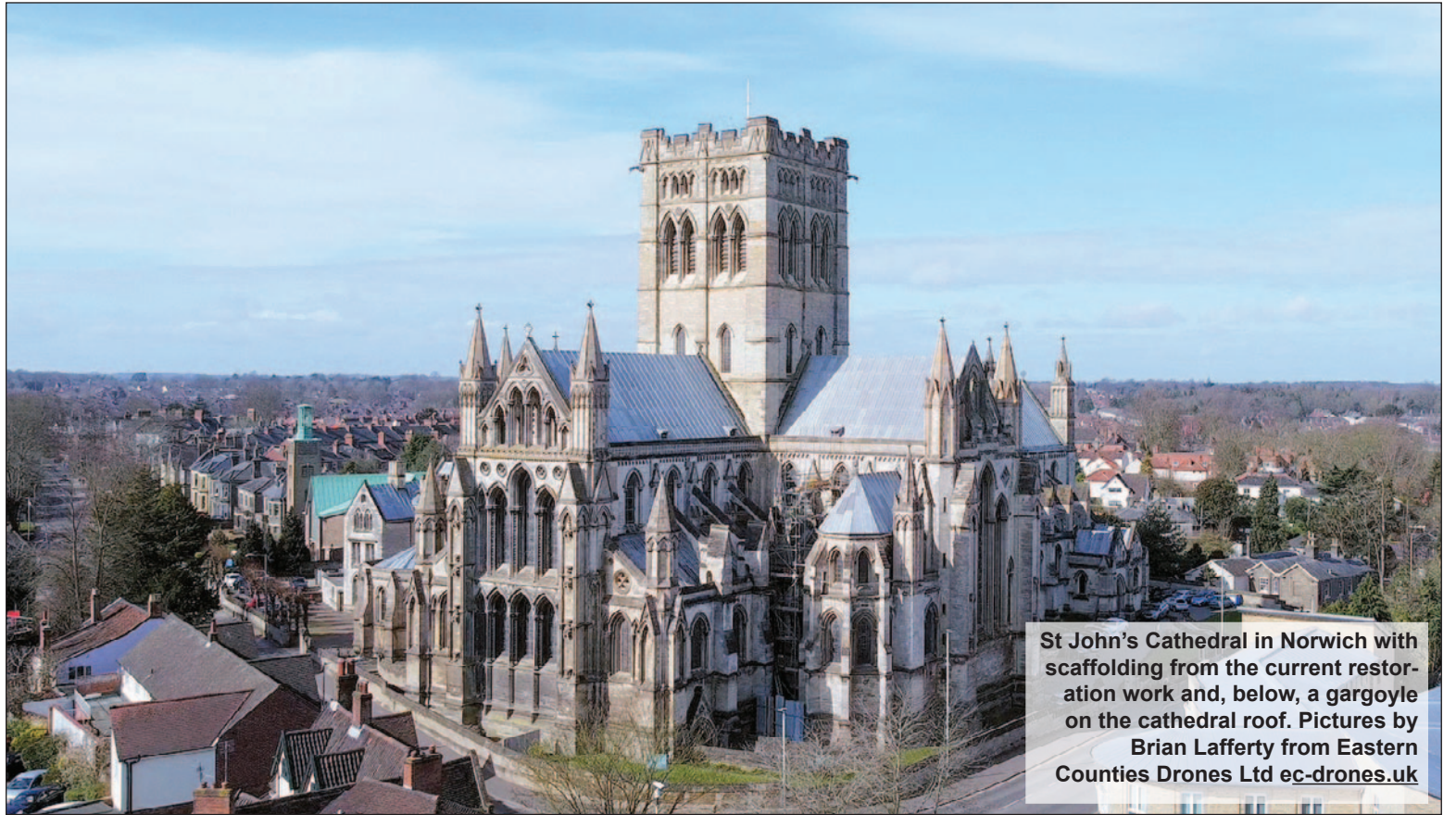
# Funding boost for St John's

■ The Culture Recovery Fund has awarded £95,700 to St John's Cathedral to help it recover from the effects of the pandemic and restart tower tours, room hire and musical events.

Canon David Paul, who is both Dean and a Trustee of the Cathedral, said: "We are delighted to receive this much-needed funding. The Cathedral Trust's finances have been adversely affected by the Covid pandemic and this will help us to recover."

"Apart from paying for ongoing overheads, it will allow essential repairs to the Tower so that we can restart our much-loved tours and enable us to put on musical events once again this summer."

Thousands of organisations across the UK will receive cash from the Department for Digital, Culture, Media and Sports (DCMS) Culture Recovery Fund to help them survive and recover from the financial impact of the coronavirus pandemic. St John's is one of only four Catholic cathedrals to receive such funding.



St John's Cathedral in Norwich with scaffolding from the current restoration work and, below, a gargoyle on the cathedral roof. Pictures by Brian Lafferty from Eastern Counties Drones Ltd [ec-drones.uk](http://ec-drones.uk)

# Craftsmen busy at St John's Cathedral

**A team of craftsmen is busy at the Cathedral of St John the Baptist, carrying out essential repairs. Suzi Pendlebury, the Cathedral Architect, reports.**

■ In our 2020 building inspection, my team found many things in the building that needed repairs. The Diocese applied for grants and we were most fortunate – receiving money from Historic England and the Cultural Recovery Fund to tackle some of those of greatest urgency this winter.

You will see that the craftsmen are busy on three strands of work – repairing the gutters to the North Transept roof, replacing the stolen rainwater downpipes (along with adding greater security measures to help keep us and the Cathedral buildings safe) and replacing electrical circuits that have reached the end of their service life.

Over the last few weeks, the electrical power has been turned off from time to time and temporary access towers have appeared in the Cathedral, so that the team may safely reach the higher

levels.

This begins a campaign of maintenance, care and conservation and we will be looking to raise more money in the coming months to address the building's needs, one at a time.

Alongside roofs and gutters, we seek to repair the glorious windows to the St Joseph's Chapel (from the Cathedral Garden you can see how these are buckling) and to progress a wonderful lighting design with Canon Paul, Fr Simon and Daniel Justin, the Director of Music, to improve the illumination so people will be able to enjoy this inspirational and sacred space more fully.

Thank you for your support and understanding. Despite the annoyances of building work, I trust you can share my gratitude that we start the year caring for and conserving these buildings that mean so much to us.



**RAINBOWS BEREAVEMENT SUPPORT GB**  
(Charity Number: 1058476)

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**RAINBOWS EAST MIDLANDS**  
(Equivalent of five hours a week; term time only)

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Rainbows Bereavement Support GB is an increasingly successful national charity offering training in bereavement and loss to school staff and bereavement support programmes for children and young people grieving a significant and often devastating loss in their lives.

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Further details are available at: [www.rainbowsgb.org/news](http://www.rainbowsgb.org/news). If you would like to know more about the post, we warmly encourage you to speak informally and in confidence to Sharon Melia-Craven, Rainbows National Co-Director before making an application. Contact Sharon at [sharon.rainbowsgb@btconnect.com](mailto:sharon.rainbowsgb@btconnect.com) or on 07764 431536

**RAINBOWS EAST MIDLANDS**

Serving communities in the cities of Derby, Leicester and Nottingham; the shire counties of Derbyshire, Leicestershire, Lincolnshire and Nottinghamshire

Closing date: 12noon on 1st July

Interviews will be held during week of 12th July – dependent on the Covid situation.





Pictures by Eldred Willey.

# Warm welcome at Easter Vigil

**Five Catechumens and two Candidates became full members of the Church as Bishop Alan celebrated the Easter vigil at St John's Cathedral.**

■ In his homily Bishop Alan reflected on our journey from chaos and darkness into the new creation and the Easter night.

"The Resurrection of our Lord Jesus Christ from the dead is the unique event on which the whole of our history turns," said the Bishop. "That is why we celebrate this Easter light with as much joy and thanksgiving as we can muster."

The Bishop spoke of the powerful symbols which we use to express the mystery in which we believe.

"First, darkness. We begin our vigil in the dark. Like the chaos and darkness which existed before God created the universe. Like the darkness of the tomb in which Jesus had been buried.

"Second, light. The new fire was kindled, and from the Easter candle, the symbol of the risen Lord, all the candles were lit, and the whole cathedral is ablaze with light. It is as if God had said, all over again, as at the moment of creation, 'Let there be light.'

"Third, water. We are made part of the new creation, undergoing a new birth through the waters of baptism. We die to our old ways of life and are born again as His children and made members of His



body, the Church."

Unlike the apostles, the Bishop said, we have no need to go and look at the empty tomb.

"For as we gather around His altar, we know that He will be truly present among us again in all His risen glory. As we receive this heavenly food for our earthly pilgrimage, His risen and glorified life fills our lives and heaven is with us long before we are in heaven."

"The Lord is risen," Bishop Alan concluded. "He is risen indeed. Alleluia!"

Catechumens are adults who have never been baptised and become members of the Catholic Church through the Sacraments of Baptism, Confirmation, and the Eucharist.

Candidates are adults who are baptised Catholics or those who have been baptised in one of the Christian denominations and now become full members of the Catholic Church through the Sacraments of Confirmation and Eucharist.

## New university chaplain

■ Fr Alban Hood from Douai Abbey has been appointed as the new chaplain at Fisher House, the University Chaplaincy in Cambridge from September.

"I know that Fr Alban will receive a warm welcome from the Diocese," said Bishop Alan, "and in particular from those working and living in the Cambridge Deanery, whom he is looking forward to meeting in the near future."

Following monastic formation at Douai, Fr Alban taught history and RE in Douai school and then spent seven years at St Anne's, Ormskirk, where he was Parish Priest. In 2002 he returned to Douai as Novice Master, Choir Master and community organist.

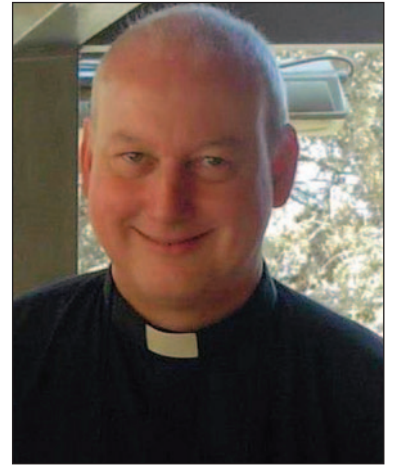
Fr Alban studied History and American Studies at the University of Liverpool. He then obtained a degree in Theology from the University of Oxford, and a Postgraduate Certificate in Education, with distinction, from St Mary's College.

He trained as a Counsellor at the University of Manchester and then returned to the University of Liverpool, where he gained a PhD in history in 2007.

He is an experienced retreat giver and spiritual director, having directed retreats and days of recollection at Douai, Lambach (Austria), Ampleforth, Stanbrook, Colwich, Worth and Buckfast Abbeys, as well as to seminarians at Allen Hall in London and to clergy of East Anglia.

He has contributed chapters to a number of books on Spirituality and Church History. He has written a book about the English Benedictine Congregation in the early nineteenth century.

Fr Alban replaces Fr Mark Langham, who died recently.



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## Diary dates for the Year of St Joseph

**Diocese of East Anglia dates for the Year of St Joseph, from March 2021, include Masses, retreats and social events.**

### ■ Retreat for Men

Saturday, July 3, 2021, Walsingham

A full-day programme including Mass, prayer and reflections on the life of St. Joseph. Open to all men. Attendance is live or livestream. Bookings on Eventbrite £10.

### ■ Mass for Miscarriage

Sunday October 10, 2021, 12 noon, Our Lady & St Etheldreda, Newmarket.

A Mass of consolation and hope for families who have lost a child. Refreshments served afterwards.

### ■ Retreat for abortion recovery by Rachel's Vineyard

October 1-3, 2021: Norfolk, women and men welcome. For more details contact Sona on 07900 734207 or [sona\\_pilgrim@yahoo.com](mailto:sona_pilgrim@yahoo.com)

### ■ Mass for Infertility

Saturday November 6, 2021, 11am, Our Lady & St Etheldreda, Newmarket.

A Mass of consolation and hope for couples managing infertility. A talk will be offered afterwards by Dr Phil Boyle for those who wish to learn more about NFP and NeoFertility methods. Dr Boyle is the founder of NeoFertility and president of the International Institute of Restorative Reproductive Medicine.

### ■ Retreat for mothers and daughters

Saturday 22 January 2022, Blackfriars Cambridge. A day-long retreat for mothers and (older) daughters run by the Dominican Sisters. To book email: [mflc.eastanglia@rcdea.org.uk](mailto:mflc.eastanglia@rcdea.org.uk)

### ■ Mass for St Joseph Day (blessing of children)

Saturday March 21, 2022, 10am at St John's Cathedral, Norwich. A Mass to conclude the Year of St Joseph, with a blessing of children.

# Chrism oils b

**As Bishop Alan Hopes blessed the sacred oils at the Chrism Mass at St John's Cathedral, he spoke of how they were a powerful sign of the Lord's presence among us. Eldred Willey reports.**

■ Priests, religious and deacons from across the diocese joined a socially distanced congregation at the Cathedral for the celebration on Tuesday March 30. Welcoming those present and those joining online, Bishop Alan said: "How good it is that for the very first time in a year now we've been able to come together as a Diocese... We renew today our unity with each other and with the Church throughout the world, expressed in the blessing of the oils."

In his homily, the Bishop began by referring to the aggressive secularism in the West and its effort to destroy Christianity, with its emphasis on faith and reason, and values which had been the foundation of our civilisation for millennia.

"The secularists would build a new civilisation," said the Bishop. "It would be based on the foundation of relativism. They would replace all objective truth with subjective truth, that is, my truth."

Although this posed a huge challenge for the Church, he said, the apostles had also experienced aggressive opposition to the Gospel, and had persevered, knowing that the Lord was truly risen, and that His promise to them was sure: I am with you always, to the end of the time.

"The oils are powerful signs of the Lord's presence working with us today," said the Bishop. "First, the oil of catechumens, with which the Lord prepares us for our vocation to be His witnesses. Second, the oil of the sick... with which the Lord helps us never to lose our faith and trust in Him. Third, the oil of chrism, used... so that we can be like Christ the priest in offering our lives to God, like Christ the prophet in witnessing to God's truth in our society and like Christ the King in humbly serving others."

The Bishop concluded by thanking the deacons for their witness of service, and his brother priests for liv-



ing out their vocation so generously. "May each of us," he said, "encounter the Risen Lord as we celebrate the Lord's passion, death and resurrection this week, and



# lessed



Pictured above is Bishop Alan blessing the oils at the Chrism Mass at St John's Cathedral.

*Pictures by Eldred Willey.*



know His abiding presence with us."

You can see a Flickr gallery of the Chrism Mass at: [flic.kr/s/aHsmUC29Ym](https://www.flickr.com/photos/aHsmUC29Ym/)



Cana Week volunteers, Juliet and Richard Burnford from Newmarket.

## Couple's most enriching time

**In the Year of the Family, Newmarket parishioner couple, Juliet and Richard Burnford, write about the most enriching experience of their marriage – the Cana Week.**

■ Cana Week was the most enriching experience of our marriage.

We attended in 2017 and learned to listen to one another more attentively and to seek God's purpose in the challenges of our life together as parents and grandparents. We are not experts by any means, but we do have hope and joy on the

journey!

When we set out for Sclerder Abbey, we had some apprehension but the beauty of the setting, the warmth of the welcome, the prayerful serenity of the Abbey all served to create a calm that freed us to focus on our life as a couple.

We had excellent teaching and ample time to reflect and to talk. And there was laughter and new friends to be made, especially at meal times! It was such a blessing for us that we have been back as volunteers twice and plan to serve again this year. Our only regret is that we didn't discover Cana sooner – it was wonderful to see couples much younger than us, many with their children, wel-

come the experience with joy.

Cana is a mission of the Chemin Neuf Community, founded in 1973 and stemming from the Charismatic Renewal and Ignatian spirituality. It was launched in 1980 and now serves couples and families in over 50 countries. In the UK it has been active since 1993.

Since 2019, Cana (UK) has been led by Paul and Una Mannu, parishioners at OLEM in Cambridge, and they are full steam ahead for Cana Week this year, from July 25-31, at Sclerder Abbey in Cornwall.

Full details can be found on the Chemin Neuf website: [www.chemin-neuf.org.uk](https://www.chemin-neuf.org.uk)

## Fr Paul walks over 220 miles

■ Fr Paul Spellman, from St Mary's in Ipswich, walked over 220 miles during Lent to raise £1500 for charity.

He decided to raise money for Aid to the Church in Need, a charity that is very close to his heart: "I saw lots of the amazing work they do in Palestine when he was there on my second-year placement," said Fr Paul.

"Up to Palm Sunday I had achieved 465,973 steps. The final week I walked 55,090 steps to Easter Saturday, bring my total to 520,063... a whopping 220 miles." [acnuk.org](https://www.acnuk.org)





## YOUTH MATTERS

# Music keeps choir together

**Young people in Cambridge have sustained a social life through lockdown thanks to the Song School at Our Lady of the Assumption and the English Martyrs. Julia Caddick, who directs the school, reports.**

■ Our junior choir rehearsals started back in September. These days, we rehearse online via Zoom once a week for 40 minutes (the duration of a seven-year-old's concentration span online).

In addition, each week, I create a video of myself teaching one of the new songs the choir is working on. This gets emailed out to parents on a Thursday or Friday and enables the child to practice with me for the next week. They have proved very popular with parents and with children.

The number of children we've had joining us regularly each week from the Junior Choir ranks is about 20.

The choir has worked on Latin Motets, and in the current term, we were making the move towards more complex poly-



phonic pieces. (Viadana, Exultate Justi; Palestrina, Sicut cervus). I'm pleased to report, we're hoping to be able to sing the Viadana and Byrd's Ave verum corpus at a First Holy Communion Mass in July, if the Covid-19 rules allow by then.

For so many teenagers who have lost their social lives due to the virus, the chance to come together and sing in Our Lady of

The Assumption and The English Martyrs Youth Choir provides a unique ensemble singing opportunity. We have been one of the only places in Cambridge offering real face-to-face rehearsals for this age group this year.

Of course, January brought new lockdowns, and so we spent last term and the first part of this term, January to May, rehears-

ing in sectionals via Zoom. At this very minute (and this is most of my current workload) we are trying to ascertain how we can organise rehearsals in rotating groups of six to fit in with the latest guidelines, and yet keep our wonderful young people engaged and excited by the music and by the joy of being in a choir.

We are hoping that the youth

choir will be able to sing for one of the First Holy Communion Masses in July, but we'll have to wait for further confirmation on whether, having rehearsed, they are allowed to sing at the Mass. We'll be watching the government guidelines in June to find that out. Nevertheless, we keep trying!

We've worked on some lovely motets for our repertoire while we've been locked down – Viadana 'Exultate just!', and Byrd's 'Ave verum corpus' being the two highlights we'd hope to use if we get the chance to sing that Mass in July. Pray that we may find a meaningful way forward with our rehearsals so that we may be ready to sing at a Mass just as soon as government guidance allows.

Junior Choir are still rehearsing online, but we are hoping that when social distancing restrictions are relaxed in June, we may be able to rehearse back face-to-face with this younger group. Space and safety of all participants have been the big considerations here.

As you can tell, there is a lot of uncertainty around each step of the 'roadmap' back to a 'choral normal'. Please pray for all our fabulous young singers, and our continuing work as we try to navigate all these twists and turns.

## When Mary visited three children

**Three children from Sacred Heart and St Oswald parish in Peterborough were touched deeply when Fr Arockiya Seelan brought a statue of Our Lady of Lourdes to their home. Kavya Francis (aged 18), Aleema Jeby (16) and Adriel Jeby (10) describe the visit.**

■ On the Saturday, we were all waiting intently and preparing for the arrival of Mother Mary of Lourdes to our house. Flowers were arranged intricately, and candles lit to welcome her presence in our family.

We even prepared an altar to place Mother Mary in, which was blessed by Fr Arockiya Seelan, parish priest of St Oswald's church, Peterborough. Our precious time with Mother Mary began with a rosary together with Fr Seelan after which we would be blessed by her presence until the next day.

It was then that we felt our breath being



taken away in awe by the sheer beauty of the statue. Her eyes carried such power that we felt we could not be taken away from her, from her eyes watching over us and protecting us from all hazards of life. Mother Mary's eyes seemed so graceful, so real that we felt her gaze and were truly bound to her power, almost like a trance.

That was why none of us could leave the room at any point.

The morning was followed by prayers since we invited some of our friends to pray with us and the unity that we felt was surreal. Everyone was surrendering their worries and problems while simultaneously thanking Mother Mary for all the graces she

had given to us. We were so grateful for being given this opportunity.

Evening came and we were all once again united in prayer, this time virtually with our grandparents, aunts and uncles from all corners of the world - India, Australia, Thailand and Canada. Although we were separated by a screen, everyone still felt united with Mother Mary and grateful to be able to experience this because of the technology that has enabled us to keep in touch.

During this terrifying pandemic, we feel that technology has played such a vital part in our lives, to keep families interconnected as well as helping us to participate virtually in all aspects of life, including Church. In this way, technology has enabled our family to witness the charisma, power and blessings of Mother Mary along with us, as if she were sitting right beside us. It was a beautiful experience!

At night, we lit a few candles and stayed all night in the room. It was painful having to let go of the Mother Mary. It felt different when she was no longer there, but in our hearts, we know that Mother Mary will always be there to help and guide us; to give comfort and be our loving mother. We are truly blessed by her!



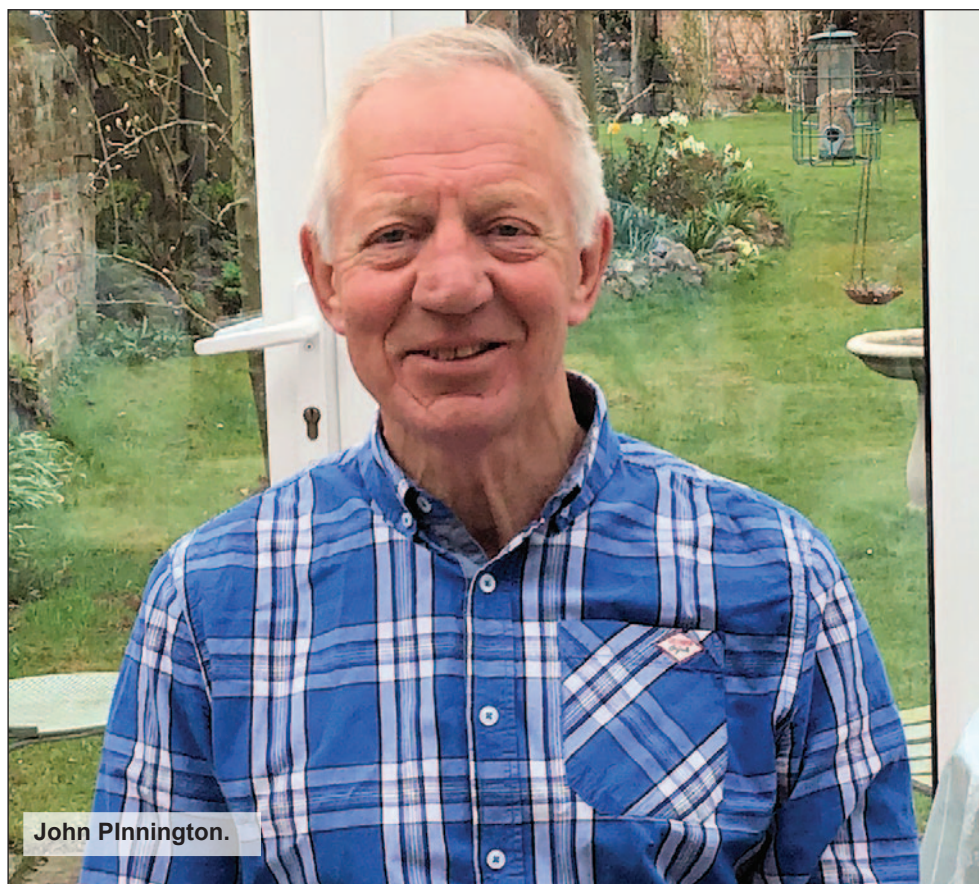
# John is honoured by Queen

**Former Notre Dame High School headteacher, John Pinnington, from Norwich, has been recognised by Her Majesty the Queen and received a purse of Royal Maundy Money.**

■ John was among four Norfolk Christians to be recognised by the Queen for their service to the community in the centuries-old Royal Maundy Money tradition. Each received the Maundy Money in two purses, along with a personally signed letter from The Queen by post.

The giving of Royal Maundy Money by HM The Queen is a long-established tradition. The name “Maundy” and the ceremony itself derive from an instruction, or mandatum (hence Maundy) of Jesus at the Last Supper that his followers should love one another. This symbolic act of giving a gift of money in small purses is a ceremonial living out of that Christian care.

There are as many recipients as there are years in the sovereign’s age. At the ceremony, the monarch hands each recipient two small leather string purses. A red purse contains ordinary coins, while a white one contains silver Maundy coins, amounting to the same number of



John Pinnington.

pence as the years of the sovereign’s age.

John has made a huge contribution to Christian life both in his local Catholic parish community of St George in Sprowston and in the wider community of the

city of Norwich. He is a humble man with a deep and committed faith and has always supported ecumenical initiatives.

He was the first lay headteacher at the secondary school of Notre Dame. Outside

school life and into retirement he has been involved in the work of Norwich Street Pastors, reflecting his great concern to support young people who have found themselves in trouble. He has shown care for the marginalised through work and fundraising for the Emmaus Community, supporting ex-prisoners and those who are homeless.

Speaking about his nomination, John said: “I was amazed when I heard I was to receive this special gift. There are many who will have done more than me but who may not have been recognised so I feel fortunate. What I have achieved is down to a very supportive wife, family, and friends, a belief in the value of prayer, some risk-taking, and hard work, and more than my fair share of good luck from the very start! I am so grateful to all who have been a part of my life whatever the circumstances.”

Bishop Alan Hopes said: “I am delighted to learn that John’s outstanding work among young people both in the field of education, and particularly as headteacher of Notre Dame High School in Norwich, the support work he has continued to give to young people who find themselves in trouble in Norwich as a street pastor, for ex-prisoners and the homeless, has been recognised by Her Majesty the Queen. He is a man of great faith who has taken the social teaching of the Catholic Church seriously in his practice of the faith.”

## A golden jubilee

**Fr Peter Brown has celebrated his golden jubilee with a Mass at the church of Our Lady, Star of the Sea, Wells-next-the-Sea. Judith Franks reports.**

■ The event took place on March 6 and was attended by a socially distanced church-full of parishioners from the Walsingham group, though the merry, post-Mass get-together for which they are renowned had to be put back till later. He wore the same chasuble as for his Ordination 50 years earlier.

Father Peter, just 83, has lived in Wells since his retirement from active ministry in 2008. He still celebrates weekly around the group, from Burnham Market to Blakeney and Walsingham.

During the week, he enjoys the bracing seaside air on his regular walks to the sea, around Holkham Park or in the picturesque alleys of Wells, checking his Fitbit for the distance covered and those all-important steps.

Born near Haverhill just before the war, Fr Peter converted to Catholicism after his National Service in the RAF. He trained for the priesthood at Campion House and Oscott College and, was ordained by Bishop Grant on March 7, 1971 in Farnham in the presence of a congregation of 600 and around 30 other clergy. According to a contemporary newspaper, a fair number are reputed to have welcomed him with soccer-style hugs, the kind exchanged by exuberant players when a



Fr Peter Brown.

goal has been scored.

After short spells at Farnham, Corby, OLEM, St George’s Norwich, King’s Lynn and Downham Market, Fr Peter spent 14 years in Wymondham from 1984 to 1998, where he is still remembered with great respect and affection, in many cases, by 2 or 3 generations of the same family.

They are hoping to welcome him back for their Jubilee Celebration when conditions allow. By the time of his 10-year incumbency in Cromer (1998-2008), he had been Chancellor to all four Bishops of East Anglia.

We wish him many more years of happy, healthy retirement.

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## SCHOOLS IN FOCUS

### Gold award for school's teaching

■ A languages programme called Lingua-marque has awarded St Mark's Primary School in Ipswich Gold Accreditation for its teaching.

Claire Jackson, headteacher of St Mark's, said she was very pleased to receive the accreditation, along with language teacher Carole Starling and her pupils.

Dr Dixon from Lingua-marque said: "Congratulations to you all – you truly deserve this. The teaching of languages at St Mark's is really outstanding. And well done to your amazing pupils for all their hard work."

Lingua-marque, run by Ipswich-based educational company Schools' Choice, has been developed to help primary schools meet the statutory requirements for primary languages teaching. The programme is used throughout the UK, and has currently been adopted in four counties in East Anglia.

### Festive jumpers

■ Staff and children at the Sacred Heart VA Primary School in Swaffham did not allow Covid-19 restrictions to dampen their Christmas cheer and even managed to raise money for Uganda.

A Christmas jumper design competition was one of many events which the school arranged in the lead-up to the Nativity. Won by Kimmie, the competition attracted a variety of artistic jumpers. The £79 which was raised has been donated to the Sisters' mission in Uganda. The children also made clay decorations with which to adorn a Christmas tree.

Through Advent the children opened the windows of a calendar which brought out the meaning of the Church's season. They had a poster competition and the overall winner of £25 was Logan in Year 5 and his poster was reproduced and distributed to the whole school and to various churches in the town to display in their windows over Christmas.

## Pupils excel in CAFOD Lent appeal

■ Despite the challenges of the pandemic, St Louis Academy in Newmarket managed to raise £1259.64 for CAFOD's Lent appeal. **Jane Crone from CAFOD in East Anglia reports.**

Working through the local Catholic Church and partner agencies, CAFOD's local experts can reach needy people in some of the remotest parts of the world.

Working within Covid guidelines, I visited the school to talk to the Head, Mrs Sue Blakeley, and the year 5 and 6 Mini Vinnies group about how the whole school community got involved in fundraising for CAFOD's Lent Appeal, which focussed on water poverty.

The team enthusiastically explained how different year groups were able to have a say in how they supported the appeal by organising their fundraising in ways that they could all enjoy and take part in. For example, lower key stage 2 decided to have a pyjama day while key stage 1 organised a games morning.

Whole school fundraising activities included second-hand goods sales of toys and books, a cake sale, and a non-uniform day. School staff got involved in fundraising too; kitchen staff marked Fairtrade Fortnight by



making and selling biscuits made from Fairtrade ingredients and Mrs Blakeley supported the fundraising through making and selling midweek milkshakes.

As well as responding to the needs of their sisters and brothers overseas the group told me about what they do to support the local community in Newmarket. The school has a monthly collection for Open Door foodbank, run by Churches Together in Newmar-

ket. Before Covid they visited elderly people in care homes; as that's not possible now they have been writing to local parishioners and school neighbours, sending them homemade Easter cards. They have also chosen to support child mental health projects through Young Minds and the anti-racism charity Show Racism the Red Card.

Mrs Blakeley said: "At St Louis, we all recognise our responsibility in helping others

both locally and internationally. I am so proud of the way that all the children took responsibility for acting positively and contributing towards fundraising throughout Lent."

Catholic social teaching asks us to work for the Common Good, putting the needs of the most vulnerable members of society first. St Louis Academy school community are putting this into practice giving everyone a chance to take part.

## Flavio named as CEO for Walsingham MAT

**Flavio Vettese has recently been appointed as Interim Chief Executive Officer for Our Lady of Walsingham Catholic Multi Academy Trust.**

■ Flavio will be well known to many as the Deputy Director for the Schools' Service, a position he has held since September 2016. Alongside this role, he has been seconded to Our Lady of Walsingham CMAT as the Interim Chief Executive Officer.

This is one of only two Catholic Multi Academy Trusts in East Anglia and was originally setup in 2016, working with academies across Suffolk and Cambridgeshire. The schools currently in the MAT are St Alban's Secondary Ipswich, St Felix Primary Haverhill, St Laurence Primary Cambridge, St Mary Primary Ipswich, St Pancras Ipswich and St Louis Primary in Newmarket.

Flavio said: "I am delighted to be working for the Trust and building on the great work achieved by Teresa Selvey, who will be retiring. Our schools have worked tremendously



hard, particularly throughout this last year. It's been a year in which the resilience of staff

has been matched by their determination and professional approach, which in turn has ensured that opportunities for learning have not been missed."

"Moving forward out of the current situation presents us with many fine opportunities to further develop the learning potential for the children and communities we serve. For example, building on and enhancing how we use technology to improve teaching and learning, as well as supporting teachers in their future professional development is very important.

"I am also keen that we work with the full range of partners and schools, and this in turn will allow for a diverse, open and supportive Trust. The Catholic mission of our schools is central to the way in which we operate and ensuring that our values are focused on outstanding educational, spiritual and moral outcomes for all children is so important. I have been very humbled by the warmth and generosity with which colleagues have greeted me. I am delighted to be a part of the next stage of development; it is truly a very exciting time ahead for Our Lady of Walsingham Catholic MAT."

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## YOUTH MATTERS

# Ignite year could change your life

**Spending a year with the Diocese of East Anglia Ignite Youth Team can be a life-changing experience and applications are now open for those who might like to join from September 2021.**

■ Ciaran Losasso has been both a team member and the team leader and would highly recommend the experience.

"I have found being on the team so fulfilling. It has given me such a wide range of experiences – working with all sorts of different children and young people in all sorts of different places and learning many things along the way," says Ciaran.

"It's such a privilege to be able to share the Gospel with others and pray that they grow closer to Jesus, who really does change lives. This sense of fulfilment has kept me involved with the Ignite Team for over four years now.

"A year with the team can be challenging at times but always rewarding, knowing



Ciaran Losasso.

that you are playing just a small part in the task left to us by the Lord and being invited into the lives of young people all around our Diocese.

"The team has included people from

many different backgrounds, who join for a number of different reasons. I'd really encourage anyone who is in the age group and interested in working with young people, in serving the Church or in trying something different, to consider spending a year with us. There is room for all sorts of talents to be put to good use and to develop some new skills too! Why not make an application and see what happens?"

A year with Ignite is suited to all sorts of people including those who have just finished school, college or university or those looking to try something new or different for a year. Perhaps you would like to gain experience working with young people or feel you could benefit from giving a year to serve God and others.

Accommodation and food are provided along with a monthly allowance of £200.

Applications are open for 18-29 year olds to join the team in September 2021 with a deadline of July 10. Enquiries are also welcome from those interested in joining in September 2022.

For more details, email Ciaran on [igniteteam@rcdea.org.uk](mailto:igniteteam@rcdea.org.uk) or apply at [www.rcdea.org.uk/youth](http://www.rcdea.org.uk/youth)

## Why not join the Ignite team

■ We're looking for people to join this year's Ignite team!

So if you are:

- Age (in September) 18 - 29
- in between jobs or stages of education
- leaving school or university this summer but not sure what to do next year.
- unsettled in what you are doing.
- wanting to do something 'different'
- thinking about priesthood or religious life

Then why not consider joining?

You would be working with young people in schools and parishes, developing your gifts such as in music, drama, art and tech. These are full-time positions, initially from September 2021 – July 2022. Food, accommodation and a monthly allowance are provided. Ideal as a 'gap year'. For more information see [www.rcdea.org.uk/youth](http://www.rcdea.org.uk/youth)

## Youth groups join online Ignite Festival

**Youth groups from Bury St Edmunds, Peterborough and Norwich joined the Ignite Festival online over the May bank holiday weekend, live-streamed from south Cambs.**

■ "On the Saturday evening we were really pleased to welcome Tony Vino," said Hamish MacQueen, Director of Diocesan Youth Services. "He is a Christian comedian who has been to the Ignite Festival before. He proved that you really can do comedy over Zoom, interacting with some of the participants with hilarious results."

As well as the groups, individual young people from around the Diocese were joining the event via Zoom or Youtube. There were a variety of workshops before the Saturday keynote talk by ex-gangster John Pridmore.

"There was a time when I would never leave my house without carrying a gun," said John. "Now I never leave my house without carrying a rosary."

John began stealing at 13, was in detention centre at 15 and prison at 19. After release he was involved in major drug deals and protection rackets. One night, he said, after he thought he had killed a man, he knew he was going to hell, and called out to God for mercy. It was the final day of a novena which his mother had been saying for him.

On Sunday evening Matt Dean led a time of worship, and was followed by Meg

Hunter-Kilmer, who describes herself as a 'revert' (as opposed to a convert) to the Catholic faith.

"After two degrees in theology," writes Meg, "and five years of teaching religion, I felt that God was calling me to follow him in a more literal way, so I quit my job, packed everything into my car, and hit the road. Since June 2012, I've been a hobo for the kingdom, travelling the country speaking to anyone who'll listen about the goodness of God, Catholic apologetics, Christian morality, and the life of prayer."

Meg focussed on a text from John 15:9 – "As the Father has loved me, so I have loved you." She spoke about becoming an atheist at aged 11, and described the experience of not knowing Jesus, saying it was something she would not wish on her worst enemy. Two years later she went to confession out of 'imaginary peer pressure' and returned dramatically to faith.

After the talk, Steve Murray performed a mime called 'Watch the Lamb'. The evening was rounded off by a talk from Fr Luke Goymour, a time of adoration and a final blessing from Bishop Alan.

"We knew it would be technically challenging to do live link-ups whilst also doing a live stream," said Hamish, "but despite some problems, what was particularly moving for me was to see groups in different parts of the diocese taking part in Adoration at the same time as we were. We may not have all been able to gather in person, but we were still very much together as young people in one diocese, one Church and one family – adoring the God who loves us."

## Chance to join Ely to Walsingham walk

**This year the Diocesan Youth Service is putting on a pilgrimage to one of the Church's most famous sites – Walsingham. Hamish MacQueen reports.**

■ 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.

We were 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, 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, (who are 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 very exciting. We are calling the pilgrimage England's Way as Walsingham is known as England's Nazareth.

We will follow one of the ancient routes, starting at Ely 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 do England's Way.

England's way runs from July 28 – August 1 and is open to anyone age 16 – 30. There are limited places available, especially for those under 18, so please book early. For more information visit: [www.englishway.org](http://www.englishway.org)



## OBITUARIES

**Chris Heath, who served for twenty-four years as a Deacon in the Diocese, passed away just before Holy Week. John Morrill writes an appreciation of his ministry.**

■ Deacon Chris Heath was ordained as a permanent deacon for the diocese of East Anglia on the Feast of SS Peter and Paul 1996, one of eight men ordained by Bishop Peter Smith that day. Bishop Peter took them aside one by one and told them that their first vocation was to their wives and children, their second vocation was in jobs that had in the community and that the Church would gratefully accept what was left over. This was very much how Chris saw his calling.

His life with his wife Eilish was very much a partnership in prayer and service and indeed I was not alone of thinking not of Chris and Eilish but ChrisEilish, without a hyphen. He was deeply committed to his children and more recently grandchildren. He had a career with the Inland Revenue, and then as a kind of gamekeeper-turned-poacher, he helped people with their tax affairs, most notably a good many of the clergy. Indeed, it was life with the Inland Revenue that had him moving round the country until the family came to Bury St Edmunds in the 1970s, which is where he spent his last 50 years.

Chris was from a large Catholic family – the youngest of eight – and a devout family (two of his five brothers were priests, one of them, Bernard, also serving in East Anglia, and his brother Jim a deacon also, and Eilish came baptised in the holy waters of Ireland).

Chris was active in the life of St Edmund's parish from the moment they arrived and his calling to the diaconate was nurtured especially by Fr John Drury when he was parish priest, with his deep pastoral approach and commitment to collaborative ministry, and to working with other Christians. All these became an important part of Chris's witness.

He and Eilish helped to develop the prayer life of the parish and led days of prayer and recollection as part of the ministry of Sr Kathleen O'Sullivan during her years in the convent of the sisters of St Louis in Newmarket. For many years they continued in this work, especially in an ecumenical retreat house at Wenhaston, near Southwold. When he was in formation, Chris began a prayer group for the six men based in Cambridgeshire and West Suffolk which met monthly in the homes of each of them in turn and had a profound effect on the lives of all of them in their ministries.

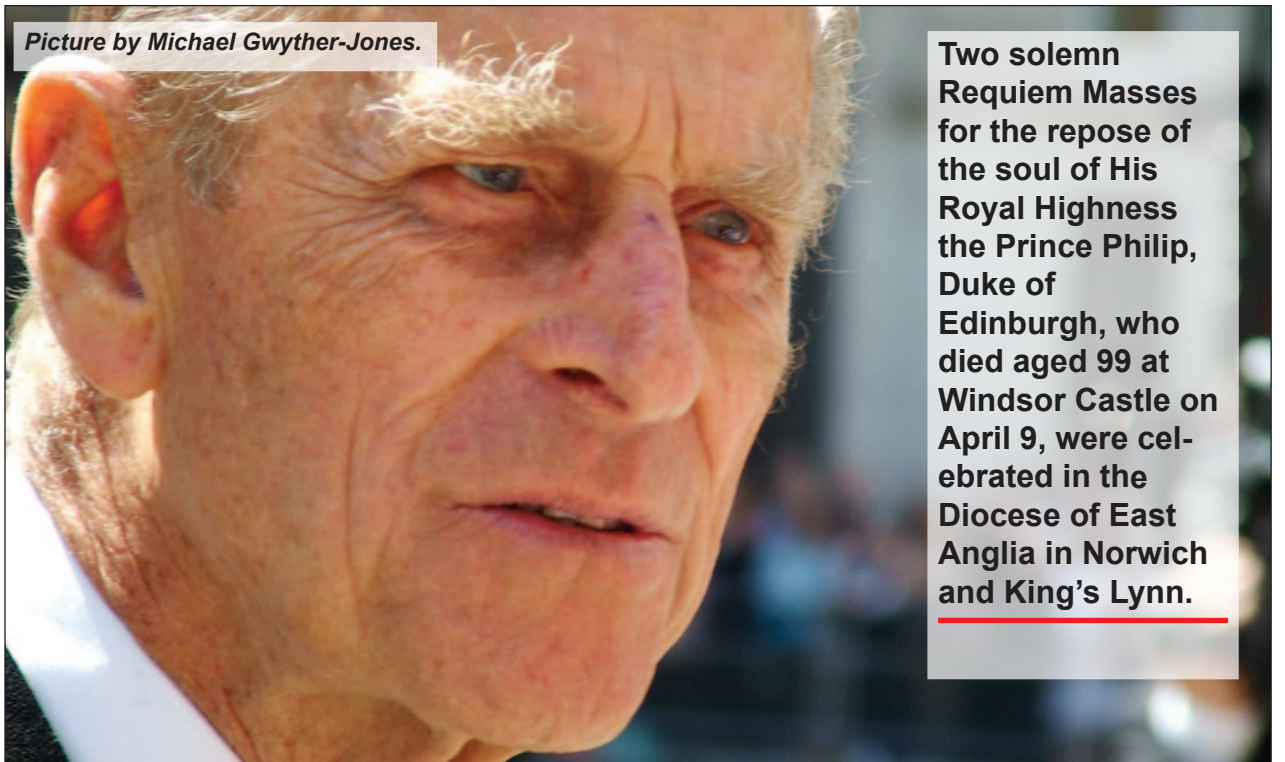
He was very much at peace in his relationship with God, but he was often very restless in his relationship with the world (and even with the Church) and he felt, perhaps more than he needed to, hemmed in by rules and regulations. But there was about him a generosity of spirit, a love and respect for all, that made him an outstanding companion to those families he worked with in preparation for baptisms, weddings and funerals. Alongside this work and his support for the outreach activities of the parish, his main ministry was (again alongside Eilish) in West Suffolk Hospital where he brought peace and understanding to the sick and the dying. Theirs was also a notable ecumenical ministry and they were key members of a team of more than 70 chaplains and volunteers.

In the last years of his life, he suffered from dementia and just before Covid lockdown, he moved into a care-home near Stowmarket. Chris died after a short final illness in West Suffolk Hospital just before Holy Week, and his Requiem Mass for his family and close friends was held in the parish church he loved at the end of Easter Week.

At his ordination, Bishop Peter Smith handed him the book of the gospels and said: "Chris, receive the Gospel of Christ whose herald you now are: believe what you read, teach what you believe, and practice what you teach." And in a new way, with sacred visibility, that is what he did, with humility and faith, for 24 years and nine months. May he rest in peace and rise in glory.



Picture by Michael Gwyther-Jones.



Two solemn Requiem Masses for the repose of the soul of His Royal Highness the Prince Philip, Duke of Edinburgh, who died aged 99 at Windsor Castle on April 9, were celebrated in the Diocese of East Anglia in Norwich and King's Lynn.

# Diocese pays respects to Duke of Edinburgh

■ Lady Dannatt, the Lord Lieutenant of Norfolk, attended a Requiem Mass which Bishop Alan Hopes celebrated at St John's Cathedral.

In his homily, Bishop Alan recalled the funeral ceremony in 2011 of Otto von Habsburg, the last Crown Prince of the Austro-Hungarian Empire. Following a Mass at St Stephen's Cathedral in Vienna, his cortège made its way to the Franciscan Capuchin church. The chamberlain knocked on the door with his staff and from within a friar asked: "Who seeks entry?"

The chamberlain answered "Otto Von Habsburg", followed by all his royal and noble titles. The friar responded: "We do not know him." Again, the chamberlain struck the door, and this time announced Otto von Habsburg's great achievements. Once more the friar replied: "We do not know him." Finally, the chamberlain knocked and announced: "Otto von Habsburg, a mortal, sinful man." This time the friar answered: "Thus you may enter."

We remember Philip Mountbatten, said Bishop Alan, in the same way. He recalled the royal titles – a grandson of Queen Victoria, a prince of Greece and Denmark then of the United Kingdom – and also his "diverse and extraordinary achievements", including the creation of the Duke of Edinburgh Awards, patronage of some 800 societies and promotion of important causes, notably the environment.

Yet, said Bishop Alan, in the words of the psalmist, we are not to put our



Bishop Alan Hopes talks with Lady Dannatt at the Cathedral Mass in Norwich.

trust in princes, but to put our hope in the Lord our God, and so "we stand before the Lord and we pray for Philip, a mortal, sinful man, just like each one of us".

Bishop Alan recalled that Prince Philip had a Christian faith which was deeply held, as well as a love of family and a sense of duty, which were in themselves Christian qualities. And so, he concluded, "we ask the Lord to have mercy on His servant Philip. Eternal rest grant to him, O Lord, and let perpetual light shine upon him. May he rest in peace."

Lady Dannatt, who is the Queen's representative in Norfolk, was accompanied by her husband, General Lord Dannatt, who was head of the British Army from 2006 to 2009. The couple came forward during Holy Communion to receive a blessing. Afterwards the cathedral choir sang the National

Anthem. After the service Lord and Lady Dannatt took time to speak with the Bishop and with the Dean, Canon David Paul.

A Requiem Mass was also celebrated at the Church of Our Lady of the Annunciation, King's Lynn on Friday April 16. Her Majesty the Queen was represented at the Mass by the Vice Lord Lieutenant of Norfolk, Peter Wilson.

Sandringham House and Wood Farm, where Prince Philip spent his final years, are in the parish of King's Lynn, and the people of Lynn have always regarded the Queen and Prince Philip as "locals".

The Eastertide Mass, included the seafarers' hymn 'Eternal Father Strong to Save', which the Duke had requested for his funeral. Afterwards the Vice Lord Lieutenant said he had been deeply moved by the service.



# Sarah speaks of family life on popular YouTube channel

**Sarah Ward, pro-life representative on the Diocesan Marriage and Family Life Commission, has featured on a popular YouTube channel called One of Nine.**

■ The channel was started in November 2020 by Peter and Maria Jones, a Catholic couple from Hertfordshire and parents to five children. The name of the channel comes from Maria being one of nine children herself.

Each week they produce a video exploring Catholic family life in all its shapes and sizes. As well as turning the camera on themselves, Maria and Peter have been featuring “real life mums” – talking to Catholic mums around the country to see how they do it.

The channel has become very popular, with people all over the Catholic world tuning in to watch new episodes as they are



Maria Jones (left) and Sarah Ward.

uploaded, every Saturday morning. Maria’s delightful, warm interview technique and Peter’s skill as a filmmaker make for exquisitely beautiful short films, capturing some of the joys and the challenges facing Catholic families in England today. Each one is

uniquely different and shaped by the individual story of the Catholic mum in the spotlight.

“We have been great friends with Maria and Peter for a number of years,” said Sarah, “and it was a great pleasure and a privilege when they asked me to tell my

story. I am stay-at-home mum with eight children, but I wasn’t always a practising Catholic, and I didn’t always want to be a stay-at-home mum.”

Although raised in a Catholic family, Sarah lapsed from her faith before she went to university and

didn’t once go into the Catholic chaplaincy. She then went to law school, discovered she was good at it and became a solicitor.

He life began to take a new direction during a trip to Lourdes. “We’d taken a boy with profound autism,” she said. “He was very distressed all the time. We took him to the baths, and he became completely calm and at peace. He came out no trouble at all.”

The incident made her return to Mass, and a colleague, realising she was now a practising Catholic, set up a blind date for her with another Catholic lawyer, Tom, who became her husband.

She was considering taking the Pill, but Tom encouraged her to read *Humanae Vitae*. “It was absolutely life-changing,” she said. “I hadn’t realised that the Church is for women and for babies and for families.”

“Maybe having the legal mind – it was so logical and beautiful that it could only come from God. That was like a wow moment when everything changed.”

[www.youtube.com/hashtag/oo9](https://www.youtube.com/hashtag/oo9)

## Julia’s charity climb of Mt Kilimanjaro

■ Julia Hull from St George’s parish in Norwich will be climbing Mount Kilimanjaro in Tanzania in summer 2022 to raise money for charity.

Julia is a mature student at the UEA in her first year of a Psychology degree. She grew up in Norwich but has enjoyed a lot of travelling. A few weeks into starting her course she stumbled across an opportunity to support the National Autistic Society through climbing Mount Kilimanjaro, which had been on her list of places to get to one day.

As she was growing up, her family were members of the St John’s Cathedral parish, and she herself went to St John’s primary, St. Thomas More Middle, and Notre Dame High Schools.

Her family was very much involved with Faith and Light, the network founded by Jean Vanier to support families where a member has a learning disability. They were active on both a local and wider level, as well as providing respite care for various families over many years.

As an adult Julia has worked in schools with children with social, emotional and behavioural challenges, some of whom were autistic. It reinforced her opinion that awareness and understanding were key. The National Autistic Society provides support to individuals and their families, but also has an aim to raise awareness and campaign for change.

“I am a little apprehensive,” said Julia. “This isn’t like anything I’ve ever done



before. But the apprehension is totally outweighed by the excitement to get out there and push myself to achieve something amazing.”

So far, she has completed two cycling challenges: a 30-mile ride dressed as a Christmas elf on Christmas Eve (through the wind, hail, and flooded roads), and cycling the length of the world’s longest set of Christmas lights – 75 miles – over the two-week Christmas and New Year period.

You can sponsor Julia at:

[www.justgiving.com/fundraising/julia-hull](https://www.justgiving.com/fundraising/julia-hull)

## Joe joins CAFOD G7 youth delegation

**Young St George’s parishioner Joe Savage is set to join CAFOD’s youth delegation at the coming G7 Summit in Cornwall from June 11-13.**

■ Ahead of the G7 and COP26 conferences, CAFOD is calling on parishioners across England and Wales to focus their MPs on pressing global challenges.

Joe Savage said: “I studied at Notre Dame High School, where I regularly got involved with activities to support CAFOD. I am currently in my second year at the University of Portsmouth, studying International Development. I’m delighted that I’m going to be spending the third year of my course volunteering with CAFOD in East Anglia and Brentwood Dioceses, focusing on CAFOD’s campaigns and advocacy work.

“2021 has been identified as the year to address climate change. Young people have the attention of world leaders, so now is our opportunity to campaign for change. Attending the G7 summit is an exciting opportunity, and I’m happy to speak about the experience to CAFOD supporters in parishes and schools on my return. If you would more information about this, please contact me [jsavage@cafod.org.uk](mailto:jsavage@cafod.org.uk)

Jane Crone from CAFOD East Anglia



said: “We’re delighted that Joe has chosen to make a gift of his time and talents to CAFOD. As well as bringing his knowledge of International Development to the role, he has a great understanding of the Catholic community from his commitment to his home parish of St George’s and education in Norwich’s Catholic schools.”

The G7 Summit is taking place in Carbis Bay, Cornwall on June 11-13, with Boris Johnson as president. The UK has invited Australia, India, South Korea and South Africa as guest countries this year.

[www.g7uk.org](https://www.g7uk.org)



# News picture gallery from parishes around the Diocese



■ Acle Churches Together held its traditional annual prayer walk on Sunday May 23, stopping at various venues in the community to recognise and pray for the work done by the staff employed by them.

The walk was led by Anglican Rector Rev Martin Greenland with Methodist Minister Rev Andrew King and Catholic Deacon Rev Peter Glanville, a retired BBC producer who, 20 years ago, conceived the original idea of the walk.

Representatives from the three denominations joined together outside St Edmunds church to recite initial prayers before proceeding to the local undertakers, pictured left, with St Edmunds in the background, where Peter Glanville delivered an appropriate homily.

Maureen Gage led the prayers outside Barclays Bank, and John Kenny recited further prayers outside the Fire Station. Isobel Ashworth then took over at the Primary School, Wendy Kenny prayed outside the Recreation Centre, Jenny Cumpstey did the job at the Medical Centre, whilst Gwen Power led the prayers outside the Herondale Housing Trust.

Finally, Andrew King prayed outside the Methodist Church and then invited the whole party inside for excellent refreshments.

■ John Pinnington, a former headteacher of Notre Dame High School, has cycled from St David's to Lowestoft with a friend to raise money for the homelessness project Emmaus.

Together with Paul Appleby, he rode 480 miles along the route of the Via Beata over ten days from May 22. The pair hope to raise more than £6000 for Emmaus Norfolk & Waveney.

John writes: "When you go for sponsorship, it is always a bit scary because there is a greater responsibility around completing the event. However, doing a ride across the widest part of the UK along the Via Beata is such a great opportunity. Paul and I felt compelled to put our efforts towards helping others not so fortunate as ourselves."

"We have been greatly helped by SUS-TRANS who worked out a route along quiet roads for us. Steve and Gill Eggleton, the architects of the Via Beata, were able to help us with recommending accommodation along the way."

Training has been important for John, as has the spiritual aspect of the journey. "Paul and I started riding once a week

during lockdown," he says. "I had always wanted to cycle the Via Beata from the very first time I heard about it when I was on retreat at Belsey Bridge."

"It is a pilgrimage route with way stations based on Christ's life placed every 10 miles along the route. Each way station contains artwork or sculpture. I believe it will grow in popularity as more people hear about it."

John is currently Chair of the Community Working Group at Emmaus.

"It is a very special charity," he says, "as it offers a community for the homeless and – what is equally important – meaningful and varied work opportunities so that dignity is restored. Emmaus Norfolk and Waveney is able to offer 32 places."

"There are many different types of work available for companions including upcycling donated furniture, working in sales at the Ditchingham site or Castle Quarter shop and hopefully in



the future the service of Bed and Breakfast accommodation."

You can sponsor John at: <https://bit.ly/2RsH8Pb>

To find out more about the Via Beata Pilgrims Route visit: [www.viabeata.co.uk](http://www.viabeata.co.uk)  
Pictured above are John Pinnington (right) and Paul Appleby



■ An online Rosary group which began at St John's Cathedral in the wake of the Covid pandemic has now prayed every night for more than a year.

The group was established by Jo Graham, Lead Catechist at the Cathedral, and first met on Zoom on March 20, 2020, just before the first lockdown. It is a diverse group, members hailing from Italy, the Philippines, Ireland and the UK, with about 20 families attending most nights.

As well as praying the Rosary, the group has held several Novenas for friends and relatives of the group who have passed away in the last year, including Ermie Astorga and Estrella Catalan, and these have been attended by over 100 people.

Jo Graham said: "We started off praying for a vaccine and we now give thanks that vaccines are being rolled out across the world, but we keep praying for an end to the pandemic. We pray for many other needs and we also get a regular weather forecast from one of our members, Federico."

The group has been a great support to people especially during lockdowns. Anyone wishing to join can email [stjohnfhc@gmail.com](mailto:stjohnfhc@gmail.com)

Likewise, if anyone has any specific prayer intentions, they can send those to the same email address and the group will include them in prayers.