



Parish Magazine

Our Lady and St Peter

East Grinstead

St Bernard

Lingfield

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Issue 71

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

Priest in charge of the two churches

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Lord, increase our faith. . . . May our faith be in a person and not ideas; may it be of our heart and spirit so that we willingly walk more closely in the way of Christ.

Lord, increase our faith . . . So that we focus on the essential core of the Gospel and not let addictions to our faith over the years distract us.

Lord, increase our faith . . . And give us a stronger life-giving relationship with Jesus, who is all that is best and beautiful in Christianity. Make us more faithful to his spirit.

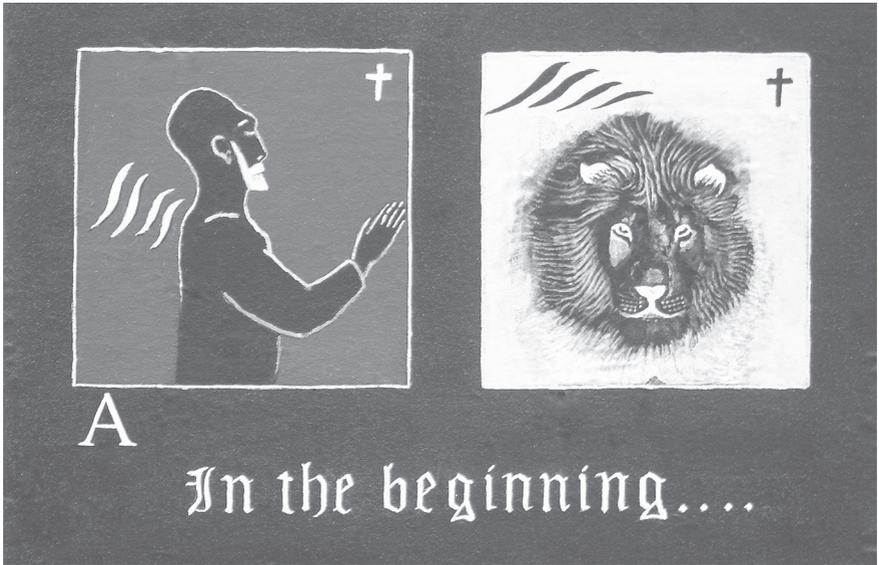
Lord, increase our faith. . . . Help us to identify the projects of the Kingdom, of the Father's desire for a more humane world. Give us a passion for God and our brothers and sisters.

Lord, increase our faith . . . And change our lives. Let us not be resigned to accept a watered-down Christianity, to be salt without flavour, bread without yeast. Give us the faith of the Prophets and the Apostles.

Lord, increase our faith . . . And let it not deteriorate into a Christianity without the Cross; into the formation of a God who suits us. Strengthen our capacity to love and to take up our cross daily.

Lord, increase our Faith . . . And let us experience your presence revealed in our lives, our community, and our Church.

Father Steven



Thanks to our wonderful contributors, who have taken time from their very busy lives at a very busy time, we have, yet again, a large and interesting issue of the Magazine! Eric also joins me in wishing you and your families a blessed Christmas and happy and peaceful New Year!

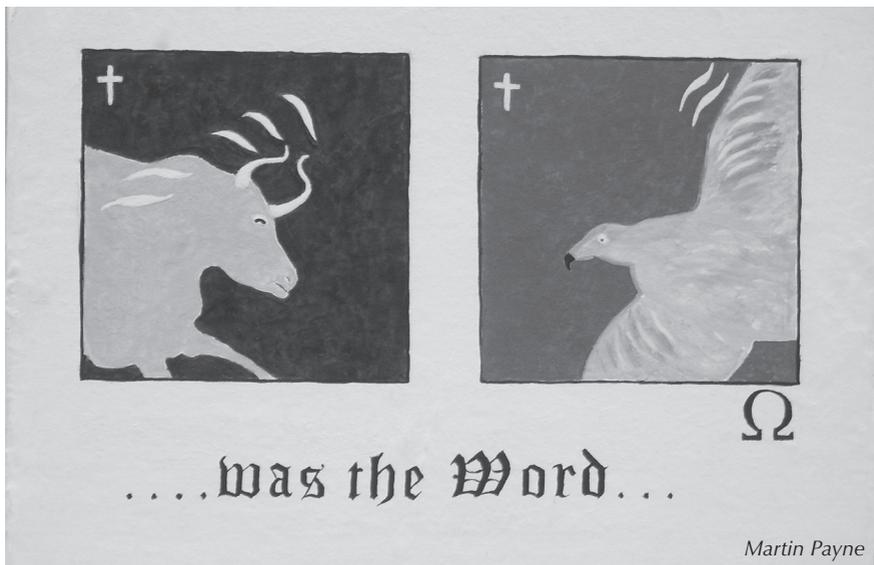
Klara King (EG 321581)

email: klara.m.king@comcrafts.co.uk

Christian Meditation Group

The Christian Meditation Group at Our Lady and St Peter's has been meeting each week for about 10 years.

The group was started by Father Peter Morris, a retired priest who was staying in East Grinstead at that time. Earlier in his ministry as a young priest, Father Peter had lived and worked in Montreal, Canada. During his time there, he met and meditated with Father John Main, a Benedictine priest who had rediscovered the practice of Christian meditation that the Desert Mothers and Fathers had practised in the fourth century.



This blessed and enlightening form of prayer is practised by different Christian faiths, including the Catholic faith.

Christian meditation is a joy and a wonderful gift to us. It has become a daily and much-valued practice that has opened our hearts to all forms of prayer. It fills us with joy and peace.

The practice is simple and is open to all.

Our daily practice is precious to us, and we are encouraged by Father John and the World Community for Christian Meditation to meet in a group and to share this precious gift.

This we love to do.

Do please come and join us if you can.

“Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call. *Maranatha* . . . Come, Lord Jesus.”

We meet during term time. In East Grinstead, we meet each Thursday from 7.30 to 8.30 pm in the Parish Centre at Our Lady and St Peter’s. At Worth Abbey we meet on the second and fourth Wednesday of each month, from 8.00 pm in the Chapel of The Blessed Sacrament.

For more information, please contact me.

Gabrielle Joyce (EG 326118)

Lourdes Pilgrimage

Parishioners in Hotel Paradis joined other pilgrims from all the Diocese of Arundel & Brighton, enjoying a wonderful week in Lourdes from Thursday 28 July to Friday 5 August—a great blessing, especially for those who are sick and frail. The theme this year was “Merciful like the Father”. In addition to all the services and get-together’s during the week, the pilgrimage saw the blessing of two benches in front of the Accueil in memory of Lady Sarah Clutton, who for many years was the main organizer. Carolyn Wells, another parishioner, was based in the Accueil but was seen on several occasions racing to the Grotto in her wheelchair! There were also five Helpers from our Parish plus four Redshirts.

The 2017 Pilgrimage (www.ablourdes.org) will be from 28 July to 3 August (if flying), and application forms will be available in the New Year.

Pictured are our lovely Redshirts who went to Lourdes this year: Jesse O’Sullivan, Roisin Bell, Bethany Keen, and Charlotte O’Neill. They had a wonderful time and thank the Parish for its support and prayers.

Sue Joy



SVP Christmas Time Appeal

The St. Vincent de Paul Society has launched a Christmas Time Appeal nationally. The idea is that in this appeal we are asking you to give a little of your time to help others by joining our parish SVP group either at Our Lady and St. Peter or at St. Bernard.



As you plan your Christmas celebrations, spare a thought for those who actually dread the festive season. For many, it is a time of profound loneliness and solitude, while for others it means not being able to afford the family presents or delicious foods that the rest of us take for granted.

But, by giving a little bit of your time to help those in need, you could change that, and it might be the best gift you have ever given. While the Year of Mercy has just ended, why not extend it by your generosity to 2017 and beyond?

To find out more, please contact me.

Peter Wells (07484 330899)

SVP Sudan Christmas Appeal 2016

Once again, we are running an SVP Sudan Christmas Appeal, which raised about £240,000 nationally last year; in A&B we raised £14,000—a great effort! Thank you all for your contributions. Our target for 2016/17 is £250,000.

By 2016, you could be forgiven for thinking that by now things should be getting better in Sudan. But since South Sudan became independent from Sudan in 2011, peace only lasted for about two years. The birth of this new nation has been difficult. Having emerged from many years of civil war in Sudan as a whole, South Sudan was again plunged into conflict in 2013, when the president sacked his then deputy, accusing him of plotting a coup. While a power-sharing agreement was signed in 2015, fighting again broke out in July 2016, displacing many people, including many being in desperate need of food and medical attention.

To add to this, while oil in South Sudan should be a good source of the country's income, oil prices have plummeted and inflation has

ensued, causing a detrimental effect on the price of commodities and making even basic foodstuffs beyond the reach of many.

The SVP has responded by addressing both short- and long-term needs. Over 12,000 internally displaced people from 2,200 families are being given enough to survive: 50 kg of maize flour, a bucket of beans, 5 litres of cooking oil, 2 packets of salt, and 1 tablet of soap. Other support includes medical clinics and baby-feeding programmes. Major programmes of help which have been successful in the Khartoum area have been replicated in the South, in Juba in particular. These include vocational training for young adults, such as bricklaying, carpentry, and poultry farming.

Please continue to help our brothers and sisters in South Sudan through these SVP projects not only to survive the ravages of war, but also to sustain them for a better future.

If you are able to help, please make any cheques payable to SVP Twinnage, write Sudan Appeal on the back, and contact the SVP Treasurer Jean Holland on EG 311295.

Peter Wells

East Grinstead Catenian Circle

Faith, Friendship, Family, and Fun—these are the words that best describe what Catenians are all about. And here are some examples of how each has been demonstrated recently.

Faith: Our Catholic faith is the foundation of the Catenian Association. In addition to starting and ending all our meetings with prayers, in October each year we offer a mass for vocations and in November a mass for deceased Brothers. This year was no exception.

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.

The Catenians raise funds to support a wide span of charities and interests, at a local, national, or international level, raising in excess of £250,000 each year. At an international level, the Association has

two charities, one of which is the “Bursary Fund”, which helps young Catholics aged 16 to 24 who are to take part in community-based projects at home and abroad that have a clear benefit for others as well as for the participant. Applicants for grants from the Bursary Fund do not need to have any connection to a member of the Catenian Association. In 2015, across the whole organization, grants of over £114,000 were made to help young volunteers with their costs when taking part in overseas projects in 52 countries and for helpers on Diocesan and HCPT Lourdes Pilgrimages. If you know a young Catholic who could benefit from such a grant, please contact us.

Family: Our families are very important in our association and recent social events have included a wine and cheese appreciation evening, a tapas lunch (following the mass for vocations), a meal at a Thai restaurant, a buffet lunch at the home of the current President and the annual “black-tie” Christmas dinner. All these events were also attended by wives and/or children of Brothers.

Fun: Naturally the social events above—and most of our other activities—are great fun and thoroughly enjoyed by all those who participate. One other recent highlight was a snooker evening. This



Catenian Brothers and families “appreciating” the Wine and Cheese Appreciation Evening

was a first for the Circle and, unusually, proved to be an all-male affair. As with the skittles evening in the spring, it looks destined to become an annual event.

Summary

In brief, the Catenian Association is an international brotherhood of Catholic men who meet socially, at least once a month. The East Grinstead Circle meets at the Dorset Arms in East Grinstead High Street on the third Monday 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.

To find out more contact, Bill Blackledge on EG 317599.

Nick Bozzini

Catholic Women's League

This letter was sent to our Executive from the World Union of Catholic Women's Associations (WUCWO) and then forwarded to all the Sections.

Rome, October 31st 2016

Dear Friends,

Today, October 31st 2016, in Sweden, Pope Francis and other believers will pray for peace in SYRIA. This prayer will be held during an ecumenical event with other Christians and leaders of faith. It is an important moment to show the need to get together to concur to the solution of a terrible conflict.

I encourage you and your organizations to join in this prayer as a strong contribution to show our solidarity and bring peace in such area.

Attached is a prayer proposed by Caritas Internationalis for this specific event.

Maria Giovanna Ruggieri
WUCWO President General

Lord our God, Father of all humanity; change the hearts of all peoples and their rulers so that peace may be established among the nations on the foundation of justice, love and righteousness.

May the Spirit of Peace descend upon the people of Syria and upon our world until all conflicts cease and peace reigns on Earth. Amen.

Our activities since July included an afternoon at Tilgate Park with a short walk, and tea and cheese and wine at Blount Avenue on a cold and wet July evening. In September we had a very interesting talk and slide show by Stephen Pond on astronomy. After the talk, he took us over to Moat Church where we viewed the moon more clearly through a telescope. In October we held our meeting at our Chairman's home, and Fr. Steven said Mass for us, followed by tea and cake. In November we had a demonstration on how to make a Christmas ring and a short talk on old churches in Europe.

Back in July, four of us went on a pilgrimage to Westminster Cathedral to celebrate CWL's 110th anniversary. Six hundred members attended, and Cardinal Vincent Nichols celebrated Mass. Our Section recently hosted a Branch Meeting for Arundel & Brighton, and we served hot soup, bread and cheese, and fruit for lunch after Mass. Talks are still in hand about the reorganization of the League.

Gill O'Driscoll (EG 323601)

The Gospel of Life Group

Help these young mothers. They give you a chance to share the joy of loving in all you do for them. "Whatever you did to the least," Jesus said, "you did it to me."

St Teresa of Calcutta

In October 2017, the 50th anniversary of the passing of the Abortion Act takes place. Over the coming months the group will be deciding in what ways the event can be marked in the parish. Please do get in touch if you would like to get involved in these discussions.

One way we can do it is by stepping up the support for the four houses run by Life Charity close to us in West Sussex. Thanks to the generosity of parishioners, since 2003 the group has been able to provide mother-and-baby gift packs when babies are born, gift cards when mums

arrive at the houses with their babies already born, Christmas and Easter Cards and presents, and items for the houses, mainly cots, high chairs, and stair gates.

In recent years at the Life house in Crawley, the group has cut the grass throughout the season. In response to a lack of Crawley-based volunteers to carry out gardening work, we have for the first time this year undertaken an autumn tidy-up. This involved trimming hedges, removing weeds from borders and the play area, and cutting back roses and other shrubs so that the garden will look attractive to residents over the winter period. This involved about 9 hours work for three of us.

We plan to extend this work next year, to include the Haywards Heath house, and to use our contacts to encourage local pro-Life supporters to do something similar at Worthing and Littlehampton houses. As well as tidying the gardens, we will prepare winter-flowering pots and borders for the enjoyment of the mums, babies and support workers, but also in memory of the babies lost under the 1967 Abortion Act.

We are seeking volunteers for this task. If you would like to help with the gardening work, in full or in part, next October, please let me know.

Les Whittaker (EG 315484)

Crown of Thorns Report for the Parishes, Christmas 2016

It has been such a busy year for the charity that I can only say thank you to all for the support and hard work that has made this possible—through the most wonderful and dedicated team from the parishes.

The team's work has ensured that shipments to poor dioceses have been completed, that requests are answered, and that the support that is given to others is replicated in the support that they give locally and the love that they show. Thank you, and thank you from all who benefit from the work.

In the shipments, school desks that were donated from St Peter's school are now being used in a school in Yendi Diocese in Ghana. Bishop Vincent Boi-Nah is deeply grateful and asks for his appreciation to be known. Consignments to Ghana have been received by the dioceses of Yendi, Techiman, and Sekondi-Takoradi and the Archdiocese of Kumasi.

Bringing the Nativity to life: Mary, Joseph and Molly the donkey look for shelter on Christmas Eve. (When the last shipment of the year is cleared, there is at last space to celebrate Christmas Eve—this with much active encouragement from the team and grand participation from friends from parishes across the diocese . . . and the help of the de Quay donkeys.)



The bishops of all the above dioceses send their heartfelt appreciation and promise of prayers for all.

The general work of the charity in the support of the clergy, both by the provision of materials and in general matters of need, has been extensive again this year, with daily requests from far and wide. Not only have the usual supplies been sent out to promote the Holy Rosary in parishes, villages, and schools, but general and at times specific support has been given.

This year we have also expanded the charity's work with priests in French-speaking Africa, with many thousands of our French rosary cards and other items being received and used within the parishes of the Ivory Coast.

Thank you to everyone concerned, and thank you for at times carrying me through! It is greatly appreciated!

Please visit www.crownofthorns.org.uk for general information on the work of the charity.

Lisa de Quay, for Crown of Thorns

CBR? DBS? Jargon That Simply Means Safeguarding Our Young People and Vulnerable Adults

“Each one of you has received a special grace, so, like good stewards responsible for all the different graces of God, put yourselves at the service of others.”

1 Peter 4:10

And so it was that 15 parishioners from Our Lady and St Peters and from St Bernards made the journey, on a somewhat gloomy September evening, to the Friary to receive safeguarding training.

As I looked around the room, I became aware that many, like me, had received such training in their current or previous employment. However, like me, I am hoping that everyone went away from the session having enhanced their knowledge. I certainly did, especially in respect of safeguarding vulnerable adults in our community.

But what does this have to do with me, you may ask?

Our parish churches could not run as smoothly as they do without the many people who volunteer their time to perform the many ministries within it. However, as we are all aware, church groups have received a significant amount of negative press over the years, and it does mean that anyone who does come into contact with our young people, or with vulnerable adults, needs to be subject to a Disclosure and Barring Service (DBS) check. This is to ensure that our community can be assured that these parishioners have been recruited on a fully informed basis.

I am the Safeguarding Officer for the parish, and, as some of you are aware, I have been ensuring that those who need to be checked are. This includes Eucharistic Ministers, Children’s Catechists, Children’s Liturgy Catechists, and Altar Servers (over the age of 18). It has been a protracted process. It does require people to complete the required forms and return them so that the process can be started.

In the New Year, as a parish, we will need to start renewing the DBS certificates of those who have an existing check that is over three years old. To speed up the process, I will be setting up sessions after Mass in order for the relevant paperwork to be completed .

The Diocese feels strongly that all volunteers should be provided with training in order that they are fully informed. Following the overwhelming response from our parishioners in September, I have asked the Diocese to provide a Safeguarding training session in our parish. There is training

on line for those who prefer. It is the expectation of the Diocese that all parishioners involved in the relevant role will undertake this training.

So CBR, DBS? It is jargon. It is bureaucracy. BUT we need to do it.

Janette Pentney (EG 327109; pjpentney@btinternet.com)

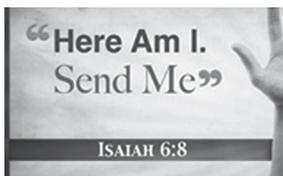
Street Pastors: The Church on the Street

We recently heard the story of Zacchaeus, the Tax Collector, about how Jesus looked up and saw him between the branches. Zacchaeus had heard about how Jesus had transformed people's lives, and he wanted to know: Who is this man, Jesus?

Street Pastors have patrolled our town for three years now, and many people we meet tell us that they have heard about us, and how we've helped those in need. One young man told us, "Ahh, so I meet the Street Pastors at last!" He said he'd often looked out for us.

Our street team look out for anyone who needs help throughout the night—yes, even those who are deemed 'The undeserving' by some. I have heard people on the street say, "I'm not good enough to go in to a Church." This comment is a great conversation starter for those wanting to know, Who is this man, Jesus?

God is always looking for faithful men and women that He can support and empower to accomplish His will and purposes on this earth (2 Chronicles 16:9). He has given us a commission to be active in making disciples and to teach them all that He has commanded (Matthew 28:19–20). He wants workers, and He asks that we would pray for more workers to go out into the harvest (Luke 10:2). God's method in building His kingdom is by using willing and obedient servants, people who avail themselves to God's call upon their lives. Wherever we are and in whatever we do, God is looking for people whom He can support to build His kingdom. He has missions for us to do, but the question is whether or not we will accept the call.



A Street Pastor prayer

Father, you are our provider, the source of all goodness. We thank you for your help, your Holy Spirit within us. We bow before you and ask forgiveness for our own transgressions, so that we may serve you more worthily as Street Pastors. We remain humble, ready to serve, and obedient to your call to be servants of your people. Open our eyes to seek those in need, open our ears to hear the cry for help and healing, and open our hearts to love as you do, especially when we find ourselves in challenging circumstances.

Help us to strengthen our community, to bring peace to our streets, to provide practical help and encouragement. You taught us to show the way, to use our gifts, to bring truth to those who are in doubt, to care to those dispirited, and to have patience with those who reject your ways. We ask that you guide our prayers and bring your healing presence to all who live and visit our town. We pray in Jesus's name, Amen.

If you would like to prayer-support our Street Pastors, or even consider becoming a Street Pastor, contact me for more information.

Beverley Lake (email b.lake@live.co.uk)

The Healing Ministry

*"[Father Nicholas Broadbridge, the author of *Our God Heals*], a monk at Douai Abbey for more than 60 years, has run healing workshops, family healing sessions, and retreats. Now he concentrates on one-to-one sessions only. Reflecting on themes of love and forgiveness, deliverance and the gifts of the Spirit, Fr Broadbridge uses scriptural passages and many personal stories of those he has encountered during his ministry to illustrate his message that God longs to set free those who are oppressed. Catholics who are wary of healing as somehow 'charismatic' should read the testimonies recounted in these pages."*
[Book review, in the *Catholic Herald*]

The Healing Ministry covers a vast area, and it would be impossible to include everything. What I think would be the most interesting and valuable sector for most people is what is called Inner Healing, sometimes called Emotional or Psychological Healing, which is to do with the inner spirit in each one of us. We are not concerned here with Physical Healing

or the curing of the body—we can certainly pray for that. God wants to set us free, to make us whole, deep down inside us. I use two analogies: (1) In a hospital they are concerned only with the body, whereas in a hospice they are concerned with the quality of life of the person or that person's spirit. (2) Ten lepers came to Jesus who told them to go and show themselves to the priests. Only one came back praising God, to whom Jesus said, "Go your way, your faith has saved you." Ten have been cured while one has been healed.

Healing starts with Jesus. His birth is surrounded by the Holy Spirit. John the Baptist, Mary, Elizabeth, Zechariah, Simeon are all filled with the Holy Spirit (Luke 1). Then after waiting thirty years he is baptised by John, receiving the special gift of the Holy Spirit which empowers him to be the Messiah (Luke 3:22; a similar gift is available to each one of us, called Baptism in the Spirit: Luke 3:16). He is led by the Spirit to the synagogue in his own home town, where he quotes from Isaiah in Luke 4:18–21: "*The spirit of the Lord is on me, for he has anointed me to bring the good news to the afflicted. He has sent me to proclaim liberty to captives, sight to the blind, to set free those who are oppressed*". This latter phrase is the essence of both Healing and Deliverance (casting out evil), and the quotation from Isaiah is precisely what the Messiah was going to do. From this moment onwards, Jesus, who was fully man, used the Holy Spirit to perform all his miracles and teaching. His job was to be the Messiah.

"Where did Jesus get the power to heal?" (Matthew 13:54). It was God who had given Jesus the power to heal ("*On one of those days, as he was teaching, there were Pharisees and teachers of the law sitting by, and the power of the Lord was with him to heal*": Luke 5:17). Peter would later confirm in his preaching to Cornelius "*how God anointed Jesus with the power of the Holy Spirit, and that is why he went everywhere doing good and healing everyone who was under the power of the devil, because God was with him*" (Acts 10:38).

My definition of Healing is God's love flowing through me, and what stops His love from flowing through me is my lack of forgiveness. In the four gospels and in St Paul's letters, we are told over and over again, mostly by command, that we need to forgive if we wish God to forgive us. We say in the Lord's Prayer "forgive us our trespasses *as we forgive*". But remember the saying, "to err is human, to forgive is divine", which tells us that forgiveness belongs to God, not to us human beings. So I can say "Lord Jesus, go back with me when I was hurt by X, help me to forgive X with your forgiveness and to love X with your love."

Healing is wholeness, and we become new creations in Christ. Jesus came to set us free from whatever is holding us back from loving Him, loving everybody (yes, loving everybody, even our enemies), and loving ourselves. He wants to heal us deep down in our innermost being.

Some examples of Inner Healing

Communion A lady told me she was never able to approach the altar rails to receive communion without feeling physically ill. Sometimes she could get there sometimes she couldn't.

I asked her about her First Communion—it was good. About her childhood—yes, it was good, she was loved by her parents. Then, as she continued talking, her face was changing. When she was a toddler, about two years old, someone who was going to receive communion took her down to the altar rails with them. A lady nearby committed suicide, cutting her throat, giving her a fright. Did she know this? No.

I told her to ask Jesus to go back with her to when she was two and ask for His gift of forgiveness for the lady who gave her the fright and His gift of love for her. The whole thing took two and a half minutes. I haven't seen her since, but I guarantee she no longer feels ill when receiving communion.

Brown dress In August 1976, I was giving a retreat. It was very hot—that particular year has been mentioned often as one of the hottest. I was giving talks in the mornings and evenings, and people were coming to see me in the afternoons. The third person one afternoon asked me if she could switch on the electric fire. I kept a straight face and said yes. I was in my habit, and it was very, very hot.

We talked about prayer, and in the middle of a sentence she suddenly stopped and said "that brown dress", to which I replied "What brown dress?"

"Well," she said, "when I was eight years old my mother made me wear this brown dress to go to school in and I hated wearing it, so I wore my coat on top." I suggested she should ask Jesus for his gift of forgiveness to forgive her mother for making her wear this brown dress which she hated and his gift of love to enable her to love her mother when she was eight. She then carried on talking.

Three months later she came to see me at Douai Abbey and told me that since the day I had seen her she hadn't been cold. We realized that for the teachers, for the children, for herself, she had to have a reason why she was wearing her coat. The obvious reason was that she was

cold. She couldn't live with a conflict, so the body went cold so that she could tell the truth. Once she found out, there was no need to be cold.

Swimming Kay was just leaving one day when she said she was going to the swimming baths to learn to swim. I expressed surprise as she was a retired head teacher. When I asked why, she said she always panicked in water. I said, "Sit down. Close your eyes, you are panicking in water. Just let yourself feel it. How old do you feel?" Short pause . . . "Eighteen months old." "Where are you?" . . . "I'm in the bath, Mummy goes to the front door to let Granny in and doesn't come back." As you can imagine, the water is rising, the taps are running, and so on—an obvious reason for panicking.

"Ask Jesus for his gift of forgiveness so that you can forgive your mother for the fright when you are in the bath and his gift of love so that you can love your mother when you are eighteen months old." She prays that prayer, and off she goes.

Four or five days later she writes telling me, "How about this—I swam a length yesterday." A month later she was diving in. Another month and she was teaching old ladies to dive in. The instructors were saying that there were some people they were trying to teach to swim who would never be able to swim, no matter what they did, and that "you are one of them and we can't make out how you can swim". When she told them that we had prayed, they said, "Oh, phooey." They wouldn't believe her.

Father Nicholas Broadbridge

Our God Heals by Fr Nicholas Broadbridge (New Life Publishing, £9.99) is sold both on Amazon (who charge £2.80 delivery) or Good News Books (who ask only £1: orders@goodnewsbooks.net).

submitted by Nicolas Castiglione

The Charity Feast 2016

The Charity Feast has had a good year in 2016 for six different local charities. There were two sittings: one in April for two meals, and another in October for five meals. The April sitting raised £4,000, including £2,000 from match-funding by Barclays Bank. The October sitting raised just over £3,000, with no match-funding on this occasion. The overall total for the year was £7,000, so the five charities in April received £800 each, and the five charities in October received £654.37 each.

There is always a good atmosphere at the meals, and the raffles are

well participated in. It is a way of trying new food out if you haven't been to the restaurant before and of meeting other similar-minded people who wish to support local charities.

This year, four charities were supported in both spring and autumn: Crawley Open House, Crawley Prison Fellowship, Age UK East Grinstead & District, and East Grinstead Community First Responders. The East Grinstead Street Pastors was supported only in the spring and the East Grinstead Foodbank only in the autumn.

A big thank you to Barclays Bank, for the match-funding earlier in the year, and to all the restaurants: La Farola and Tarana, plus the donation from EG Charcoal Grill and Glanfield Food & Wine for the spring; and The Ghurka, Konak Restaurant, La Farola, Paglia e Fieno, and Tarana, plus the donation from EG Charcoal Grill and Glanfield Food & Wine for the autumn. And thank you to all the 140 or so that donated prizes over the year for the raffles.

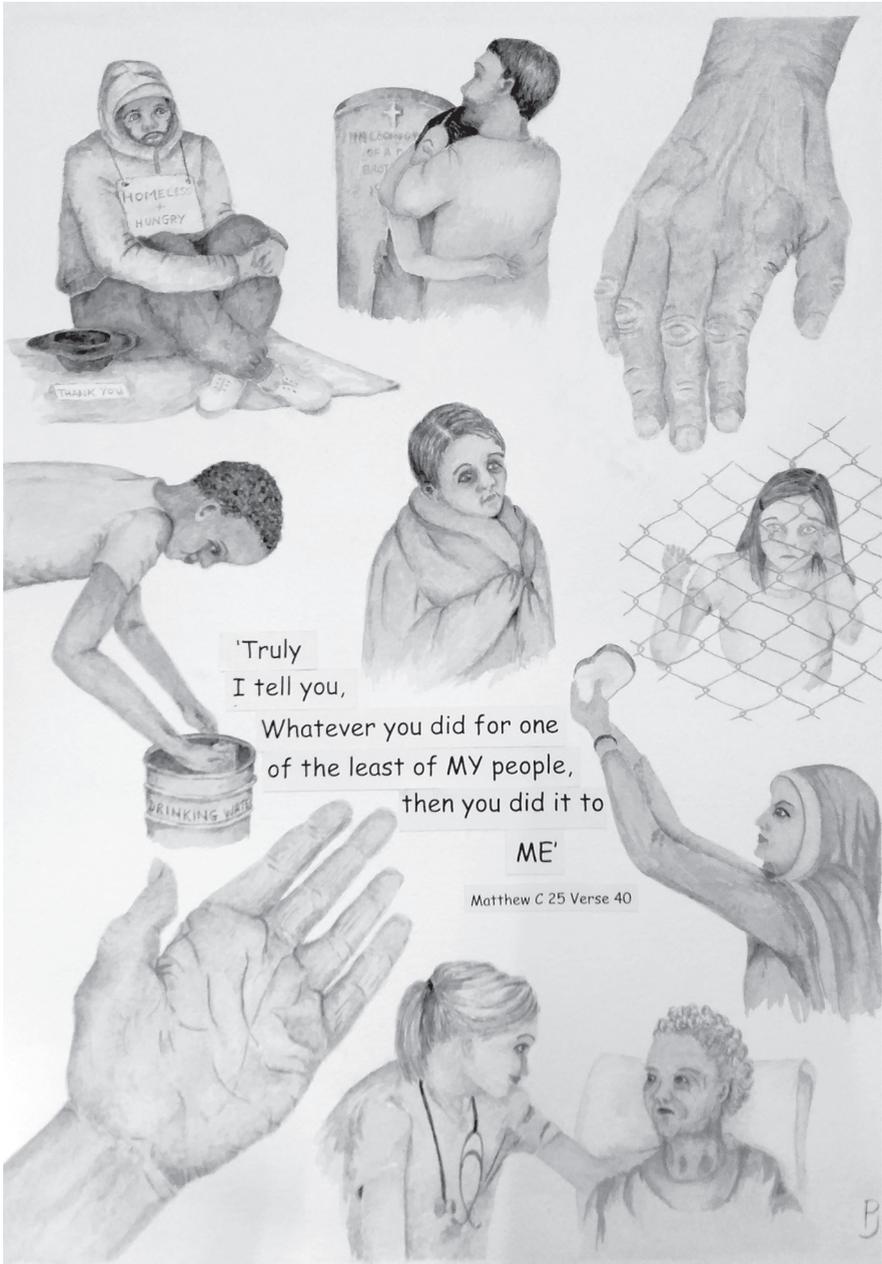
We also auctioned a RICS homebuyer survey for any residential property up to the value of £750,000 within a 10 mile radius of Lingfield, and £300 was made from this. So thank you to Redmond and Associates, a local chartered surveyor, for donating this.

Nicolas Castiglione (EG 410100)

Catholic Deaf Association Conference

In October, I attended the National weekend conference of the Catholic Deaf Association (CDA) in Brighton, at the Waterfront Hotel. This event was organized by the CDA Chair who is Arundel and Brighton's own Deaf coordinator, Maria Booker, supported by her husband Peter and a team of helpers.

The weekend brings together about 100 deaf and hearing Catholics from all over the UK and Ireland to access information, support each other, and share and discuss their faith in sign language, which for the majority of the deaf community is their first language. Many deaf Catholics are only able to attend a signed Mass once a month, and some have lost even this. We were very blessed to have two Masses during the conference, concelebrated by Bishop Hendricks and our own Bishop Richard Moth, together with six priests and a deacon who were all able to sign. There were also several opportunities for signed reconciliation.



Truly
I tell you,
Whatever you did for one
of the least of MY people,
then you did it to
ME

Matthew C 25 Verse 40

The theme this year was “The Year of Mercy”, so there were many visual displays and posters (mine being one), also a skit illustrating how we can show mercy to our neighbour, performed by some of the deaf members. Bishop Moth’s homily invited us to pray that the doors of our minds and hearts be open to the Lord’s mercy.

We were all very moved by our guest speaker Grace Idowu, who spoke about her 14-year-old son David, who in 2008 was stabbed to death by another young boy. Grace told us how the family had struggled with their loss, how their strong faith had helped them survive, and eventually how she and then the rest of her family had been able to visit and make peace with her son’s killer. True Mercy indeed!

During the weekend we also had time to catch up with old friends over meals or a drink at the bar, and attend a banquet and barn dance on Saturday evening with live entertainment from a deaf comedian.

Please contact me if you wish to know more about the CDA or the monthly signed Mass held in Horsham.

Penny Payne (email acpjpayne@aol.com)

Justice and Peace Group Round Up

The 2016 Sleep Out, held on Saturday 2 July, raised £4177.66, which was divided between Crawley Open House, The Easter Team, and Worthing Churches Homeless Project—thank to all those who sponsored us. Please continue with bringing packets and tins, sleeping bags, towels, blankets, flasks and hats, gloves and scarves to both churches. Any money donations can be gift-aided, which increases donations by 25%.

The Autumn Charity Feasts at Mediterranean Cuisine, The Gurka, and Tarana raised £3021.87, which resulted in £604.37 each for Crawley Open House, Crawley Prison Fellowship, EG Street Pastors, EG First Responders, and Age UK.

On 25 November, 304 shoeboxes were sent off to Moldavia and the Ukraine from East Grinstead schools and churches as part of Mustard Seed’s *Love in a Box* scheme.

The J&P Group is supporting Syrian refugees with families being settled throughout West Sussex and some locally, working alongside the Crawley Refugee Welcome Group and WSCC, with ring-fenced money from the Home Office. If there is anyone who can offer a flat or house for Syrian

refugees, please email Graham Tabbner (graham.tabbner@westsussex.gov.uk), West Sussex CC, who would be pleased to discuss this with you.

J&P members visit Lewes Prison, take packet food, tins, clothes, and sleeping bags to the Crawley Open House, take clothes and bags to Gatwick Detainees Welfare Group, write letters for Prisoners of Conscience, help at the Foodbank, and are members of the town's Fairtrade Group, and so forth.

We meet on the second Tuesday of each month (except August) at 7.30 pm at Moat Church. Please join us: we are an ecumenical group who have been working together for over 25 years in East Grinstead.

Dates for the Diary

Sunday 15 January—World Peace Sunday with Pope Francis's World Peace message 2017: Non Violence: A Style of Politics for Peace.

Wednesday 20 January—12.30 pm at Trinity Methodist Church. Service for the Week of Prayer for Christian Unity.

Sunday 22 January—Homeless Sunday

Saturday 28 January—Justice and Peace Assembly with Bishop Richard at DABCEC, 10 am to 4 pm with the theme "Am I A Good Neighbour? Globalization and the Fair Society." The speakers are Fr Augusto Zampini Davies, Theological Adviser to CAFOD, and Jenny Sinclair, Founder and Director of Together for the Common Good. Details from Aidan Cantwell or Ruth Gerun (01293 651154; email ruth.gerun@dabnet.org) to register.

Tuesday 28 February—Churches Together in East Grinstead. 7 pm at Trinity Methodist Church for pancakes, followed by AGM 7.30 pm.

27 February to 12 March—Fairtrade Fortnight (see elsewhere in magazine).

Friday 3 March—Women's World Day of Prayer 2017, "Am I Being Unfair to You?", prepared by the women of the Philippines. Services to be held at Our Lady and St Peter at 11 am and 8 pm. All welcome, men as well as women. Refreshments afterwards and a Fairtrade stall.

14 April—Good Friday Witness in the High Street at 11 am.

Spring Charity Feasts—Look out in parish newsletters for details.

11 June—Churches Together in East Grinstead. Service at St John's Church, Felbridge, at 6 pm, with the theme Welcome Strangers.

Sue Joy

Prayer for refugees

Almighty and merciful God, whose son became a refugee and had no place to call his own; look with mercy on those who today are fleeing from danger, homeless and hungry. Bless those who work to bring them relief; inspire generosity and compassion in all our hearts; and guide the nations of the world towards that day when all will rejoice in your Kingdom of justice and of peace. Through Christ Our Lord, Amen.

Women's World Day Of Prayer Am I being unfair to you?

On Friday 3 March 2017, over 5,000 services will be held in the British Isles on the theme of 'Am I Being Unfair to You?' This year's services in East Grinstead will be held at 11 am and 8 pm at Our Lady and St Peter's Church.

The Christian women of the Philippines have written the service, and it has been translated into 1,000 different languages and dialects, to be used, throughout the whole world, on that Friday, starting at sunrise over the island of Samoa and continuing until sunset off the coast of American Samoa.

In 2013, Typhoon Haiyan—named locally as “Yolanda”—struck the Philippine islands in the western Pacific Ocean. This is mentioned in the service, but you will also hear the stories of a girl, a mother, and an older woman recounting their situations and their hopes and fears. The service focuses on the Bible story of the workers in the vineyard (Matthew 20:1–16).

There is also a reflection on the artwork (*opposite*) designed by Rowena “Apol” Laxamana-Sta.Rosa. It is very thought-provoking and illustrates contrasting scenes.

Why not find out more about the theme, the Philippines, and the service? The Day of Prayer is not just for women. Everyone is welcome to attend the interdenominational service, and as Our Lady and St Peter has a thriving Filipino community, it would be lovely to support the contribution they all make to our Church and our town. Further information from Ruth Longley (EG 410402) or Sue Joy (EG 835190), or please visit the WWDP website (www.wwdp.org.uk).

Sue Joy



*From the cover of the Women's World Day of Prayer Administrator's Letter,
3 March 2017*

The Feats Days Quartet: Michaelmas

The fourth poem in the Feast Days Quartet.

Each day will come and pass
Slowly, quickly as the case may be
Through shadow into sunlight
And then the darkness inevitably.

Voices, echoes and remembered smiles
Through so many days, so many years
Each one an instant photograph
Of love and joy, despair and tears.

Soon frost will come encompassing the land
Heralding deep Winter's chill where frozen crystals
Split the light to brighter rays
Turning the nights to moonlit days.

Next the Spring when life renews
Fields turn green and hedgerows burst
With blossoming blackthorn and sweet birdsong
Bringing hope and warmth to all the earth.

Summer now explodes in glory
Beneath the sun climbing high
Scarlet poppies adorn the corn
And harvest home is drawing nigh.

Then Autumn rustles through the land
Misting valleys and hiding trees
Creeping quietly toward the day she died
Spreading my grief among falling leaves.

The feast of Michaelmas was close by
So St Michael and all his angels
Took her hand when there was no breath
And guided her on the path of death

To a valley set in mountains high
Where peace comes quietly beneath another sky
And wildflowers bloom the colours of her dress
There she may rest and dream her life again.

A new star has been born they say
To sparkle through our night, their day
And does the restless wind purvey
Her sweet laughter as I kneel and pray?

David Tas, September 2015

One Christmas Eve

Christmas Eve and work to be done
Before I celebrate the life to come
Cattle low quietly around the farm
As I start my round in the ancient barn
Where I fill the mangers with sweet-smelling hay
And reflect on another Winter's day.

The empty manger takes me back
Two thousand years and more
To a draughty hovel close by an inn
Where a baby was laid on a bed of straw
So the miracle of this wondrous birth
Spread like the wind around the earth.

A star on high, so high and bright
Guided wise men through the night
Lighting the way to the new-born child
To Joseph, Jesus and Mary mild
Now I wait with joy the Saviour's day
As I fill the mangers with sweet-smelling hay.

David Tas, November 2016

Fairtrade Fortnight 2017, 27 February to 12 March

Fairtrade Fortnight is a fun-filled highlight of the year, when campaigners, businesses, schools, and places of worship show their support for the farmers and workers who grow our food in developing countries.

The food on our tables, the tea and coffee in our mugs, all come from

farmers who toil, sweat, and slog. However hard they work to provide the things we depend on, millions of farmers in developing countries are not paid what they deserve. It is not a new problem. We need to amplify the voices of marginalized producers as much as ever in 2017.

When we come together we can change the way people think about trade and the products on our shelves. The Fairtrade movement is made up of ordinary people doing extraordinary things in their communities for Fairtrade. Your actions help shoppers to make choices that change the lives of farmers and workers.

Join thousands of others across the UK this Fairtrade Fortnight to help our friends, neighbours, colleagues, and communities to put Fairtrade in their break and take exploitation out. All churches in EG are Fairtrade churches and will be flying eye-catching banners, as will Fairtrade schools—Imberhorne and our very own St Peter's School, which has just been awarded its third Fairtrade Achiever School renewal.

Fairtrade EG will be running a variety of activities, including campaigning about Fairtrade Gold (Argos are stocking £99 Fairtrade Gold wedding rings; alternatively, visit the CRED Jewellery website, www.credjewellery.com). So please stay in touch with us via our website (www.fairtrade-eg.co.uk) or by email (SusanJoy471@hotmail.com).

Sue Joy (EG 835190)

Poet of the Blackbird

Francis Ledwidge was born in August 1887 near the village of Slane in County Meath, Ireland. The second youngest of nine children born



to Patrick and Anne Ledwidge, Francis was just 5 years old when his father died. The family circumstances forced Anne to work long hours as a field hand to help raise her family. The children, in turn, as they grew, had to find work to supplement the family income, and Francis had to leave school when he was 13 to work in a variety of manual jobs, from farm labourer to road worker and as a miner in the local copper mine, from which job he was sacked in 1906 for organizing a strike against bad conditions. All

the while he continued his learning and reading to fuel his growing love for literature and writing.

From his early teens Francis found a talent for writing poetry, and some of his earliest works were published in the local newspaper, the *Drogheda Independent*. The inspiration of much of his early writing was his native Boyne valley and its pastoral countryside. Francis enjoyed the patronage of a man of letters and influence, Lord Dunsany, who liked the young man's work so much that he gave him access to Dunsany Castle's substantial library and writing facilities.

As well as his considerable literary advice, Lord Dunsany gave Francis access to many leading writers and poets from Dublin who often came to the castle—the likes of WB Yeats, George Russell, Thomas MacDonagh, and many others. Most practically, Dunsany assisted the young poet financially and helped him put together his first collection of poems for publication. The title of this was *Songs of the Fields* and was the only book of his work published in his lifetime.

"Behind The Closed Eye" (1902)

I walk the old frequented ways
That wind around the tangled braes,
I live again the sunny days
Ere I the city knew.

And scenes of old again are born,
The woodbine lassoing the thorn,
And drooping Ruth-like in the corn
The poppies weep the dew.

Above me in their hundred schools
The magpies bend their young to rules,
And like an apron full of jewels
The dewy cobweb swings.

And frisking in the stream below
The troutlets make the circles flow,
And the hungry crane doth watch them
As a smoker does his rings.

Above me smokes the little town,
With its whitewashed walls and roofs of brown
And its octagon spire toned smoothly down
As the holy minds within.

And wondrous impudently sweet,
Half of him passion, half conceit,
The blackbird calls adown the street
Like the piper of Hamelin.

I hear him, and I feel the lure
Drawing me back to the homely moor,
I'll go and close the mountain's door
On the city's strife and din.

The Soldier Poet

1914 was to be a watershed year for Francis. He fell in love with a local girl, Ellie Vaughey, but she rejected him in favour of a rival suitor, John O'Neill. At the same time, Europe was edging towards war, and this had implications for Ledwidge. Francis developed a deep interest in Irish Nationalist Politics and joined the Irish Volunteers who supported the winning of self-determination for Ireland under the auspices of the Home Rule Bill, which was under discussion by the British House of Commons at the time.

Although Francis was an ardent Irish Nationalist, like many young men he was torn by the serious question: was Ireland's cause better served by fighting for small nations such as Belgium, which had been invaded by Germany, or was it better served by staying at home to fight the fight many felt was coming "under an Irish sky"?

The leader of the Irish Parliamentary Party in the House of Commons, John Redmond, called upon the Irish Volunteers to enlist in existing Irish regiments of the British Army in support of the Allied war effort. It was in this climate that Francis Ledwidge, along with some 24,000, men known as the Redmonite National Volunteers, enlisted at Richmond Barracks. Francis joined Lord Dunsany's Battalion in the Irish Inniskilling Fusiliers. In total, a further 106,000 Irish Volunteers were recruited during the war.

The Bill for Irish Home Rule had been passed in the last days before war was declared on Germany, and the British Government had made a firm promise that the Bill would be implemented once Germany was defeated—something confidently expected to be victoriously accomplished by Christmas 1914.

Far from being over, the war continued into the following year when Ledwidge's company was sent to Gallipoli in April. Ledwidge

was wounded, and while recovering in an Army hospital in Cairo he learned of the death in childbirth of his beloved Ellie. Francis returned to service in Serbia during the 1916 Balkan Winter Campaign, which went so badly the army was withdrawn. After a brutal six-day march to Salonika, Ledwidge collapsed and was sent first to Cairo and then to Manchester for urgent medical treatment.

It was here he got news of the outbreak and subsequent defeat of the Irish Nationalist Easter Uprising in Dublin. A few weeks later he was back in Slane when the execution of his friend and poet colleague Thomas MacDonagh, along with another poet, Joseph Mary Plunkett, took place at Arbour Hill.

The death of MacDonagh caused him to write one of his most quoted poems: "Lament for Thomas MacDonagh"

He shall not hear the bittern cry
In the wild sky where he is lain,
Nor voices of the sweeter birds
Above the wailing of the rain.

Nor shall he know when loud March blows,
Thro' slanting snows her fanfare shrill,
Blowing to flame the golden cup
Of many an upset daffodil.

But when the Dark Cow leaves the moor,
And pastures poor with greedy weeds,
Perhaps he'll hear her low at morn
Lifting her horn in pleasant meads.

("Dark Cow" is an allegorical name for Ireland, and the "pleasant meads" a metaphor for an independent Ireland.)

Ledwidge's dilemma

The realization that it was soldiers wearing the same uniform as himself who had executed his friends caused Ledwidge much distress. This expressed itself in several acts of indiscipline after he returned to duty in the summer of 1916. He was punished by courts martial, and though, severely tempted, he did not desert, still having faith that Ireland's cause was best served by continuing to help win the war.

Francis was obviously a good soldier and, promoted to the rank of Lance Corporal, took part in the Battle of Arras. In early 1917, his unit

was ordered to the Belgian sector to prepare for what was to be the Third Battle of Ypres (Passchendaele). On 20 July he wrote to his friend and fellow poet Katherine Tynan in which he spoke of his longing for home as well as his love for nature. "I want to see my wonderful mother, and to walk by the Boyne to Crewbawn and up through the brown rocks of Crocknaharna. I suffer with this longing for the swish of the reeds at Slane and the voices I used to hear coming over the low hills of Currabwee. Say a prayer that I may get this leave and sojourn here till the war is over."

He was not to get his wish. All leave was cancelled as the Allies prepared for battle. On 31 July 1917, Ledwidge and five comrades were repairing a road near the village of Boezinge, northwest of Ypres, when a random enemy shell exploded among them, killing all six. They were buried where they fell at Carrefour de Rose. Ledwidge's body was subsequently reinterred in the nearby Artillery Wood Military Cemetery.



In 1998 the Irish poet and author Dermot Bolger, along with Francis Ledwidge's nephew Joseph, unveiled a memorial at the exact spot where he was killed. The top panel of this memorial shows the first verse of his poem "Lament for Thomas McDonagh".

Liam Cherry

The Twelve Days of Christmas

*by Fr. Calvin Goodwin, FSSP, Nebraska
the Catholic News Agency*

There is one particular Christmas Carol that has always baffled us. What in the world do leaping lords, French hens, swimming swans, and especially the partridge who won't come out of the pear tree have to do with Christmas?

From 1558 until 1829, Roman Catholics in England were not permitted to practise their faith openly. Someone during that era wrote this carol as a catechism song for young Catholics. It has two levels of meaning: the surface meaning plus a hidden meaning known only to members of their

church. Each element in the carol has a code word for a religious reality that the children could remember.

The “True Love” one hears in the song is not a smitten boy or girlfriend but Jesus Christ, because truly Love was born on Christmas Day. The partridge in the pear tree also represents Him because that bird is willing to sacrifice its life if necessary to protect its young by feigning injury to draw away predators.

- The partridge in a pear tree was Jesus Christ.
- Two turtle doves were the Old and New Testaments.
- Three French hens stood for faith, hope and love.
- The four calling birds were the four gospels of Matthew, Mark, Luke and John.
- The five golden rings recalled the Torah or Law, the first five books of the Old Testament.
- The six geese a-laying stood for the six days of creation.
- Seven swans a-swimming represented the sevenfold gifts of the Holy Spirit: Prophecy, Serving, Teaching, Exhortation, Contribution, Leadership, and Mercy.
- The eight maids a-milking were the eight beatitudes.
- Nine ladies dancing were the nine fruits of the Holy Spirit: Charity, Joy, Peace, Patience, Goodness, Mildness, Fidelity, Modesty, and Continency [Chastity].
- The ten lords a-leaping were the Ten Commandments.
- The eleven pipers piping stood for the eleven faithful disciples.
- The twelve drummers drumming symbolized the twelve points of belief in The Apostles’ Creed.

submitted by Muriel Cheesman

Prayer for anxiety

Do not look forward to what might happen tomorrow; the same Everlasting Father who cares for you today will take care of you tomorrow and every day. Either He will shield you from suffering or He will give you unfailing strength to bear it. Be at peace then. Put aside all anxious thoughts and imaginings, and say continually: “The Lord is my strength and my shield. My heart has trusted in Him and I am helped. He is not only with me but in me, and I in Him.”

submitted by Sue Joy

Don't Replace "Unwarranted" and "Unethical" Trident, Say Churches

Ahead of the Parliament vote in July on the renewal of Trident, Britain's nuclear weapons programme, the Catholic Bishops' Conference of England and Wales said that the use of nuclear weapons can "never be morally justified".

The statement, signed by general secretary Rev Christopher Thomas on behalf of the Catholic Bishops' Conference of England and Wales, said that the bishops "recognise the grave responsibility for national security that rests with our Government and our Parliament" and said "they know those charged with making the decision on whether to renew the UK's nuclear weapons programme will reflect seriously on whether their possession acts as an effective deterrent."

In the statement, the bishops asked politicians to "reflect on the view that the use of nuclear weapons can never be morally justified as their use would cause the mass deaths of innocent civilians and does not fit within the Just War tradition."

"Such use could never be a proportionate response," the statement added and that "that an ethics and a law based on the threat of mutual destruction—and possibly the destruction of all mankind—are self-contradictory" and that "here is urgent need to work for a world free of nuclear weapons."

It added: "Parliament now has an opportunity to reinforce the extension and implementation of the Nuclear Non-Proliferation Treaty to which the UK is a signatory, and which obliges all who possess nuclear weapons to work towards their elimination.

"We pray that the decision taken by Parliament will include the intention and the steps to achieve that undertaking: the complete elimination of these weapons."

The Catholic bishops of Scotland urged the Parliament to take "decisive and courageous steps" toward ridding the UK of nuclear weapons. All eight bishops issued a joint statement calling for nuclear disarmament ahead of the vote on Trident. Similar views were also expressed by the United Reformed Church, the Baptist Union of Great Britain, the Church of Scotland, the Methodist Church and the Quakers.

Disappointingly, despite views expressed by the Churches and many

organizations and individuals, the vote to renew Trident was carried at a staggering cost of £205 billion. Later at the United Nations General Assembly held on 27 October, 123 countries backed negotiations to recommence negotiations for a global nuclear weapons ban in 2017. Just 38 countries voted against it, including the UK.

On Peace

War is the killing of human beings. Who can even think that it could ever be just?

St Teresa of Calcutta

Nonviolence is a style of politics for peace.

Pope Francis

A Prayer: "Recognizing the violence of my own heart, yet trusting in the goodness of the mercy of God, I seek to practice the nonviolence of Jesus: by striving for peace within myself and seeking to be a peacemaker in my daily life; by refusing to retaliate in the face of provocation and violence; by living conscientiously and simply so that I do not deprive others of the means to live; by actively resisting evil and working nonviolently to abolish war and the causes of war from my own heart and from the face of the earth. God, I trust in your sustaining love and believe that you will give me the grace to live out this prayer."

Pax Christi, USA

WWI memories

Several parishioners have discovered a shared family history with relatives who fought or died in the Battle of the Somme in 1916. If anyone would like to join an informal group to share further histories and memorabilia, then please contact Deacon Ted Darlison (EG 322562; email tdarlison@btinternet.com).

Deacon Ted has just had an article about The Battle of the Somme published in the December issue of *Your Family History*, which can be purchased at W H Smiths.

submitted by Sue Joy

Crabby Old Lady

When an old woman died in the geriatric ward of a nursing home in Moosomin, Saskatchewan, it was believed that she had nothing left of any value. Later, when the nurses were going through her meagre possessions, they found this poem.

Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Alberta.

The old woman's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the St. Louis Association for Mental Health. A slide presentation has also been made based on this simple, but eloquent, poem.

This little old woman, with nothing left to give to the world, is now the author of this "anonymous" poem winging across the Internet.

Crabby Old Lady

What do you see nurses? . . . What do you see?
What are you thinking . . . when you're looking at me?
A crabby old lady . . . not very wise,
Uncertain of habit . . . with faraway eyes?
Who dribbles her food . . . and makes no reply,
When you say in a loud voice . . . "I do wish you'd try!"
Who seems not to notice . . . the things that you do,
And forever is losing . . . a sock or shoe?
Who, resisting or not . . . lets you do as you will,
With bathing and feeding . . . a long day to fill?
Is that what you're thinking? . . . Is that what you see?
Then open your eyes, nurse . . . you're not looking at me.
I'll tell you who I am . . . As I sit here so still,
As I do at your bidding, . . . as I eat at your will.
I'm a small girl of Ten . . . with a father and mother,
Brothers and sisters . . . who love one another.
A young girl of Sixteen . . . with wings on her feet,
Dreaming that soon now . . . a lover she'll meet.
A bride soon at Twenty . . . my heart gives a leap,
Remembering, the vows . . . that I promised to keep.
At Twenty-Five, now . . . I have young of my own,

Who need me to guide . . . a secure happy home.
A woman of Thirty . . . My young now grown fast,
Bound to each other . . . With ties that should last.
At Forty, my young sons . . . have grown and are gone,
But my man is beside me . . . to see I don't mourn.
At Fifty, once more, . . . babies play 'round my knee,
Again, we know children . . . my husband and me.
Dark days are upon me . . . my husband's now dead,
I look at the future . . . and shudder with dread.
For my young are all rearing . . . young of their own,
And I think of the years . . . and the love that I've known.
I'm now an old woman . . . and nature is cruel,
'Tis jest to make old age . . . look like a fool.
The body, it crumbles . . . grace and vigor depart,
There is now a stone . . . where I once had a heart.
But inside this old carcass . . . a young girl still dwells,
And now and again . . . my battered heart swells.
I remember the joys . . . I remember the pain,
And I'm loving and living . . . life over again.
I think of the years, all too few . . . gone too fast,
And accept the stark fact . . . that nothing can last.
So open your eyes, people . . . open and see,
Not a crabby old woman . . . look closer . . . see ME!!

Remember this poem when you next meet an older person whom you might brush aside without looking at the young soul within. We will all, one day, be there, too!

Please share this poem !

The best and most beautiful things of this world can't be seen or touched. They must be felt by the heart.

submitted by Pat Kiley

Some real signs seen abroad

- *In a Vienna hotel:* In case of fire, do your utmost to alarm the hotel porter.
- *A sign posted in Germany's Black Forest:* It is strictly forbidden on our black forest camping site that people of different sex, for instance, men

and women, live together in one tent unless they are married with each other for that purpose.

- *In a Zurich hotel:* Because of the impropriety of entertaining guests of the opposite sex in the bedroom, it is suggested that the lobby be used for this purpose.
- *In an advertisement by a Hong Kong dentist:* Teeth extracted by the latest Methodist.
- *A translated sentence from a Russian chess book:* A lot of water has been passed under the bridge since this variation has been played.
- *In a Rome laundry:* Ladies, leave your clothes here and spend the afternoon having a good time.
- *In a Czechoslovakian tourist agency:* Take one of our horse-driven city tours—we guarantee no miscarriages.
- *Advertisement for donkey rides in Thailand:* Would you like to ride on your own ass?
- *On the tap in a Finnish washroom:* To stop the drip, turn cock to right.
- *In the window of a Swedish furrier:* Fur coats made for ladies from their own skin.
- *On the box of a clockwork toy made in Hong Kong:* Guaranteed to work throughout its useful life.
- *Detour sign in Kyushi, Japan:* Stop: Drive Sideways.
- *In a Swiss mountain inn:* Special today: no ice cream.
- *In a Bangkok temple:* It is forbidden to enter a woman even foreigner if dressed as a man.
- *In a Tokyo bar:* Special cocktails for the ladies with nuts.
- *In a Copenhagen airline ticket office:* We take your bags and send them in all directions.
- *On the door of a Moscow hotel room:* If this is your first visit to USSR, you are welcome to it.
- *In a Norwegian cocktail lounge:* Ladies are requested not to have children in the bar.
- *At a Budapest zoo:* Please do not feed animals. If you have any suitable food, give it to the guard on duty.
- *In the office of a Roman doctor:* Specialist in women and other diseases.
- *In a Tokyo hotel:* Is forbidden to steal hotel towel please. If you are not person to do such thing is please not to read this notice.

Submitted by Muriel Cheesman

Parish Organizations East Grinstead

Altar Society: Flowers – Margaret Pond [01342 327002]

Catholic Women's League: meetings second Wednesday of the month,
October to March: 2.30pm, April to September: 6.00pm
Brenda Crannigan [01342 328110]

Children's Liturgy: at the 10.30am Mass on Sundays,
Parish Catechists: Eileen Lyons [01342 317424]

Christian meditation group: Thursdays, 7.30–8.30pm, term-time,
at the Parish Centre, East Grinstead;
second and third Wednesday of each month, from 8 pm, term
time, in the Chapel of the Blessed Sacrament, Worth Abbey
Gabrielle Joyce [01342 326118]

Crown of Thorns: Lisa de Quay [01342 870472]
www.crownofthorns.org.uk

East Grinstead Catenian Circle:
President: Bill Blackledge [01342 317599]

Friends of St Peter's: Sara Vaughan [contact school: 01342 321985]

Gift Aid Secretary: Frank Lilley [01342 321987]

Gospel of Life Group: Les Whittaker [01342 315484]

Guild of St Stephen: Jim Fitzpatrick [01342 317493]

Justice and Peace Group: Sue Joy [01342 835190]

Lifts to Mass: Peter Wells [07851938727]

Lunch Club: third Wednesday of the month,
at the Parish Centre, East Grinstead
Ivy Pimenta [01342 323240]

Music Ministry: Choir practice Friday 6.45pm, on location;
new singers and players most welcome
Director of Music: Liam Bauress [01342 825035]
liambauress@me.com

Parish Magazine: Klara King [01342 321581]
klara.m.king@comcrafts.co.uk

Readers at Mass: Sue Wade [01342 317246]

Saint Vincent de Paul Society: Peter Wells [01342 811543]

Safeguarding Officer: Janette Pentney [01342 327109]
pjpentney@binternet.com

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

Times of Services

Our Lady and St Peter, East Grinstead

Saturday Mass: Vigil 6:15 pm

Sunday Mass: 10:30 am

Weekdays: Morning Prayer: 9:15 am; Mass 9:30 am

Holy Days of Obligation:

Vigil 8 pm evening before the feast; on the day 9:30 am

Sacrament of Reconciliation: Saturday, 10 to 10:30 am and
5:30 to 6 pm and on request

St Bernard, Lingfield

Sunday Mass: 9.00 am,
preceded by Sacrament
of Reconciliation:
8.15 to 8.45 am

Weekdays:

Adoration of the Blessed
Sacrament: 9.00 am
Morning prayer: 9.15 am

