

Parish Magazine

Our Lady and St Peter
East Grinstead

St Bernard
Lingfield

Easter, 2015

Issue 68

The Catholic Church of Our Lady and St Peter, with St Bernard's, Lingfield

Priest in charge of the two churches

Father Steven Purnell
The Presbytery
17 St James Road
East Grinstead
West Sussex RH19 1DL
Telephone: 01342 325705

Deacon
Reverend Ted Rider
Telephone: 01342 835110

Our Lady and St Peter

London Road
East Grinstead
West Sussex RH19 1EY

St Bernard's

Vicarage Road
Lingfield
Surrey RH7 6EZ

St Peter's Catholic

Primary School
Crossways Avenue
East Grinstead
West Sussex RH19 1JB

Telephone: 01342 321985

www.stpeterseastgrinstead.co.uk

Head teacher:

Mrs Mary Claffey

St Wilfrid's Catholic

Secondary School
Old Horsham Road
Crawley
West Sussex RH11 8PG

Telephone: 01293 421421

www.stwilfrids.com

Head teacher:

Mr Jonathan Morris

www.eastgrinsteadcatholicparish.com

Diocese of Arundel and Brighton: www.dabnet.org



I like walking through graveyards and cemeteries, looking at and reading the epitaphs carved on the gravestones. Once I was even an honorary guide at the famous Highgate Cemetery. Perhaps it's part of the archaeologist still in me?

Epitaphs speak to us. They speak to us of relationships of the deceased, their length of days, and, sometimes, their character.

Jesus, however, did not have an epitaph—he was only in the tomb a few days and, besides, that tomb did not belong to him. But—and it's a big but—if there were to be an epitaph, the words of the Scottish Reformer John Knox (someone I would not normally quote) would do well: “Other gods have been as devoutly worshipped. No other man has been so devoutly loved!”

I suppose we (however weak, frail, and imperfect we may be) are Christ’s epitaph—the testimony he leaves behind.

As St Augustine wrote: “We eat the body of Christ to become the Body of Christ.” As his body, The Church, may you and I grow in love, charity, compassion, peace, and justice. May we strive, with God’s grace, to be Christ’s abiding and powerful presence—his sacrament on legs. May our words and ways increasingly reflect Christ’s words and ways. May people see Him more and more in us.

Best wishes for Easter.

Father Steven

I would like, as ever, to thank all those who have contributed to this issue of the Parish Magazine, many of whose articles, as Peter Wells says, bear witness to the wonderful work being carried out by so many dedicated people in the parish.

One stalwart and most welcome contributor, Tessa Darlison, we remember with sadness and gratitude: many of her drawings, some new and some previously seen, are included throughout this issue.

Plans for the next issue of the Magazine will be in the Parish Newsletter; in the meantime, any early contributions can be emailed to the address below.

*Klara King (EG 321581)
klara.m.king@comcrafts.co.uk*

Milestones, 2014

Baptisms

2 February	Mason Francisco Malone
2 February	Max Eduardo Malone
9 February	Liam Christian Cherry
23 February	Patrick Ellis Hawkins
14 March	Christian Phillip Quinton
14 March	Mia Evelina Roc
13 April	Logan Connor Maxey
4 May	Kurt Dominic Evangelista
11 May	Holly Maria Gilligan
18 May	Ariana Maria June Latella
31 May	Conrad John Galloway
9 June	Gregory Charles De Costa
15 June	Mark Anthony Michael Magee
19 July	Zacary Seth Tuban
26 July	Paul Richard Mayes
3 August	Charlie John Bryant
21 September	William Joseph James Stewart

21 September	Arthur James Stewart
28 September	Olivia Rose Bradford
28 September	Jack Alexander Varga
19 January	William Mills Prydderch
19 January	Riley Stuart James Marris
23 January	Nancy Bluebell Cassidy

Received into the Church

14 October	Amelia Lily-Rose Fraser
14 October	Finnegan Frederick Fraser

Confirmations, 1 June

Adele Brougham
 Daniella Coxall
 Grace Dougan
 Finn Englishby-Allen
 Matthew Hennessy
 Sarah Hennessy
 Francesca Higginson
 Olivia Humphreys
 Francesca Lowings
 Helena O'Brien
 Joman Ramos
 Sophie Ridge
 Oliver Stocken
 Max Thilo
 Matthew Thomas

Marriages

4 July	Daniel Michael Floyd & Lauren Brighting
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Funerals

7 January	Anna Joyce Hornby
21 January	Gerard Francis Feenan
9 February	Kathleen Simms
23 February	Ralph Etheridge
4 March	Anne Worby
5 March	Fr Kevin Gaskin
30 March	Kevin Dunne
1 April	Lucy Mearse
27 April	Darrell McArdle
2 May	John Murphy
18 May	Mark Cass
29 May	Rose Della Ferrara
4 June	Thomas Joseph O'Neill
19 June	Madeleine Leftwich
29 June	Nisha Monique Nord
21 July	Margaret Readman
29 August	Kathleen Wain
30 August	Veronica Hayes

St. Vincent de Paul Society

The other day, our Diocesan President sent me a copy of *The Message of His Holiness Pope Francis for Lent 2015*. In it Pope Francis says, amongst other things:

"Lent is a time for renewal for the whole Church, for each community and every believer."

He goes on to say that

". . . when we are healthy and comfortable, we forget about others (something God the Father never does): we are unconcerned with their problems, their sufferings and the injustices they endure . . . Our heart grows cold. As long as I am relatively healthy and comfortable, I don't think about those less well off. Today this selfish attitude of indifference has

taken on global proportions, to the extent that we can speak of globalization of indifference. It is a problem which we, as Christians, need to confront."

Whilst His Holiness' message extends to five A4 pages, of great wisdom, the question of "indifference" is enough for me to think about for this moment; what I need to do right now is to throw away my cloak of complacency and mention a few things.

First of all, I would like to thank you all for your donations to the SVP, which helps to keep us going throughout the year, helping us do work in the Parish and also abroad. Like Lingfield SVP, we have been able to send funds to our Diocesan Representative, John Wild, in respect of the ongoing Sudan Appeal, which started in 2006. We have to remember that because of civil strife in both Sudan and South Sudan in particular, the SVP, as a charitable organization, is only able to operate there because of our indigenous SVP members in those countries, who suffer much hardship from time to time in order to carry out the work of helping the poorest of their communities, including young children. John Wild reports, ". . . a big thank you to those who have supported the Sudan Appeal. The SVP in England & Wales contributed (last year) about 25% of the £1.4 million budget for the work programme in Sudan and South Sudan, which benefited about 60,000 people. In the Khartoum area about 4,500 babies and young children were fed, and about 50,000 received medical treatment; 192 children were cared for in homes. In South Sudan, 600 babies were fed, and 360 people were given vocational training. A clinic was built in Nyarjwa, in 2014, and will serve 5,000 inhabitants in the coming year."

When I read our Parish Magazine, I am so impressed with the wonderful work carried out by other organizations—helping those in need in the Philippines, Dementia awareness, Justice and Peace causes for the homeless and refugees, supporting the Lourdes Fund, the efforts of the Street Pastors, the work of the CWL—to name but a few.

In our modern times, organizations like SVP are needed more than ever, as more people live on their own, more people are



lonely, and people are living longer, with the attendant problems of the older generation. Some families need help, as evidenced by the provision of Food Banks. We do what we can with a few members, visiting elderly folk in their own homes and in a few nursing homes and hospital. We support the Parish Lunch Club regularly, and this is just one source of people to visit, if, for instance, someone is unable to come. We give lifts to Mass and to the Lunch Club.

We do need more visiting members and those prepared to give lifts to Mass/Lunch Club, on a regular basis. Our strength should increasingly be communication as a group, in knowing who is visiting whom in the Parish, and who needs to be visited; who has just gone into hospital, needing visits whilst there and, when they come out, what help is needed, if any. So, if you want to visit or are already visiting on your own, why not join us? The process of joining is not too painful, and we are a friendly bunch! All we ask is whether you are available and can commit to a fortnightly meeting for about an hour, and one visit per week? Hopefully, we can continue to address the actual needs of parish and community together, and turn the negativity of "indifference" referred to by Pope Francis into positive action!

*Peter Wells, President,
Our Lady and St. Peter SVP Conference
(07851 938727)*

The Church of St Bernard, Lingfield, established April 1940, 75 years ago

From the earliest times in England the worship offered to God had been the Holy Sacrifice of the Mass. But in 1559, in the first year of the reign of Queen Elizabeth I, the Mass was banned in England by the Act of Uniformity, and it was not until 1829 that Catholics were granted emancipation and became free to worship as they wished.

Nearly one hundred years passed after that date before the Mass eventually returned to Lingfield. In 1926 the Travelling Mission of the Catholic Diocese of Southwark was set up, and in October 1927 Father Dudley of the Mission first visited Lingfield, having obtained permission to hold services at Young Epilepsy (formerly known as the Epileptic Colony, then Lingfield Hospital School), for patients and for such Catholic villagers as cared to attend. In 1931 "Jupp's Hall", behind the Greyhound



public house, was hired for Sunday Mass, so that Lingfield became a twofold centre, with services held once in six weeks: weekday Masses and Sunday Benediction at the Colony, and Sunday Masses at the hall in the village.

In May 1939 the Archbishop of Southwark gave permission to Father Fincham of the Travelling Mission to negotiate for the purchase of an 18th-century cottage, "Holly Lodge", set in an orchard in which, according to a letter from the owner, grew nut, apple, cherry, plum and pear trees as well as double daffodils. The price of the site was £950, but as the owner was a Catholic, it was sold for £875. The purchase, which was completed in July 1939, was something of a gamble, because permission to develop the site had so far not been granted; but later in July the County Council gave conditional permission for the erection of a Church and Hall.

As a first step, a hut to serve as both temporary Church and Hall, was built where the right-hand benches of the Church are now; it was completed in April 1940 and, at the wish of Archbishop Amigo, dedicated to St Bernard of Clairvaux. One old inhabitant of Lingfield recalled the first Mass to be celebrated there, after which a screen was pulled across the altar and a party held!

Extract from the Orders of Service of Dedication, 11 June 1980 and from the Votive Mass of Saint Bernard for the Fiftieth Anniversary of the Establishment

of the Parish, 26 September 1990. Text prepared by the late Father Oswald Charleton and Mr Patrick McLean.

Margaret Vasey

Hermia Frantz



My mum—Hermia Agusta Frantz—was born in 1924 and died in 2014, at the age of 90.

My mum's life was a story of strength and good example—she had a hard childhood, brought up by Catholic nuns in an Orphanage in India—Later on, with a family of five children she brought us to England—a land of opportunity and a future for us all.

She taught at Crawley Down School before finding her niche at Blackwell where she was for 35 years. She was loved by the children and respected by their parents and her colleagues. She loved teaching and extended her wisdom outside of the classroom to us—she instilled

good values, diligence and duty. I felt she was strict, but as we presented her with grandchildren, she was soft, loving and caring. She loved children, and secondly she loved her garden—everything grew for my mum!

She always had time to chat, advise and to listen—for any troubles or concerns it was to her I went first. There was always time at mum's house, no matter what or when.

She retired, and then took up a part time position at the British Heart Foundation shop in town—she enjoyed Bingo and Line Dancing at Swan Mead and Catholic Lunches at St Peters.

Everyone who met my mum never forgot her—I have a constant stream of friends and acquaintances who ask me “how's your mum?” She was never the life and soul of the party—but her reserve and dignity, her serenity and sincerity touched the hearts of many.

I was blessed to have her so long in my life, my teacher, my friend, my mother.

Charmaine Hallmark

Catholic Women's League

In July last year several of our members and their husbands went to see the Sistine Chapel ceiling at Goring. This is the only known reproduction in the world and is stunningly beautiful. The story is that in 1987 Gary Bevans went on a pilgrimage to Rome and was transfixed by the wonder of the Sistine Chapel. He returned home convinced that he had to express his passion for this amazing building by reproducing the ceiling in his own parish church of English Martyrs in Goring. Happily his parish priest and the parishioners were enthusiastic about the idea, and accordingly he set about the task, working evening after evening for some five and a half years. The project was completed in 1993 and stands as an example of how, by using our gifts, we can transform our communities.

The church itself is an unassuming building, built to replace the stone barn which now serves as the parish centre. The ceiling can be visited from about Easter until the end of October.

It is always wise to check whether the church will be open (phone 01903 506890 or 01903 242624); it is well worth a visit. The church also contains some beautiful stained glass, of which the highlight is the "Peter the Fisherman" window and a painting of the "Last Supper" also done by Gary Bevan. We finished an enjoyable day with a lunch at a garden centre.

In August members supported a fund-raising lunch at the Bexhill section for "Winston's Wish"—a children's bereavement charity. This was a ploughman's lunch and various stalls, and over £1000 was raised for the President's charity. We then had a very moving talk about the work of Winston's Wish. Also in August Fr Steven celebrated a house Mass at our chairman Brenda Crannigan's home, followed by tea. It was especially nice that some of our older members could attend.

At our meeting in September Fr Steven gave us a very interesting and informative talk on the family. His talk was centred on the importance of the mother, especially within the Jewish



community. At the end of September four of our members attended the National CWL AGM held this year at Warwick University. This is always a very uplifting experience and shows the work and many talents of the League nationally.

In October Jill McTighe, a parishioner and member, spoke to us about her two visits to Berlin—one in the 1970s, before the wall came down, and then again in 2012. The differences were very apparent. Another parishioner, Bozena Parfit, gave us a talk and demonstration in November. She told us how she had started flower arranging after her husband died and had progressed to showing internationally. She then raffled four lovely arrangements. We also hosted the Branch Meeting in the Parish Centre, supplying members from five sections with soup, bread, cheese and fruit.

We had our Christmas Social in December, which was a finger buffet, followed by carols played by Mary O'Sullivan. We were able to support our usual charities with money raised during the year. We had our Section AGM in March. On March 22nd, after Mass, we held a Coffee Morning, with a sale of cakes, plants, cards and bric-a-brac. This is a national CWL event to raise awareness and to raise money.

PLEASE SUPPORT US.

Gill O'Driscoll (EG 323601)

East Grinstead Catenian Circle

FAITH, FRIENDSHIP, FAMILY and FUN. These are the words that best describe what Catenians are all about. While many parishioners do not know of our existence, they will certainly recognize many Brothers of our Circle as they are involved in many activities of our Churches (Our Lady and St. Peter's and St. Bernard's): reading, altar serving, singing in the choir, Eucharistic ministers, school governors, parish finances . . . to name but a few.

Faith

Our Catholic faith is the foundation of the Catenian Association, and each year we have Masses for deceased Brothers (locally and at Westminster Cathedral), for deceased wives of Brothers (in Brighton) and for vocations. In addition, all our meetings start and end with prayers.

Friendship

We are an International Brotherhood of some 10,000 members in the UK, Australia, Africa, Goa, Malta, Ireland and Hong Kong. We enjoy social bonds and care for each other in sickness and health, caring for widows and helping those of our membership who have suffered misfortune. We have a Benevolent Fund for those in need, and Our Bursary Fund is designed to help young Catholics seeking to help others. Some of our own Parish young people have benefitted from the Bursary Fund in recent years. Many of our members are frequent visitors to other Circles in the area, and Brothers from other Circles regular attend our meetings too.

Family

Our families are very important in our association, and we have a variety of social events designed to include all generations of members' families. These include family days out, barbecues and an informal Christmas Carol service at the home of one Brother. One of two more formal annual events is Clergy Night, a dinner where parish clergy are our guests.

Fun

In addition to the events already mentioned, in the last year or so our social events have also included hosting a wine-tasting event, lunches at the Rugby Club and Provincial events (against other Circles in Sussex) such as darts and a quiz night where East Grinstead recently retained the trophy won in 2014.

Summary

Simply put, the Catenian Association is an international brotherhood of Catholic men who meet socially at least once a month. The East Grinstead Circle meets at Rowfant House at 8 p.m. on the 3rd Wednesday of each month. The meetings are short, and the whole idea is for us to socialize in our faith.

Come and join us.

If you are a practicing Catholic man, over 21, and like any of the above, you will be welcome to come and have a look at our Circle. There is no obligation to join unless you think it is right for you after experiencing Catenian fellowship. Wives of members are not required to be Catholic; many are not and enjoy Catenian life to the full.



Winning East Grinstead team in the 2015 Catenian Provincial Quiz

To find out more contact Bill Blackledge (07900 366591), Phil Pentney (EG 327109) or Peter Neave (EG 823909)

An introduction to Christian meditation

Have you ever thought about meditation? You have probably heard of it just as a way of de-stressing or lowering your blood pressure. But meditation is also an ancient form of contemplative prayer. It is found throughout the ages of the Christian tradition and today it is widely recognized as a form of prayer that is relevant and much needed for modern people. More and more schools teach it to young children. You can begin at any age.

It is a prayer of silence, stillness and attention. It is often referred to as the prayer of the heart. In meditation we allow the mind and body to become still and silent so we can be in the presence of “Christ in us”. We learn in this way to become less distracted and more present to God and ourselves and to those we live and work with. Meditation is simple.

It is also very peaceful and transformative. Of course, it doesn't replace other forms of prayer. On the contrary, it can help to deepen your experience of all other prayer practices.

For **six weeks** from **Thursday May 17th**, we will be running an introductory group in the **parish hall at Our Lady and St Peter's church**,

from **4.30 to 5.30 p.m.** If you can't come to all, come when you can. In this course you will learn about the tradition of Christian meditation, and above all you will learn by experience how to practice it. Each session will consist of a talk, a meditation period together and a time for questions and discussion. Some books and CDs will be available. The session will last about one hour.

This group is part of The World Community for Christian Meditation that was founded by John Main, the Benedictine monk who did so much to recover this tradition of prayer for people like us. He once wrote:

When we meditate we are still, body soul and spirit, entirely open to the presence of God, and knowing that presence to be pure love, pure gentleness, pure forgiveness. In that presence we become who we truly are: created by God, redeemed by the love of Jesus, temples of the Holy Spirit. In that experience, we are made utterly free, free to be ourselves, free to love ourselves, our neighbour and God."

Meditation takes us into the heart of Christian faith. We hope this introduction to Christian meditation will enrich the lives of many of you and of the parish as a whole.

The Christian meditation group. For more details please contact
Gabrielle Joyce (EG 326118)
gabrielle.joyce@btinternet.com

Gospel of Life Group

"One of the greatest challenges to people of faith in our culture is the erosion of conscience rights, the space we need as a Catholic community to carry on our ministries and works of mercy without violating God's law and our conscience."
(Cardinal O'Malley, March for Life Mass Homily, January 2015)

In February the Group's accounts for the year ending 31st December 2014 were reviewed and approved. Both income and expenditure had increased significantly from the previous year.

The cake and plant sale raised £160.65 and Walk for Life £1,882. In addition, a donation of £155 was received from a pro-life group at St John the Evangelist RC Church, Horsham. Total income was therefore £2,197.65.

The Group spent £2,264.79 during the year: £1066.65 went towards supporting mothers and babies in the four homes run by LIFE in Crawley, Haywards Heath, Worthing and Littlehampton. Eight mother and baby



Afghan refugee aged 6 yrs

Leslie J April 2014
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packs were given to mothers when babies were born, and thirteen £30 gift cards were given to mums who moved in with babies already born. Christmas and Easter gifts were also given.

Donations were made to Age UK (East Grinstead Area) of £941, to support local services for the elderly, and £160.65 to SPUC in support of the Glasgow midwives' conscience case.

In 2015 the cake and plant sale will be held on 6/7 June after Mass at Our Lady & St Peter's. All proceeds will go to support the West Sussex LIFE houses. Walk for Life will be held on Sunday 4th October, in aid

of both the LIFE houses, and the future maintenance of the memorial for unborn children at Mount Noddy Cemetery.

The Group does not hold its own money—all income and expenditure runs through the parish bank account. The amount held in the parish account on the Group's behalf, at 31st December 2014, was £2,740.10. Copies of the year-end accounts can be found with the pro-life material in the narthex of Our Lady & St Peter's.

We would be able to do very little without your support—thanks for making what we do, possible.

Les Whittaker

The power of prayer of the elderly and infirm

So many older people feel that the world is too fast, too changed, for them to have an active part in family life, in parish life, in politics. Yet these elderly and often housebound members of our parishes are our most amazing asset.

So many feel lonesome; they worry about their children and grandchildren, thinking that there is nothing that they can do to support them. We have many such calls, letters and pleas for prayer.

Our response is this: "Your job as a grandparent is to pray for the younger generations. Your prayer each day for your grandchildren, your priest, our parish communities, is simply the most wonderful gift that

any grandchild, family, priest or parish could receive. You are the people who can change the world, support our clergy, and invest a piggy bank of prayer which your grandchildren's guardian angels will call upon in times of need! Not saving a penny a day, but a prayer a day. A gift that is truly priceless!"

Each and every parish has this prayer resource. Empowering the older generation to take this active participation in parish life supports our children, our families, our priests and our parishes and also brings joy and purpose to the elderly.

The perfect tool for this prayer is the Holy Rosary, with its simplicity of prayers and meditations: the "Our Father", the "Hail Mary", the "Glory be". Then the addition of the "Prayer to St. Michael the Archangel", a most powerful tool for deliverance from evil, and a short prayer to the Guardian Angels of the children of the parish. Most of this is present in the prayer of the Holy Rosary, and by using a rota of people in the parish for different decades, a "Prayer Wheel", all can feel included. The use of scriptural texts is also ideal.

At Crown of Thorns we are always glad to support dioceses in prayer initiatives. By visiting our website—www.crownofthorns.org.uk—you will find reference to a book, *The Complete Guide to the Rosary*, which has been specifically designed to be used to stimulate prayer for priests, prayer for families, and prayer for peace. With its simple yet beautiful illustrations, it is the ideal carriage for inspiring elderly people to take part in this initiative. It is available from various suppliers or direct from "Crown of Thorns", where price will be discounted to encourage any deserving cause or charitable parish initiative.

The charity is in the process of updating its website, and we hope you will enjoy what is currently posted. We would like to thank all those who have joined with us in the work, those who have contributed items, and those who have assisted financially. This is truly a team effort, each person precious in the ongoing work of the charity.

We have recently shipped the statue of "Our Lady of the Forest" to the diocese of Kumasi in Ghana. This statue from Forest Row has arrived in Tema and will be placed in diocese by Archbishop Gabriel Anokye. The statue was part of a large shipment of religious items, school equipment, clothing and many other items sent in our November 2014 shipment.

Lisa de Quay, "Crown of Thorns"
P.O. Box 49, Lingfield, Surrey, RH7 6YQ
[\(EG 870472\)](mailto:office@crownofthorns.org.uk)

Street Pastors

Thank you for your prayers for East Grinstead Street Pastors. The information below is taken from our weekly newsletters, which are emailed to eighty supporters each week. Many use the newsletters as a prayer guide as well as to find out what is happening in town on Saturday nights.

The media publish tales of violence, vandalism and mayhem, which can strike fear into the heart of the community. Our Street Pastors report, that most people they meet are very pleasant, engaging, and have a great sense of humour. Some are also vulnerable and apprehensive about their future. Many, are searching for security and are trying to make sense of who they are.

What do people talk to us about?

Some ask about Christianity:

The team chatted with a group of 16–18-year-olds who asked, “Is God real?”

A young man, who said he used to go to Church, stopped us to discuss his views about “religion and God”. The team were happy to answer his questions, and to share their views about their relationship with God.

Some ask for reassurance:

A young woman told us that she felt apprehensive about starting her Children’s Nurse Course the following week. The team encouraged her when she told them she wouldn’t know anyone on the course.

A girl explained that she was studying a course, which she was unsure about. The team encouraged her to talk about what she liked and disliked about her course, and about her interests.

A young man, who had come to know the Street Pastors well, approached us to say that he was about to work for ‘Camp America’ as a Sports Coach. He was excited about his trip and said, “It will be good experience for me, helping children, won’t it?” The team agreed, and he hugged each Street Pastor, to say goodbye.

Some are looking for someone to listen to them:

We gave comfort to an older lady, who through tears, told us that looking after her sick husband, and having to endure the noise in the town each weekend, was making her feel anxious and depressed.

What sort of help are Street Pastors giving?

We look to help town residents:

A lady and her family were locked out of their house and were waiting on the doorstep for a locksmith. They were collected by a team, taken to our warm Base (West St. Baptist Church) and given hot drinks. She later wrote to us: "On behalf of my three children and me, I would like to sincerely thank you so much for coming to our rescue on that cold night. . . . God bless you all for a wonderful work you are doing in our town."

We received an email from a lady who lives in Institute Walk. She was suffering with the effects of noise and unsocial behaviours on Saturday nights. She felt that nobody seemed to care about her plight. The Police gave her our contact details, and we have agreed to walk along there after the nightclub closes. The team came to understand the problems that people living here are having to cope with.

An expensive mobile phone was found, and our team reunited it with its owner.

We wait with vulnerable people until help arrives:

At the train station, the railway staff were looking after a vulnerable teenager, but they wanted to lock up and go home. The Street Pastors offered to stay with her until the police arrived.

Our team walked through Sandy Lane and Moat Road where two boys under 13 were waiting by the scout hut for a parent to pick them up. They seemed to know about us, and felt happy to chat until their lift arrived.

We discourage unsocial behaviours:

A very drunk youth, who was very unstable on his legs, was carrying a stack of four pint glasses. He was eventually persuaded to give them to the team, after chatting with them for a few minutes.

We encountered three men (mid-twenties) in Institute Walk, one of them using a road cone as a mega-phone. He was 'singing' loudly into it, until we encouraged him to give the cone to us and head home.



We care for those in need:

A few weeks ago, we found a man in a shop doorway, very cold and with a nose bleed. The team gave First Aid and sorted professional help. On Christmas Eve, this man found us and expressed his thanks for help given to him that night; he said that the foil blanket made “such a difference”. He explained that he has a blood-pressure problem, hence the nosebleed.

The team met a man who thanked them for helping his friend who had passed out on the floor a couple of weeks before.

Two girls were shivering in the cold, they wore thin and short clothing and had bare legs! The team gave them each a space blanket as they waited for their taxi van. The girls were offered flip-flops and lollipops; friends were amazed when they were told by us, that we don’t sell them.

We provide a safe place:

Each week, we stand in King Street at 1.30 a.m. as the nightclub closes, to be available to anyone who feels they need our help. We watch out for people who appear to be on their own, and we make sure they are getting into registered taxis. Some people wait with us when they have lost their friends, while some join us to chat and ask for a lolly or water.

A young girl approached the team and told them that a lad was harassing her. He was encouraged to leave with his friends, and she was thankful we were there.

On many occasions, we are accompanied by those interested in our work.

We received this email from an “Observer”.

“One of my close friends is a Street Pastor in East Grinstead, and she often speaks about her experiences and the amazing work that they have been doing. I was very intrigued as to how Street Pastors actually engage with the public and how they respond to the many needs, and so when my friend invited me along to observe one evening I jumped at the opportunity!

I went out with the Street Pastor team a week before Christmas, and so it was very cold. We met at a local church, wrapped up warm and then spent some time in prayer before heading out into the town centre. What first struck me was the way that the public responded to the Street Pastors. Everyone seemed to know who they were and greeted them fondly. They appeared to have a lot of respect for the Street Pastors and approached them with Christmas greetings.

Everyone appeared to be in good spirits and the Street Pastors being around just added to the good atmosphere. The Street Pastors said hello to everyone that they saw and spent time walking around the town centre picking up glass bottles (which might otherwise be used as weapons later on) and making their presence known.

After a couple of hours we went back to the church to warm up with a hot drink. We then went back out into the town centre to be present for when the clubs started to close. The Street Pastors took bottles of water, flip-flops and lollies with them and we stood outside the biggest club offering any support we could. Many members of the public recognized the Street Pastors as soon as they came out of the club and asked for a lolly or some water. Other people were struggling to walk in their high-heeled shoes and so the Street Pastors gave them some flip-flops. What also surprised me was how much the bouncers and police respected and relied upon the Street Pastors. The bouncers asked the team for support in first aid and the police seemed to find the help in maintaining a positive atmosphere very helpful.

The team remained in the town centre until the streets had cleared and ensured that people got into taxis safely. After a great but cold night, the team returned to the church to end the evening in prayer at about 2.30 a.m..

I really valued my time with the Street Pastor team in East Grinstead and was greatly encouraged by the work that they are doing. It reminded me of the statement that Christ made about his followers. In Matthew 5:14–16 Jesus says: *'You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.'*

It is clear that the Street Pastors in East Grinstead are letting their light shine before others and this is evidently making such a positive impact on the community. My experience as an observer has opened my eyes to the valuable ministry that takes place in East Grinstead





and I have been so encouraged to see God at work in this town." – *Lizzie*

We are happy to invite anyone to spend a few hours with our team; and/or to receive regular newsletters; with no obligation to join the ranks. To find out more, look at our website, our Facebook page or simply look at the many YouTube videos, filmed by other Initiatives around the Country.

Beverley Lake
(b.lake@live.co.uk or EG 325578)

Mary Nicholls
(eastgrinstead@streetpastors.org.uk)

What it's like to be an asylum seeker in an increasingly suspicious country

by *Bidisha*

I have been doing work with asylum seekers and refugees since 2012. In their humour and nuance, the testimonies I hear are a far cry from the stereotypes peddled in the media: that of unnamed, voiceless people dying in boats, criminal gangs, parasites leeching off the state, victims being sexually abused in UK detention centres. It is as though the asylum narrative only begins when they arrive, and there is a strange and inhumane absence of interest in what they survived before.

I wanted to hear from those very people who are most talked about, either with pity or loathing, but who are given the least opportunity to speak themselves. My groups, people who came to my classes to improve their written English, included asylum seekers from Iran and Syria to Sierra Leone, Congo and Uganda. What they told me was not just harrowing—like the woman who had raped by rebels and consequently rejected by her husband and ostracized by her community—but often hilarious—and always humbling. These people have survived war, violence, political persecution, exile and extreme poverty but are treated as invisible here, as less than human.

In the book that resulted from our classes, *Asylum and Exile*, I try to make the invisible visible and give colour and wit to the dire cliches. Asylum seekers are vilified or held up as a cause to be saved, but rarely presented as distinct individuals with names, lives, skills, histories. They are simply individuals who are asking to be recognized as refugees. They have no recourse to public funds, no right to work or housing, or any state assistance. They live on the kindness of strangers' or with charities' help, yet extreme cuts in public and social services have put them at serious risk of destitution and exploitation.

In the last few years, I have been alarmed at Britain's increasing insularity, cultural ignorance and suspicion of anyone who is foreign, "other", an incomer: a debate about asylum and refuge turns quickly into one about all immigration, which turns into a debate about Islam and Muslims in Britain, which then turns into a debate about Islamic fundamentalism and terrorism.

I wanted to break down these issues and convey what it's like trying to survive seeking asylum in London, when so many European countries are taking a punishingly hard line against asylum claims and there is a culture of disbelief, denial and cruelty. For me this is not about economics or policy but basic human decency. The woman on the bus, the man queueing first thing in the morning, the family walking on the street, the "ordinary" people one's eyes glance over have led the most extraordinary lives and experienced the world in ways our privileged, well-fed, expensively dressed politicians could never imagine.

Asylum and Exile: The Hidden Voices of London, by Bidisha, was published on 26 January by Seagull Books/Chicago University Press, price £14.50.

Please take (at the back of both churches) a free copy of *Mobiles, Money & Mayhem: The Facts and Fibs about Asylum*, by The Refugee Council.

(reproduced from *The Guardian*)
submitted by Sue Joy

Justice and Peace Group

- The annual Arundel & Brighton Diocesan J&P day on 31 May was attended by some of our members, and as a result a Peace Vigil for Palestine and Israel was held on Tuesday 23 September at Moat United Reformed Church, with readings, prayers and reflections. The Group decided to make Peace the focus for action during 2015 wherever it was able to do so

and has asked that Ministers encourage Lenten ecumenical groups to use material with a peace theme during Lent 2015 (in fact, the focus decided by Churches Together in Britain and Ireland is on peace in the Middle East). It is also hoped that Peace will be the theme for the CTEG service on Sunday 14 June with relevant speakers and the focus for One World Week in October.

- 24rd annual Sleep Out held on 12 July raised £3,805.28, and the money was divided between Crawley Open House, The Easter Team and Worthing Churches Homeless Project. There was a street collection during the day. The Group also helped Nick Castiglione organize the Autumn Food Fest held in local restaurants in October, and £594 each was given to Age UK EG Saturday Dementia Club, Crawley Open House, Crawley Prison Fellowship and EG Street Pastors. All churches continue to collect packets and tins through their Shared Shopping Scheme, as well as sleeping bags, warm clothing, flasks and small household items: microwaves, toasters, kettles etc.
- The CAP Money Management courses were supported by the Group throughout last year; two were held at JCC and one at St Barnabas.
- J&P Group members continue to be involved with East Grinstead Foodbank, i.e. prayer support, volunteers helping at the Foodbank drop in point at Jubilee Community Church, and with providing links between churches and other community groups in EG with regard to food donations and vouchers.
- The Group continues to support Amnesty International and send letters every month for those suffering injustice in many parts of the world. Support is also given to the Gatwick Detainees Welfare Group (GDWG), which helps Immigration Detainees for whom bags, clothes and trainers are always required. One of our members volunteers with clothes-sorting on a regular basis. Another is involved with the GDWG organization of *Refugee Walks*, which takes place 13–21 June 2015, from Dover to Crawley. The last leg will be from Lingfield to East Grinstead on Sunday 21 June, when the J&P group will provide a picnic lunch at East Court for walkers before joining them for a walk to the Hawth, and a special show in the theatre in the evening.

Our members support a family with a small child here in East Grinstead, one of whom was detained at Tinsley House in the past. It is with sadness that their case for leave to remain in UK is blocked by bureaucracy and lack of compassion by our Immigration Service.

- Two of our members are part of Prison Fellowship at Lewes Prison, where Sycamore courses are run for prisoners—these are based on restorative justice and are valued by the Prison Service. The work done at Lewes Prison has become a model for other Prisons in the south east. We also offer prayer support and get involved with the Angel Tree Project, which provides presents for the men to send to their children at Christmas—90 this year.
- Two of our members are involved in the Fairtrade East Grinstead Group, which is trying to raise its profile in the town. St Peter's School and Imberhorne are Fairtrade Schools, with Sackville having achieved Level 1 of the UNICEF "Rights Respecting School Award". The newly revised website is www.fairtrade-eg.co.uk and there are new leaflets too. Events during Fairtrade Fortnight included a Fairtrade wine tasting with EG Wine Circle, a display at EG library, and Fairtrade activities at local schools including St Peter's, which was attended by Mayor Nick Hodges. A former pupil, Laura Jane Loftus, who now works for the Fairtrade Foundation, gave a whole-school assembly and led lessons with Years 5 and 6. The theme of Fairtrade Fortnight 2015 was *Choose products that save lives*.
- 234 shoeboxes were sent in November 2014 from East Grinstead schools, churches, and community groups as part of the Samaritan's Purse project.
- Three of our members attend the Churches Together meetings every three months.
- Two of our members are involved in Dementia Alliance sponsored by the Alzheimer's Society with the aim of making East Grinstead a dementia friendly town. A CTEG meeting to inform people about services for those with dementia and their carers in the town as well as information and advice was held in November at Moat Church. The broader remit Care for the Elderly is appearing regularly on the





agenda, with concern being expressed about East Grinstead's role in District Health Services restructuring and the Clinical Commissioning Group (CCG).

- The Group has made various small donations to charities, including Crawley Prison Fellowship, Friends of the Holy Land, Maytree, and the Medical Foundation for Victims of Torture.

We meet on the second Tuesday of each month except August at 7.30 p.m. at Moat UR Church; you are welcome to attend.

Dates for the Diary

Peace Vigil for the Middle East: 6.45 p.m. Thursday 2 April at Moat URC (a short service to finish in time for the Maundy Thursday service). All welcome.

Election Hustings: 7.30 p.m. at Jubilee Community Church, Charlwood Road, with the six prospective Parliamentary candidates for the Mid Sussex Constituency. If anyone would like to ask a question, to be submitted in advance via Susan Joy ((SusanJoy471@hotmail.com), please do so by Easter Sunday.

Christian Aid Week: 10–16 May; offers of help with a road collection in East Grinstead to Mike Hope. Tel: EG 322560.

Refugee Walk organized by Gatwick Detainees Welfare Group: last leg from Lingfield to Crawley via East Grinstead. Picnic lunch at East Court at 12.30 p.m. Leaflets at the back of both churches.

2015 EG Street Collection and Sleep Out to raise money for local homeless charities: Saturday 27 June overnight in the town. Any parishioner is welcome to join in, hold a collecting tin and/or sleep out! **This is our 25th Sleep Out.**

*Sue Joy, Co-Chair, J&P Group
(EG 835190 [new number])*

CARE needs your help

CARE was started 25 years ago by a local group of churches in East Grinstead and Lingfield and is funded by donations received from clients. CARE arranges transport to and from doctor/dental/hospital appointments and shopping, plus doing gardening and other light jobs round the house.

At the moment we are short of volunteers to act as Duty Officers who operate from their own homes from 9 a.m. to 2 p.m. about once a month, taking calls on a landline from clients and arranging transport for them. Full training will be given, but you will need to have your own computer and connection to the Internet to use the database.

We are also need drivers to take clients to and from their appointments. Drivers choose how often they wish to operate, i.e. morning or afternoon, one day or up to five days a week (weekends you're free). You decide what type of journeys you prefer, i.e. local (East Grinstead/Lingfield), medium (Haywards Heath/Redhill/Pembury) or long-distance (Brighton/Guildford/Maidstone). Drivers can also claim expenses for running costs.

All persons interested please contact Patrick Kiley (EG 312173) at Our Lady & St. Peter or Lala Micallef (EG 327222) at St. Bernard.

Patrick Kiley

A walk in solidarity with refugees and detainees Sunday 21 June 2015

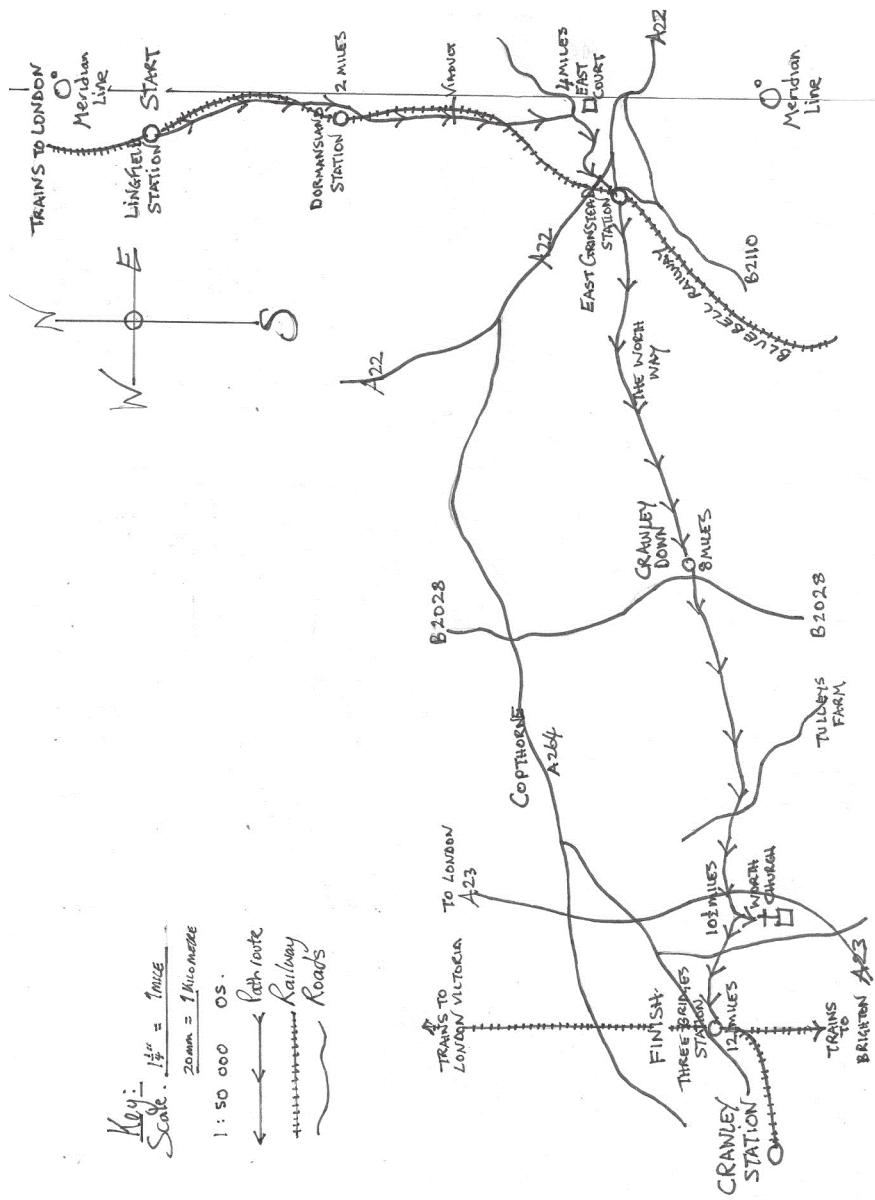
Join the walk or visit The Hawth Theatre, Crawley

The final day of a nine-day walk from Dover to Crawley covers 12.5 miles; it begins in Lingfield and heads gently up to East Grinstead through attractive countryside. After a lunch break, the Worth Way is then followed to Three Bridges.

Please note that this final walk is non-ticketed and free of charge.

The organizers would like to invite all to join us walking into Crawley to celebrate the final day of The Refugee Tales.

There are numerous places walkers can join along the way (see the map). Walkers are likely to leave Lingfield Railway Station at 10 a.m., East Grinstead Railway Station about 1 p.m., and St Nicholas Church, Worth, at about 2.30 p.m.





The Hawth Theatre,
Crawley 7.30 p.m. Tickets are on sale now (01293 553636).

Come and welcome the “Refugee Tales” walkers at the end of their walk from Dover to Crawley. “The Refugee Tales” evening at the Hawth features the Ex-Detainees’ Tale by Bridges Arts Group and highlights of the tales from throughout the walk by poets and writers, including Ali Smith (on the Booker Prize shortlist for 2014).

Dozens of modern pilgrims will be following in the footsteps of Chaucer’s travellers this June, when they walk the **Pilgrims’ Way via Canterbury**, in recognition of the long journeys to safety made today by countless refugees.

The walk from **13 to 21 June** will celebrate Refugee Week and echo the journey that is the migrant’s defining experience; Refugee Tales will celebrate the presence of refugees and asylum seekers in the UK. The walkers hope to establish the fact that journeys are integral to our landscape, that they provide the stories out of which our shared histories emerge.

The organizers, **Gatwick Detainees Welfare Group**, are hoping to counter the silencing that is so much a part of the migrant’s experience by demonstrating that refugees and asylum seekers are no more and no less than people who have had to move.

“Our humanity is measured by our empathy and willingness to step into the shoes of others. The idea of sharing the migrants’ experience by travelling with them and lending an ear as well as a hand is ingenious. This is a journey worthy of our support.” (Helena Kennedy QC)

This day is being supported by the East Grinstead Justice and Peace Group, a local ecumenical group promoting social justice at the heart of our Christian living

submitted by Aidan Cantwell

Thank you from Bevvern View

The residents and respite users at Bevvern View, a Christian Care home in Barcombe for young people with profound and complex needs, would like

to say a very big *THANK YOU* for your generosity. The meal at Roochi raised the magnificent sum of £700. We are immensely touched by your kindness. The Friends of Bevern View will purchase equipment for a new sensory room; for example, a special projector will cost £450. If you would like a Gift Aid form for the donations you gave or you would like to see pictures of how your gift will help Amy and her friends live their lives to the full, please visit the website (www.bevernview.org) or ring Mary Parker, Amy's mother (EG 321231).

Mary Parker



Happy April, with the promise of warmer Spring days! Although chilly this winter, the weather has not been particularly harsh here in the South East of England.

In Fairtrade we think of the producers in other areas of the world and particularly this winter, when we heard in January that there was unprecedented heavy rain that led to severe flooding across Malawi, hitting farmers particularly hard. Loss of life and income occurred in days, as the worst rains in four decades hit the country. Malawi is one of the



poorest countries in the world, and with four out of every five people relying on agriculture, the floods have shattered the livelihoods of many of the people who grow our tea, sugar and other goods. Over 300,000 people are estimated to have been displaced, with over a million affected by the destruction of agriculture. Many farmers have lost everything. The floods washed away homes, livestock and the crops they rely on to make a living. In addition, many roads and bridges are now impassable, and other infrastructure has been destroyed, meaning farmers are going to struggle to get back on their feet.

An urgent appeal for Malawi was launched by the Fairtrade Foundation in response to flood devastation, at a press screening of a new evocative short film, "Fairtrade Matters". See more on website www.fairtrade.org.uk. The film was directed by Will Robson-Scott. He said: "Fairtrade Matters is about humanity, about day to day life in a part of the world which is normally shown in a single dimensional, sentimental light. This film is empowering and aims to trigger people into thinking about the choices they make."

The appeal coincides with the publication of a new Fairtrade Foundation report, Sugar Crash, which warns that a reform of the EU sugar market, supported by the UK government, is putting the livelihoods of hundreds of thousands of sugar cane farmers in developing countries at risk and could push 200,000 people into poverty over the next five years. Following an EU decision to lift the cap on EU sugar beet production by 2017, small-scale sugar cane farmers in African, Caribbean and Pacific and Least Developed Countries—including former British colonies and some of the world's poorest countries, such as Malawi—will struggle to compete with European sugar beet farmers, who receive subsidies from the EU. Many of these countries have supplied Britain with sugar for generations, and have few other options for earning a living. To make matters worse, the EU reform coincides with a sharp slump in the global sugar price, which has halved in three years. As a result, sugar cane farmers are already being priced out of the market and risk losing their livelihoods much sooner than anticipated.

Recently, sugar cane farmers from Malawi and Jamaica met with MPs in Parliament, to tell them about the importance of Fairtrade for farmers in their communities in developing countries. The cross-party event was sponsored by Heidi Alexander MP and took place during Fairtrade Fortnight 2015 (23 February to 8 March), a national campaign that turns the spotlight on the people who grow some of the British public's favourite

everyday commodities—including cocoa, sugar and tea—to show the difference that Fairtrade makes to their lives.

Thank you for your continued support in buying products with the FAIRTRADE Mark.

Margaret Vasey

Salvation Army in East Grinstead, appeal for charity shop volunteers

Salvation Army Trading Company Ltd (SATCoL) is appealing for volunteers to help in its charity shop in East Grinstead.

If your well-intended New Year's resolutions are already long forgotten, becoming a volunteer at your local Salvation Army shop is a great way to extend the season of goodwill and do something positive for yourself whilst also giving back to your local community.

The Salvation Army's East Grinstead shop sells everything from clothes and accessories to books and household items. Area Manager for SATCoL, Salvador Fernandez, comments: "We rely on the generosity of our volunteers because they play such a vital role within our charity shops. Perhaps you have a flare for shop window dressing, maybe great customer service skills or even have a good eye for an antique? No matter your experience, there are all sorts of jobs that we need help with and we provide all the training you need. There's also an opportunity to become a volunteer Key Holder, which is a position of responsibility with the opportunity to get involved in lots of different aspects of running a retail business. If you think you can spare any time at all, from a few hours to a few days a week, please do get in touch—we'd love to hear from you."

Volunteering is a fantastic way to learn new skills or brush up on old ones, and it can be a lot of fun too. Mark Hawkins, who is 35 and has been a volunteer at the charity shop in Wellingborough for over 16 years, comments: "After leaving college in 1998, I was keen to start some voluntary work and because of the excellent social welfare work carried out by The Salvation Army, my local charity shop was a natural choice for me. I've been working at the Wellingborough shop for over 16 years now and my main tasks include operating the till, cash handling and rotating stock. I have received in-depth training on every aspect of retail and customer service, which has been great. I love being a volunteer because

I get to meet lots of interesting people and help raise important funds for The Salvation Army. I would recommend volunteering to anyone because of the great team spirit and, of course, to support such a great cause."

Profit SATCoL receives through the sale of donated items contributes to The Salvation Army to help fund its valuable work with people who are vulnerable and in need across the UK, including homelessness and addiction services, care for older people, help at emergency incidents, support for adult victims of human trafficking in England and Wales and a Family Tracing Service. Over the last five years alone, SATCoL has donated over £39.5 million to The Salvation Army.

For more information on becoming a volunteer, simply pop into the local SATCoL shop at 5a Queen Walk, East Grinstead, West Sussex, RH19 4EW (EG 328973).

To find your nearest shop elsewhere, visit: www.salvationarmytrading.org/finder

Extra Care EG Team

Family day, EG Town Library

The Extra Care Team, headed by Danny and Maribel Favor, performed free health checks on blood pressure, blood sugar & weight and height for BMI to members of community groups during the well-attended Family



Day Celebration held on 29 Saturday November 2014 at East Grinstead Town Library. The successful event was organized by community organizations: council, police, community groups, etc. Attendees were given advice on health and support available during winter months. They also enjoyed wonderful Christmas carols performed by various groups, such as JLWWC Music team, who sang beautiful Filipino Christmas songs. They had also chance to network with others and enjoyed tasting the abundance of foods brought by members of various organizations and individuals. Danny and Maribel Favor and their team would like to thank and congratulate everyone who supported this important annual community event, all participants, guests and the organizers, for a job well done. The successful event was graced by members of the Council and various community leaders headed by our Town Mayor, Deputy Town Mayor, Council Leader, Councillors, police and others.

Free Health Checks and then Zumba— Community Outreach by Extra Care East Grinstead

The recent free health check performed by the Extra Care Team, followed by a Zumba Class on 1 February 2015, was well attended by various members of community groups, friends, relatives and individuals. The successful event was in partnership with the Youth Council of the Camarines Sur



Filipino Community UK, aimed at promoting health & wellness and increased awareness, with a focus on various activities for a more active and healthy lifestyle. The overall feedback was very positive, and there is the hope of having such health and wellness activities regularly.

Mid Sussex District Council presents awards to local community champions

Danny Favor was among the 65 individuals and organizations who received a Community Service Award during the Mid Sussex District Council celebration for the outstanding work of community leaders from towns and villages throughout the District, with a garden party at The Ravenswood in Sharpthorne on Sunday 5 October. The successful celebration was also attended by friends and relatives of the award winners, community leaders, Town, District and County Councillors, and others. This is an annual event organized by Mid Sussex District Council to give acknowledgement and honour to deserving community leaders and individuals for their commitment and dedication, skills and energy in enhancing the quality of community life. Some of the public and charity works that Danny and his team have successfully achieved included fundraising events for various charities both locally and abroad. The certificates were presented by Councillor Gordon Marples, Chairman of the Council, and Mr Jonathan Lucas, High Sheriff of West Sussex.

Presidential "Banaag" Awardee 2014

Danny also received the prestigious Presidential Award 2014 from the President of the Republic of the Philippines, his Excellency President Benigno Aquino III, on 5 December 2014 for his public and charity works promoting the interests of the Filipino Communities. Danny, representing England, was one of the 33 awardees who went through a rigid selection process from among 157 nominees from 29 countries. Danny and his family would like to share this lifetime prestigious award with and personally thank all the people behind this achievement for the great unified team efforts and wonderful community spirit, kindness and generous support of all who have made this milestone a reality, most especially Almighty God for his abundant love and blessings.

Danny Favor

Antigua: a paradise isle

I accepted a generous invitation from my daughter, Charmaine, and her husband, John, to join them on their family holiday, planned mainly for relaxation.

The location chosen was ideal! From the moment we set foot in Antigua we found ourselves in a different world—a warm, welcoming, carefree world, where hustle and bustle was not the order of the day, and time was of little consequence.

The views from our villa in Antigua Village on Condo Beach were truly serene and inspirational. The gentle waters of the calm Caribbean Sea lapped the shore, lined with coconut palms growing in unspoiled splendour. All around us, the tropical gardens, lush and luxuriant, were enhanced by the richness of colour. In my mind's eye I can still see the many varieties of multicoloured crotons . . . the climbing, ornamental bougainvillaea, their long, slender arms displaying masses of flowers enclosed in paper-like bracts in varied shades and hues from red to deep magenta . . . hosts of spectacular canna lilies standing proud and tall . . . plants and shrubs, oleander, hibiscus, spider lilies, in full-blooming profusion, intermingling with heavily laden fruit trees—banana, lime and pomegranate, to name but a few. Palms graced the area around the freshwater swimming pool, while the large, spreading flamboyant flame tree invited us to shade from the burning sun, under its sheltering branches. At sunrise, when the sun was at its kindest, we decided on our own individual choices to start the day: a dip in the warm sea, a cup of tea on the beach, or an extra lie-in. I spent the early hours imbibing the fresh sights and fragrant smells of the gardens on a new day, while watching in amazement the aerobatic antics of petite exotic birds and hovering humming birds—faithful dawn visitors who came to sip the nectar from the flowers and drink the fresh juices of the hanging fruit, which they pierced with their sharp beaks. A very healthy breakfast for them indeed!

Antigua has had an historic, turbulent past—
Reminders remain, names that will last.

The Cenotaph in the St John area is conspicuous—a memorial to the men who lost their lives in the two world wars. We shopped in the Arcade and bargained with street traders in the area around Redcliffe Quay, which was once part of a large slave-holding compound.

The silent windmills stand in mute testimony at Betty's Hope. The sight brought to mind poignant memories of vast sugar plantations and slave labour. Betty, in the long ago, had hoped that no slave in her charge died after the torturous practice of branding!

We visited Nelson's Dockyard in the heart of the National Park—once (1700) one of Britain's main naval bases. Today, these landlocked bases, formed within an old volcano cone with a narrow passage to the sea, are a major Caribbean yachting centre, placid and picturesque.

We were treated to an interesting fifteen-minute show at the Dow Hill's Interpretation Centre, where we gained an enlightened insight into Antigua's history, people and culture.

We drove to a high point in the National Park, Shirley Heights Lookout. This was once a British signal station giving warning of approaching enemy ships. It was named after General Shirley, Governor of the Leeward Islands 1780. The impressive vista was breathtakingly beautiful—but thoroughly enjoyable too was the non-stop music provided by the Caribbean steel band with barbecue, jump-up and ambience, held in the Ordnance Building where once shot was stored!

To stand on Devil's Bridge and witness nature's handiwork over the centuries, we went out to an extreme eastern point of the island. We climbed high up over the rocks and gazed in awe at the amazing spectacle: powerful, thunderous Atlantic breakers swept in at the end of a 3,000-mile fetch from Africa, with enormous swells and pounding energy. The lower part of the rock has been worn away, and a natural limestone arch has been carved out with spectacular blowholes created, through which the spouting surf crashed out onto the rocks. We can only gaze and contemplate the wonder of it all!

We came into contact with many local people from different walks of life. Our impression is that they are a very agreeable, very helpful, deeply religious people who lead simple, uncomplicated lives. On a Sunday



morning, places of worship are full to capacity with families young and old in their Sunday best. We chose to join the congregation in the Catholic Church. It was a happy, uplifting experience!

At sunset, in the cool of the evening, on most days of our vacation we took our ritual, leisurely, family, mile-long walk along the pink sands of Dickenson Bay in the cool sea breeze with the sea at our feet. We talked about the events of the day as we walked down to the cliff at the end of they bay and back again to Antigua Village—the climax to each day.

Antigua—a tiny, peaceful island lying in the Caribbean, bathed in sunshine, beauty and simplicity, where one can value the quiet moments of one's life, and balance one's lifestyle with true contentment.

In the words of the poet William Blake:

To see the world in a grain of sand
And heaven in a wild flower;
Hold infinity in the palm of your hand
And eternity in an hour!

Hermia Frantz

Easter Day

As we approach this Easter Day
The palms we have carried on our way
Guide us on the road to Calvary
Taken by our Lord for all to see.

Now burnt to ashes and holy dust
Placed on our foreheads to renew our trust
We keep our faith and kneel to pray
That He will be with us every day.

I hope to face death as brave as He
And through the agony once more see
The path to take hand in hand
Leading us to the promised land.

*David Tas
February 2015*

*"Teach Your Children",
by Crosby, Stills, Nash & Young*

"You, who are on the road, must have a code that you can live by"—this is how the song *Teach Your Children* by Crosby, Stills, Nash & Young starts. It is a beautiful song. If you have never heard it, you can find it on YouTube, and I'm sure you'll agree with me that yes, it is beautiful.

"Teach your children well", the song says. Of course we teach our children many things, among them manners, repeating as many times as necessary: say hello, goodbye, and thanks and please, the numbers and the colours by heart, not to eat with your mouth full, be still and quiet when the place or importance of a person require it, etc., etc.

A couple of months ago I went with my daughter to Saint James's Palace on the occasion of the Duke of Edinburgh's Gold Awards. The awarded students were going to meet Prince Philip. Just before he came in, we were advised by the staff to remain in our places, facing the Prince walking by among us, and they encouraged us to talk to him, because he loved it.

When I go to church, some situations make me think whether we believe that Jesus Christ, God, the Second Person of the Holy Trinity, is really there, in the little humble box called Tabernacle, with His Flesh, Blood, Soul and Divinity.

We have to teach our children well also in the church. We treat them as if they were silly idiots unable to understand that Jesus Christ is there, and therefore they should kneel down and adore Him while the Consecration is taking place, and we explain to them quietly that the bread is becoming His Body and the wine is becoming His Blood and then HE IS THERE. It is this simple. And I am talking about toddlers as well as older children.

They must read, of course, but books that make sense: relating to our faith, Mass, the Virgin Mary, and so forth.

For manners: say hello to Jesus and whatever else we



would like to tell Him, like I love you, while they try to adore Him kneeling on their right knee, like a soldier: He is our King and our God as well as our friend—they love that. Face the Tabernacle and the Altar, especially during the Consecration. I think Jesus Christ is a little more important than Prince Philip . . .

Children are like sponges, they absorb everything—which is good, especially if Mum or Dad is telling them those things. I have children, I have nieces and nephews, and I have taught Catechism, so I speak from experience. I was also once a little girl and had a mother who taught me that way.

When one of my nieces was three years old, she came to Mass with me one day and asked me what I was doing going to Communion and so on. I explained things as best I could, and when I came back to my place, she asked me “Was it tasty?” with such a hungry face! This is our aim: making them hungry for Christ.

Maybe the problem is not that we don’t teach our children, but that we don’t teach them well, because we lack that “code that you can live by”, as Crosby, Stills, Nash & Young say. What are we going to do? Well, there is something easy to start with: get a *Little Catechism*, learn it and do ourselves all the things our children are meant to learn to do: manners in church, pray, adore, Confession, Communion . . . but we do it first.

Maria W

Funnies from Ghana

The entire Joy Family had an amazing visit to Ghana last October and found it to be a vibrant, colourful country with wonderful people, culture, wildlife and scenery. It is also a very Christian country with many denominations present. Here are some of the amusing shop signs we saw whilst travelling around that illustrate the Ghanian’s trust in the Lord!

Dependable Lord Fashion

Walk by Faith Fashion

God’s Grace Maternity Clinic

Ave Maria Plumbing Works

Christ Jesus Fast Food

Rock of Ages Metal Store

The Lord is my Shepherd Beauty Salon

Blessed One Boutique

Assemblies of God Cooperative Credit Union
Last Supper Cafe
God Bless Fitting Shop
Jesus Cares Beauty Parlour
Thank you Jesus Barbering Studio

Sue Joy

Poem

I was shocked, confused, bewildered
As I entered Heaven's door,
Not by the beauty of it all,
Nor the lights or its décor.

But it was the folks in heaven
Who made me sputter and gasp—
The thieves, the liars, the sinners,
The alcoholics and the trash.

There stood the kid from seventh grade
Who swiped my lunch money twice.
Next to him was my old neighbour
Who never said anything nice.

Bob, who I always thought
Was rotting away in hell,
Was sitting pretty on cloud nine,
Looking incredibly well.

I nudged Jesus, "What's the deal?
I would love to hear Your take.
How'd all these sinners get up here?
God must have made a mistake."

"And why is everyone so quiet,
So sombre—give me a clue."
"Hush, child", He said,
"They're all in shock.
No one thought they'd be seeing you."

Sent by Josie Hawkins

Smith climbs to the top of Mt. Sinai to get close enough to talk to God.

Looking up, he asks the Lord. "God, what does a million years mean to you?"

The Lord replies, "A minute."

Smith asks, "And what does a million dollars mean to you?"

The Lord replies, "A penny."

Smith asks, "Can I have a penny?"

The Lord replies, "In a minute."

[forwarded by Jerry Lambert]

Today's thought

There are two sides to every argument, unless a person is personally involved, in which case there is only one.



Parish Organizations East Grinstead

Altar Society: Flowers – Margaret Pond [EG 327002]

Catholic Women's League: meetings second Wednesday of the month,
October to March: 3.00 p.m., April to September: 6.00 p.m.
Brenda Crannigan [EG 328110]

Children's Liturgy: at the 10.30 Mass on Sundays,
Parish Catechists: Eileen Lyons [EG 317424]

Choir: practice before Mass on Sundays at the church,
extra practices for major feasts will be announced,
children's band practice will be arranged by Julian each month
Mary O'Sullivan [EG 322959]

Christian meditation group: Thursdays, 4.30 p.m., term-time
Gabrielle Joyce [EG 326118]

Crown of Thorns: Lisa de Quay www.crownofthorns.org.uk
[EG 870472]

East Grinstead Catenian Circle: President: Bill Blackledge [EG 317599]
Membership: Peter Neave [EG 826926] www.egcats.co.uk

Friends of St Peter's: Sara Vaughan [contact school: EG 321985]

Gift Aid Secretary: Frank Lilley [EG 321987]

Gospel of Life Group: Les Whittaker [EG 315484]

Guild of St Stephen: Jim Fitzpatrick [EG 317177]

Justice and Peace Group: Sue Joy [EG 835190]

Lifts to Mass: Peter Wells [EG 811543]

Lunch Club: third Wednesday of the month,
at the Parish Centre, East Grinstead
Ivy Pimenta [EG 323240]

Mothers' Prayers: Jane DeCaestecker [EG 311232]

Parish Magazine: Klara King [EG 321581] klara.m.king@comcrafts.co.uk

Readers at Mass: Sue Wade [EG 317246]

Saint Vincent de Paul Society: Peter Wells [EG 811543]

Welcomers: Maribel Favor [for electronic copy of rota:
maribelfavor@gmail.com].

Times of Services

Our Lady and St Peter, East Grinstead

Saturday Mass: Vigil 6:15 p.m.

Sunday Mass: 10:30 a.m.

Weekdays: Morning Prayer: 9:15 a.m.; Mass 9:30 a.m.

Holy Days of Obligation:

Vigil 8 p.m. evening before the feast; on the day 9:30 a.m.

Sacrament of Reconciliation: Saturday, 10 to 10:30 a.m. and

5:30 to 6 p.m. and on request

St Bernard's, Lingfield

Sunday Mass: 9.00 a.m.,

preceded by Sacrament
of Reconciliation:

8.15 to 8.45 a.m.

Weekdays:

Adoration of the Blessed

Sacrament: 9.00 a.m.

Morning prayer: 9.15 a.m.

