

# Parish Magazine

Our Lady and St Peter

East Grinstead

St Bernard

Lingfield

Summer, 2018

Issue 73

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

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](http://www.stpeterseastgrinstead.co.uk)

Headteacher:  
Mrs Mary Claffey

St Wilfrid's Catholic  
Secondary School

Old Horsham Road  
Crawley  
West Sussex RH11 8PG  
Telephone: 01293 421421

[www.stwilfrids.com](http://www.stwilfrids.com)

Headteacher:  
Mr Michael Ferry

[www.eastgrinsteadcatholicparish.com](http://www.eastgrinsteadcatholicparish.com)

Diocese of Arundel and Brighton: [www.dabnet.org](http://www.dabnet.org)

Mother Teresa, now saint Teresa, died in September 1997 – it now seems a long time ago. An Albanian by birth, she worked with the poorest of the poor in Calcutta, north-eastern India. When she was asked about what inspired her in her work, she quoted the prophet Isaiah:

“What is the Good News, the Gospel? It is that God loves you, that God carries you tattooed in the palms of his hands, that even if a mother forget her own child, God will not forget you (Isaiah 49: 15–16).”

She also said:

“Spread love everywhere you go. Let no one ever come to you without leaving happier!”

We could do worse than to keep this in mind when dealing with others and in how we deal with ourselves.

God our Father  
for each individual  
it is as though  
his or her name  
is written on the palm of your hand.  
Lead us to grow in the faith  
That your love for each person  
Is without limit or condition.  
Inspire us in such a way  
That the light of Christ  
May shine through us,  
Bringing love and warmth and happiness  
To those who share our lives.



*Father Steven*

## Our Altar Servers' MC, Mr James "Jim" Fitzpatrick [1943–2017]

### A tribute

Having been MC at Our Lady & St Peter's over a number of years and a long-serving member of The Guild of St Stephen, the servers' guild, Jim died, peacefully, at East Surrey Hospital on Sunday, 26 November. At morning Mass the day, Father Steven offered the Mass for "Big, Lovely, Gruff Jim", an affectionate and accurate summation of a good Catholic man.

Jim was born and brought up in Willesden, north-west London, the eldest son within the three brothers and three sisters of a strong Irish Catholic family.

After local schooling, his working life was spent in banking, where he advanced his career through passing the exams of the Institute of Bankers. In 1969 he moved from Lombard Banking to the American Bank, Bankers Trust Company, and, working as an auditor, it was here that he first met Trisha, herself a cashier in their London West End branch. A friendship developed, although Jim's postings, including working abroad, kept them apart for much of the time until 1986, when they could really share their time together again. In 1990, Jim and Trisha were married, having by then made East Grinstead their permanent home.

It was in this year also that Jim underwent a triple-by-pass heart operation, with a life-assurance from his surgeon of "up to an extra 30 years" – a remarkably accurate prognosis.

Before marrying Jim, Trisha had been a widow, and after his retirement in 2006, Jim became step-father to Trisha's daughter and, logically, step-grandfather to her three children and step-great-grandfather to a further



three. He was always so proud of his family and willing to revel in the times Trisha and he spent with them.

In sport, his love was golf, which he played regularly until mobility slowed him down. Previously he had been a member of the Knights of St Columba, and, on coming to live in East Grinstead, he joined the Catenian Association. This provided the opportunity for fraternising socially, still coupled with regular rounds of golf.

Jim was diagnosed with cancer in 2015; he bore it stoically for nearly three years, always supported by Trisha, whether at home, in a nursing home or in hospital. Certainly a tribute is due to Trisha as well, for her loving attention during those difficult times for them both.

As already stated, Jim served as MC on the altar at Our Lady & St Peter's, and he was a member of the Guild of St Stephen, the servers' Patron Saint, from the age of sixteen. He was devoted to the Guild, and it was quite appropriate that at his Requiem Mass on 18<sup>th</sup> December, his silver Guild medal was displayed on the coffin, and he himself was robed in his cassock and cotta. The church was packed, and his legacy was also quite apparent . . . a sanctuary full of altar servers, every one of them trained by him.

"Big, Lovely, Gruff Jim", Father Steven had intoned the day after he died; so true, may he Rest in Peace.

*Chris J. Pond*

## First Holy Communion and First Reconciliation Programme, 2018

Twenty-three children and their parents/carers successfully completed their First Reconciliation and First Holy Communion in May this year. The programme consisted of individual sessions with the children and our Catechists, together with three Retreat mornings with the parents, held at St Bernard's Church in Lingfield. The Retreats were held on "The Word of God", "First Reconciliation" (with Pizza party) and "The Eucharist." These retreats were very successful, and both children and parents enjoyed and learned from the experience.

The children celebrated their Going Forth Mass on Sunday, 10 June, giving their parish family an opportunity to share in this joyous occasion and pray for them and their families.

### *Saturday, 12 May*

Isobel Bullett	Camila Malsem-Cela
Danna Charangua	Esma Mevrit
Elize Clavecillas	Louise Regnard
Milly Cook	Matthew Regnard
Niall Gibbons	Mia Tamika Springer-Macdonald

### *Saturday, 19 May*

Annabel Adams	Amelia Korczak
Loretta Bacon	Isabella Rykala
Isobell Bullett	Oliver Shaw
Leah Kacigeras	Wiktoria Turek

### *Sunday, 20 May, at St Bernard, Lingfield*

Giuseppe Day	Faye Hood
Noah Edwards	Isabella Thompson

A big thank you must go to our dedicated and hard-working Catechist team. They give their time and bring their unique gifts to the children of the parish every year – and are always supportive and joyful. Please continue to pray for them and their families. They are: Clare Bell, Mary Bellinger, Caroline Burgess, Julie-Anne Dell Victoria Dickinson, Maribel Favor, Monica Hunt, Joan Jefferis, Karen O'Brien, Mhairi-Clare Pepper, and Ania Sikorska.

We would like to thank Fr Steven, Deacon Ted, and parishioners from both churches whose support has helped to make this Sacramental programme a special time in the lives of our children and their parents/carers.

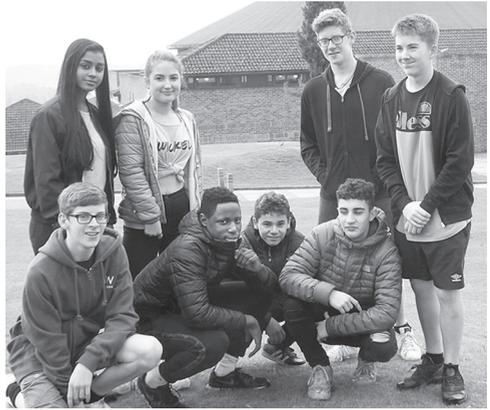
A special thank you to Liam Baures, Mary Claffey and the choirs, the flower arrangers, the altar servers and all who prayed for us and supported us along the journey.

*Eileen Lyons*

## **Confirmation, 2018**

This year, on 28 May, the Feast of the Most Holy Trinity, nine young people from our parish were confirmed at Worth Abbey by Bishop Richard. They were Joel Gordon-Clarke, Yasmin Haynes, Celestin James, Maurice Payet, Dominic O'Neill, Joseph O'Neill, Daniel O'Sullivan, Matia Tamale and Daniel Watson.

Their programme began once again with an inspirational session, led by the Rise Theatre Company, with the theme of the Gifts of the Spirit. This topic was built on at our weekend away at Worth Abbey. Whilst our young people are sometimes unsure about this weekend beforehand, when you ask them to reflect later on their programme, this experience is often cited as a highlight. Perhaps this is because it offers them the chance to think about important issues away from everyday life and its pressures.



*Jesus, you empower us and support us when we ask for help. Thank you for creating calmness in us when things seem desperate or just a bit tough. By your love give us courage when we are frightened but also to cope with the little changes in life.*

**Jesus, you care about justice and doing what is right. Help us make the best possible decision in every circumstance. Show us the righteous path when we are angry or sad. Let us see the greatest qualities in everyone and bring out these qualities as much as possible.**

*Jesus, you heal us and care for us through your forgiveness and your power showing through the universe. You understand the thoughts we have and you stand out in a huge crowd because of your authority. You accept anyone and everyone and you constantly astound us.*

*Jesus, we pray that Joel, Yasmin, Celestin, Maurice, Dominic, Joseph, Daniel, Matia and Daniel have a wonderful experience when they receive the sacrament of Confirmation.*

**Jesus, you provide for us and understand us. You empathise and care, never hesitating to fulfil our needs, always selfless, putting us first. You are love and you spread that through the world.**

*Jesus, you are a good friend and a good son to Mary. Help us to be as respectful to our families as you were at the wedding at Cana. Help us to do the right thing, even when we want to do something else.*

*Jesus help us to see the world as you do. Thank you for loving all of us with our different gifts.*

*Prayers written by our candidates during our session focusing on what we learn about Jesus in scripture and the model this provides for trying to live our lives as He teaches.*



The Confirmation ceremony itself was as special as ever. There was a wonderful mixture of joy, community and quiet reflection. Our parish, as always, played a full part. The Catenians took on the immense task of the car parking, with great efficiency! Daniel O'Sullivan did one of the readings, and Daniel Watson took part in the Offertory procession. A special thanks also goes to Edwin James, who stepped in to serve at the last minute!



The photos are of the group during our weekend away at Worth, six of the candidates with Bishop Richard (three had had to leave before we got our slot), and our car parking team.

Catechists: Thaddeus Dell, Mike Hope, Ruth Longley and Eileen Lyons

*Ruth Longley*

## Christian Meditation

*A small group of parishioners meet to meditate together each week. We have been doing this for several years now and have been joined by others at different times.*

*We meet because we love to meditate and meet together. Meditation is such a precious and enriching gift for each of us, and we want to share it. Two of our members would like to share their thoughts in this issue of the Parish Magazine –*

### *A member of the group*

Meditation is a part of many religions and is practised by many throughout the world. But the kind of meditation I am going to talk about is Christian Meditation, which was reintroduced by John Main, a Benedictine monk. He learnt meditation from the East and then saw it from the Christian tradition when teaching it to Christian monks. It is known as Contemplative Meditation.

The Meditation is simple, and it is simplicity that people need to return

to at times to get away from their hectic lives and connect easily, saying one simple word. This is what is known as the mantra. The idea of meditating is to say a mantra – one word you say to yourselves all the time. “Ma-ran-a-tha” is the word I use. This, translated, means “Come, Lord Jesus” – which seems appropriate.

The idea of meditation is to let the Lord work on us as he sees fit: not what we want, but what he wants. It is best to do this twice a day, for about 20 minutes each time. While saying the mantra, let everything drift past – thoughts, feelings, emotions – and feel as if connecting your heart to the Lord.

This is one of the biggest problems people have: not using the heart and, instead, using the head. It is back to the ego and the soul: the ego from the head, and the soul from the heart.

What does meditation feel like? It may feel like a connection where it is as if you are in a lift going up all the time – or basically connected to a distant energy. There is a continuous small pitched noise in the back of your head. At other times it may feel as if moving up to a different level, which then feels like a connection, as if you are a car going in for a service and work is done on you.

It is different for all. Some take a long time, some feel something, others don't. But if you have all the attributes connected with Jesus – faith, trust, patience, love, perseverance and, of course, wishing to help yourself – you will find the time, and it will become high on your list of must-do's during the day.

But I don't have time? If you were to practise as above and get into a habit, you will find you would do much more – and, for example, a little less sleep won't matter, as you will be more refreshed, with energy from this, just like from prayer.

What to do: come along on a Thursday night, try it out and meet others already practising it. Come and hear a bit more about what it can do for you. Nothing ventured – nothing gained. Some will, some won't, so what, some waiting. In the final analysis pray as you can, not as you can't.

Three words summarise Christian Meditation:

SILENCE – STILLNESS – SIMPLICITY

### *Another member of the group*

I had a friend who fostered deprived children. One night Jesus and his Mother appeared at his bedside. He was very interested in bi-location through meditation. As he told it, he watched colours keeping away from dangerous ones, to the extent that he found himself in a corner of his room near the ceiling. Looking down, he saw his body still sitting in the chair. He panicked, and there was a sharp crack, and he found himself back within himself.

Christian meditation has nothing to do with this kind of materialistic spirituality. It is about stillness and the fruits of stillness. St Paul tells the Ephesians (Eph: 2:17) that we have access to the Father through Jesus in the one Spirit. We don't have to do anything to bring this about. All we have to do is realise it. Realisation is what Christian meditation is about. Then, in our heart, the Spirit of Jesus worships and loves the Father and is continually returning to him in love. This reality is so overwhelming that when we are open to it, there is no room for anything else in our mind and heart. We are called to open our hearts to the fact that Jesus does not ask us to rest with him, but to go beyond him and with him to the Father. We are called to know God, not with our totally inadequate knowledge, but with God's own self – knowledge – the Spirit we receive from Jesus.

When you meditate, the only rule is to have your spine upright in order to be alert. We sound our mantra silently in our hearts, saying it continuously and listening to it from the beginning to the end of our time of meditation. When we realise we are not saying it or have become distracted, we simply return to it gently. The mantra we use is "Ma-ra-na-tha". It is Aramaic, a language spoken by Jesus. It means "Come, Lord".

It is recommended that when you start to meditate, you do so for 20 minutes. There is a CD available with timed periods of 20, 25 and 30 minutes. The CD has seven tracks:

1. How to meditate, by John Main
2. Opening prayer, by John Main
3. Music
4. Three chimes, to start meditation
5. Timed period of silence
6. Three chimes, to end meditation
7. Music

It is not progress to meditate for longer periods. Progress is striving to meditate daily, morning and evening. Sometimes you feel that the end chime is never going to strike. At other times it may never seem to strike, and you wonder if you have fallen asleep and didn't hear the chime strike!

How do you think meditation affects other types of prayer? Probably adoration of the Blessed Sacrament is the closest type of prayer to consider first. In meditation we close our eyes and open our hearts to the silent presence of the spirit of Jesus. In Adoration we open our eyes and our hearts to his presence in the form of the bread in the monstrance. In both cases the worship time seems to change, depending on how our body is stressed by daily life.

The more we practice meditation, the more disciplined our body becomes. It is like an athlete in training. We become more aware of the spirit of Christ in our heart, so when we pray in other ways, for example the Mass or the Rosary, we become more sensitive to them. We start to worship with the joy we get looking at the colours of a stained-glass window from within a building when sunlight pours in.

*Richard, Nicholas, Jane and Gabrielle would be happy to talk to you about Christian meditation and answer any questions you may have.*

## Rosary Group

The Group, established in November 2017, meets after adoration at midday on Fridays, at Our Lady & St Peter's. Some members attend almost every week, some attend occasionally. Some stay on from adoration and some arrive at 12:00. Everyone is very much welcome.

Adoration ends at 12:00, with the Angelus, and then the repose of the blessed sacrament. The statue of Our Lady of Fatima is then brought out, together with the rosary cards, produced by Crown of Thorns. We then pray five decades of the rosary, either the joyful, sorrowful, or glorious mysteries, or the mysteries of light, often with an intention. A central part of the message of Fatima is our Lady's wish for us to pray the rosary for peace in the world, so we regularly pray for war-torn countries such as Syria.

We not only recite the readings contained in the rosary card, but most weeks we also use meditations on the mysteries. We have been blessed by using meditations written by Peter Wells, normally for two of the decades. We have also used other meditations recommended by members of the group, and we see this sharing of knowledge and experience as a fundamental benefit of participation.

Each decade is led by a different participant, saying the beginning of the prayers alone, followed by the rest of the group completing the prayers. This makes for a beautiful prayer experience. We gather together in front of the statue of Our Lady of Fatima, close enough to ensure that all the prayers and meditations can be clearly heard by everyone present.

The rosary prayers are usually completed by 12:40 pm. There follows a brief chat and agreement on the mysteries to be prayed the following week.

If this interests you, please do come along to see for yourself. We are a very friendly group, and everyone is guaranteed a warm welcome.

*Les Whittaker*

## Catholic Women's League

Our section was very sad to lose our longstanding chairman, Brenda Crannigan, this year, as she has gone to live in America. She has been a loyal supporter and a good Chairman for many years, and we will miss her greatly. Fortunately Margaret Pond has offered to be a caretaker chairman for a while and we are very grateful to her.

Last August we had a lovely fund-raising afternoon for the refugees locally. We had tea in Sue Joy's garden – sandwiches, cream teas and cakes were supplied by CWL, and the refugees also had bought some of their own specialities. The weather was perfect, and several members of the parish and organisation attended. It was hard work, as Sue has a big garden, but well worth it, as it raised £541.

In September Stephen Pond gave us an excellent talk and film show on astronomy. It was a perfect evening for stargazing, and we were able to go outside and look through Stephen's telescopes.

Two members attended the National AGM at Swanwick, and when business was finished, they all enjoyed a visit to the Arboretum. We helped with the poppy collection in November, which we have been doing for many years. We served a hot Christmas lunch in December and afterwards sang carols accompanied by Mary on her keyboard.

In February Sue Joy gave us a very interesting talk and slide show on the Columban Missions and Peru. She has been involved with them since she was a teenager, through a friend who is a missionary.

We had our usual coffee morning in April, and raised £154 towards our Christmas charities. On 9 May we had a cheese-and-wine to say goodbye to Brenda. Members of the parish and friends were invited. This was combined with the lunch club, as she had been a helper there also for many years. She was presented with some American dollars, a photo of the inside of our Church, and her lunch club apron! Our Branch President, Jill Sims, also gave her a picture of St. Margaret Clitherow, our patron saint. Last year the garden party at Lancing was a great success, and another one was held this year, at the end of June. The theme this year was hats with fruit! Our last meeting in June was a quiz.

On 31 May several members went to Arundel Cathedral for Corpus Christi and the Carpet of Flowers. After having a chance to admire the beautiful flowers and arrangements, we had tea in the hall and then Mass celebrated by the Bishop Richard. The Cathedral was full, and it was a lovely service. After Mass some of the congregation processed to Arundel Castle with the Blessed

Sacrament to celebrate Benediction. Fortunately the rain kept off. A lovely afternoon finishing with a drink on the way home.

*Gill O'Driscoll (Secretary)*

## East Grinstead Catenian Circle

The last 12 months have been very busy for the East Grinstead Catenians, the local Catholic faith-based friendship group.

The wide variety of social events have included food-based activities such as a Thai meal, a “coffee-and-cakes” lunch and our annual black-tie dinner at Yew Lodge, where Fr Steven and Pat were our guests.

And we enjoyed the now annual snooker evening, skittles evening at Barcombe and an afternoon of lawn bowls at Mount Noddy, where we were again blessed with glorious weather, plus theatre evenings to see The Bohemians and The Illegal Eagles (Queen and The Eagles tribute bands).

A highlight of the year was the Family Quiz Night, which we ran in June, to raise money to support the four young people from the parish who are due to accompany the 2018 Diocesan Pilgrimage to Lourdes in the summer, as “Blue Shirt” and “Red Shirt” helpers. We would like to thank all those who supported the event, either by attending or by donating cash or a raffle prize. When combined with our own Catenian donation (from funds raised during the year), £1500 was presented to the parish to help fund the young people’s pilgrimage.

The Family Quiz epitomised the five core key features of the Catenians: Fellowship, Faith, Family, Fun and Fundraising.

*East Grinstead Catenian President Paul Barrett presents a cheque for £1,500 to Fr Steven to help fund the young people going to Lourdes*





*Catenian members and their families enjoy the "Ousting Dinner" at Sweetwoods Park*

Most of these also feature in one of the other highlights of the year, "President's Sunday". This starts with the 10:30 Sunday mass being offered for the President and members of the Circle and continues with buffet lunch at the home of the President and his family. This year over 30 attended the lunch, including wives, children and grandchildren.

Assisting worthy causes is an important facet of the organisation, and Catenians raise over £250,000 each year at a local, national or International level, to support a wide span of charities and interests. The support of young Catholics is a particular focus, and our "Bursary Fund" helps Catholics aged 16–24 to take part in community-based projects at home and abroad, which 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, and in total grants exceed £100,000 nationally each year. If you know a young Catholic who could benefit from such a grant, please contact us.

### *Summary*

In short, the Catenian Association is a Catholic faith-based friendship group who meet socially and support each other through fellowship, faith, family, fun and fundraising. While the members must be men, many social events are also open to members' wives and families. The East Grinstead Circle meets at the Dorset Arms in East Grinstead High Street on the third Monday of each month.

### *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 Paul Barrett on 01342 870058 or visit our website ([www.egcats.com](http://www.egcats.com)).

*Nick Bozzini*

## Christian Aid

Christian Aid works with local partners to bring lasting change for people living in poverty, regardless of their faith, gender or race. They work on projects across the world to help long term local development change, as well as on emergency and disaster relief.

Christian Aid Week was held from 13 to 19 May this year. Volunteers from the Christian Churches in East Grinstead delivered envelopes and collected them from each house later in the week. The local roads were shared out amongst the churches. You may recall receiving a red Christian Aid donation envelope through your letter-box, but perhaps not, as there are not enough collectors to cover all the roads in the town.

The volunteers from our parish collected a total of £585.48 from the roads we deal with. That is a significant increase, of over £170, on our total for last year. A big thank you to all our volunteer collectors:

Brigid Armstrong	John Donohue	Sue Joy
Nick Bozzini	Peter Farmer	Judy Lilley
Mike & Tina Causton	Mike Hope	Josie Webb
Tom Clarke	Jonathan Jenkins	

We don't yet know the overall total Christian Aid Week collection from East Grinstead homes, by all the local churches this year, but over £18,000 was collected a couple of years ago.

This Christian Aid Week fundraising is a very significant contributor to the charity's ability to carry out its work. This year's total isn't yet available, but £10.4 million is reported from Christian Aid Week across the UK as a whole in last year's annual report, 19% of their overall donation income. All the amounts we each collect, which can seem small sometimes, contribute to that overall significant total. Christian Aid Week also raises the profile of the issues that the charity aims to address and of examples of their successes.

Of every £1 given in 2016/17, 86p was spent on "direct charitable expenditure" – or on helping those living in poverty. Christian Aid spend 14p

from every £1 raised on raising the next £1, which keeps their work going.

They often do their charitable work and their funding through local church agencies and other local partner organisations, rather than giving money to governments. They work with people of all faiths and none.

More detail about what Christian Aid do and how their money is spent is available in their annual review at <https://www.christianaid.org.uk/about-us/annual-review>

Thanks again to the volunteer collectors and all contributors.

*Mike Hope*

## Justice and Peace Group

As the parish magazine went to press last year, it was not known what the Sleep Out on 1 July had raised. In fact, £4,143.66 (including the street collection of £527.86) was divided between Crawley Open House, The Easter Team and Worthing Churches Homeless Project – a total of £1,381.22 each. This year's 28th Sleep Out was overnight on 30 June, with the street collection in the morning.

Crawley Open House was also one of the beneficiaries of the Autumn Charity Feast programme, together with EG and District Mental Health Association, EG Foodbank, Crawley Prison Fellowship, and Age UK EG. All organisations received £800 each. Contributions of food, tins, clothes and sleeping bags are regularly donated to COH – thank you to all who contribute. The Spring Charity Feasts this year raised £5,335 for the same charities – £1,067 each. Thanks to Nick Castiglione for all his hard work, and for all restaurants and participants for supporting us

Group members joined the Refugees Tales Walk organised by Gatwick Detainees Welfare Group (GDWG) in July 2017 (this year 6–11 July). The J&P group also wrote to the Government about the abuse and violence filmed undercover at Brook House Detention Centre (covered in a BBC Panorama documentary on 4 September). GDWG remain concerned about the existing detention rule in the UK, which allows vulnerable detainees to be kept in prison, causing deterioration in mental health and to desperation, not infrequently leading to self-harm and suicide attempts. No reply was ever received by the Group from the then Minister of Justice Sam Gyimah MP.

J&P members attended the annual Diocese of Arundel and Brighton study day in January with the theme "Hope Overcoming Fear: The Church in the

Modern World". Speakers included Jack Valero, Coordinator and founder of Catholic Voices, and Dr Anthony Towey, Director of the Aquinas Centre for Theological Literacy at St Mary's University.

The Churches Together in EG Service was held at St Swithun's Church on Sunday 10 June and was a Songs of Praise – OLSP choice of Hymn was "O Lord my God how Great Thou Art", celebrating the gift of Creation and the gift of Jesus Christ, the Son of God, to the world.

J&P members are also involved in running a weekly Talk Club for local Syrian refugee families on Monday afternoons in the Parish Hall and thank parishioners who have donated a variety of furniture, white goods, toys and baby equipment to these and other Syrian families moving into the area. Moving testimonies from both our families were heard at The Crawley Refugee Welcome Group AGM in March this year, saying how much they appreciated the welcome that had been extended to them. All are learning to speak English, and the children, once silent and withdrawn, are now cheeky, happy and chatty!

Two of our members are part of the Prison Fellowship scheme, which runs restorative justice courses for prisoners at Lewes Prison – the Sycamore Programme. The Angel Tree Project provided 142 presents for prisoners to send to their children at Christmas 2017 on behalf of prisoners at HMP Lewes and Hunterscombe.

On 25 November, 295 shoeboxes were sent off to Moldova from EG schools and Churches as part of Mustard Seed's Love in a Box scheme. Thank you for your contributions.

We meet on the second Tuesday of each month (except August) at 7:30 pm, at Moat Church. Please join us, as we are an ecumenical Group working together for 28 years.

*Susan Joy*

## The SVP at St Bernard's

What is the SVP (more correctly, the SVPS), and what does it do? Most may say "Well, I think they're . . . well, um . . . well, I'm not really sure!" Could they be a secret organisation, or maybe just a few people who try to do something helpful for others? Perhaps we'd better answer that first.

The SVP is an International Spiritual Catholic Organisation, with 800,000 members in 140 countries. In the UK there are over 10,000 members, made up of about 1,000 groups or Conferences, as they are known – hardly secret!

What do we do? The underlying ideal is to try to help others wherever and whenever possible. Dear Father Len Turner once said: “*You can’t help everybody – just be sure you help somebody.*” Of course, it’s a basic Christian tenet to love our neighbour; what the SVP tries to do is to give some focus and structure to the “how”.

The activities are channelled under six headings: Home Visiting, Community Projects, Holidays for Young people, Overseas Aid, Social Justice. Phew! That looks pretty daunting and high-minded, but in reality it’s not the case. One of the big advantages is that you can help according to your situation. You may have young families and feel that at present you can’t give any time to the SVP. However, could you, for example, make a visit every now and again to a lonely person for half an hour, or could you bake a cake, say, a couple of times a year for the cake sale? Our cake sales will generate over £1,000 this year, all made just one cake at a time!

So, by joining with others, we can make a big difference.

At St Bernard’s, Lingfield, we have a SVP Conference of ten members: six ladies and four men. This past year we focused on four main targets: Home Visiting, including car ferrying to church; the Sudan Baby Feeding Programme; our annual hosting of a day out for London Homeless; and our Winter Appeal for the Open House in Crawley – together with our ongoing support for the Open House food and clothing bank and support for two villages in India, known as “Twinning”.

### *How did it go?*

*Visiting:* Between us we probably made over 100 contacts. We view this as an area where we should do better and take our example from our SVP friends at Our Lady and St Peter’s, who do far better than we.

*The Sudan Baby Feeding programme:* We were able to raise over £6,000 this year. This will feed about 100 children for a year. We raised the money from our Sunday coffee table, Cake sales and our successful Jazz supper evening.

*London Homeless:* For the past 20 years we have invited a group of homeless people from “The Passage” at St Vincent’s in Victoria. Fr Regan, their Vincentian priest, always comes with them, and we have a great day out together. They particularly like the British Wildlife Centre, but we have been to Hever and to Chartwell. Even the Bluebell Railway has been visited.

*Winter Appeal for Crawley Open House:* Each year we focus our campaign to provide the “Open House” with the much-needed but more expensive items that their budget can’t meet. We aim to raise about £1,000. In the past three years we have been able to provide them with Waterproof Winter Sleeping

Bags and Thermal flasks. When it gets really cold, the demand for help rises and they have to turn people away. Now they can provide those who must sleep wherever they can with a warm, weatherproof sleeping bag and a hot drink to see them through the night.

So, as you can see there are many areas where we can “Help” and the effort from individuals can be as much or as little as each can manage.

Well why did we write this article?

First, to thank all members of our congregation for your unselfish generosity, without which the endeavours of the SVP at St Bernard’s could not succeed.

Second, we wanted to tell you something about the SVP and what it does in the hope that it may spark your interest and perhaps prompt you to consider joining us in our efforts to help at a Local level and Overseas, those in need. It’s not demanding or arduous, and it is very rewarding. We’re just some like-minded fellow parishioners who have fun together trying to heed Father Len’s very good advice: *“You can’t help everybody, just be sure to help somebody.”* Cardinal Vincent said of the SVP recently: *“More members are needed to ensure that this work continues to grow and flourish. I urge anyone who has the time to offer, to work with the SVP.”*

Our Members are Mary Bellinger, Lucienne Butcher, John Paul de Quay, Denise Doolan, Mike Goodwin, Lala Micallef, Angeline Rosner, Sarah Thilo, Enrique Valles; any one of us would be very pleased to introduce you to the SVP at St Bernard’s.

Further information on the SVP can be found on the website ([www.svp.org.uk](http://www.svp.org.uk)).

*Austin Bower*  
Conference President

## Street Pastors

### *God’s love on the street*

As Bishop Michael Curry said in his Homily at the latest Royal wedding:

*“Imagine our neighbourhoods and communities when love is the way. When love is the way, we actually treat each other like we are actually family. When love is the way, we know that God is the source of us all.”*

Sometimes it’s risky to love, but we are asked to take a risk as a means to reach the people in most need. Yes, there’s a risk that, by talking to strangers,

they just might be introduced to Jesus. Sometimes it's inconvenient for us to love, but we are asked to die to ourselves and our own wants. Yes, it's inconvenient; we sacrifice our time, our energy and sometimes an early bedtime. Sometimes it's hard to love, but we look to, and follow Jesus's example: He loved all, unconditionally, warts and all. What a challenge God gives to us!

Sometimes those thinking about joining the street team, or their loved ones, are anxious about safety. There is always a minimum of four of us on the street team: three trained Street Pastors and The Holy Spirit. We are prayer supported on the patrol night by 25 people on the end of a phone; communication between all is constant.

Jesus said, "I am with you" – with that promise, think about those who were afraid and locked in an upper room; but when fired with the Holy Spirit, accepted the call, then spread God's love to ends of the Earth . . . like wildfire.

Street Pastors spread God's love throughout the Country, with over 3,000 members ready to care, listen and help those they find in need, in over 300 towns and cities. More initiatives are opening in other countries too; it's spreading . . . like wildfire!

*God's love is witnessed by people on our streets.*

"You helped my friend last week, he's out of hospital now, thank you."

"I think what you guys do is brilliant, and you do it for free!"

A father, with his children, saw us talking to a homeless man: he gave us money to buy him food.

*God's love is universal, His Spirit in all team members, near and far.*

"You helped me get home in Southampton." . . . No, we did not take him home, but a team in Southampton did!

*God's love is given, freely and unconditionally!*

The team gave a very drunk woman a bottle of water and walked her home.

Youths were seen with nitrous oxide canisters. We distracted them by giving them lollypops and chatted about what we do.

*God's love is heard loud and clear in our town Centre!*

A group of lads in their 20s recited the Lord's Prayer word-perfectly to the team.

*God's love is in the middle of conversations held with the team at night.*

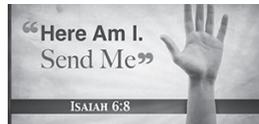
Someone asked us, "What is your favourite Parable?" . . . that was thought-provoking!

"I don't believe Jesus is God, does this mean I won't get to Heaven?" . . . That was a challenge!

A young woman said, "I'm not good enough to go in to a Church." A team member answered, "The Church is full of sinners, but there's always room for one more." . . . That was a great conversation-starter!

We are told that we are the body of Christ, He is the head; as followers, we listen to his call to be His hands, His feet and His heart, to be open to give of ourselves sacrificially. We are not asking you to give up your fishing nets and boats, but to consider giving up a few hours by joining this worthy source of outreach.

Please pray that you might hear the call to join our street team; you know what to do, if you do.



## *East Grinstead Street Pastors*

Jonathan Jenkins was commissioned as a Street Pastor on 22 April 2018, and, together with Mike Hope and Beverley Lake, he will patrol our town on Saturday nights, to care for, listen to and help anyone in need. Our Coordinator, Mary Nicholls (pictured), will be happy to organise for you to go out with a team, to observe us, with no obligation to join up ([eastgrinstead@streetpastors.org.uk](mailto:eastgrinstead@streetpastors.org.uk)).



*Jonathan Jenkins joins  
East Grinstead Street Pastors.*



*Sometimes we lend a hand. A lady wanted to pop into one of the take-away shops, but was unable to, as she had these two fur balls with her.*



*Teams clear broken glass to avoid injury to pedestrians (and dogs).*

### **What do we get up to?**

We look out for vulnerable people, those who may injure themselves, or potentially become a victim of crime/theft.

I was on patrol recently, when our team walked by a lone young woman in her mid-thirties, leaning against a shop door. She told us that her friends had gone home in a taxi, leaving her to make her own way home alone. She'd had a few drinks and was feeling unwell. We provided her with water and we walked her home.

We met an older lady who thought that the Church did not welcome her anymore, as she was divorced. We chatted, and she was reassured that she would receive a warm welcome back.

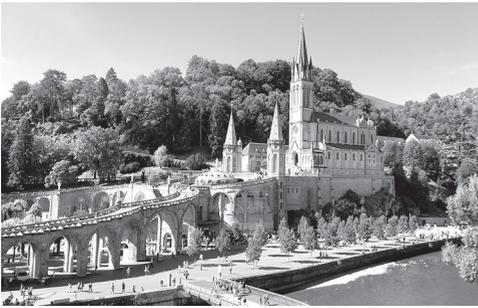
*Beverley Lake*

## **Our Lourdes Experience as "Redshirts"**

This time last year, in July 2017, we took our first steps towards Lourdes. We spent the first months after our application wondering what Lourdes would be like, what we would do there and whom we would meet. When July finally came around, we were excited, yet nervous for the new experience that lay ahead.

Our first day was spent exploring the Domain with our group leaders as well as some parts of the town, including St Bernadette's house. We also had a Mass with the Bishop in the small chapel in Cité Saint Pierre, which is where we stayed. It is run by volunteers, and it offers free accommodation to pilgrims who are unable to stay in the hotels in Lourdes.

For each Mass that the diocese attends, the Redshirts welcome everyone



*A view of Lourdes.*



*The 5 Redshirts at the fund-raising dinner at La Farola. From left to right: Grace, Aisling, Alex, Fran, Andrea.*

with a “Red Carpet”. This is one of the favourite things that the Redshirts do for the pilgrims as we cheer them down the walkway and welcome them to Mass. The Redshirts also have rainbow multi-coloured umbrellas to give shade to the pilgrims.

Each day, a different group had the opportunity to visit the Accueil, which is a hotel with hospital facilities for the sick. We were given the chance to speak to some of the pilgrims staying there and listen to their stories. Being able to hear from them and see what they have been through meant that we can appreciate being in Lourdes even more. Afterwards, we sat by a river and ate our own meal, before walking back up the hill to the Cité Saint Pierre.



*A view showing Redshirts “at work”, with the multi-coloured umbrellas.*

An unforgettable experience from Lourdes was the Stations of the Cross: at 6:00 am, we walked down to the Domain and walked up a pathway with life-size Stations of the Cross. Each group took responsibility for two Stations and prepared a prayer and a small talk about their Station. The sun rose as we walked through the Stations of the Cross, which added to our experience.

Overall, our Lourdes experience was memorable and unique. We hope to visit again in the future, and we would like to thank Fr Steven and everyone in the Parish who helped us with our fundraising, including those who supported the tapas meal at La Farola, those who donated using the Lenten boxes and the East Grinstead Catenians.

*Aisling Worts, Alex Thorogood, Andrea Bozzini,  
Grace Donohue, Fran Parr*

## Lourdes



*Parishioners Patrick Kiley and Valerie Powell  
with our Redshirts and two of our first-time  
helpers, Lourdes 2017.*

Lourdes 2017 was unforgettable, as usual, and a great time was had by all pilgrims, including those from our Parish. The theme was: "The Almighty has done great things for me."

This year's pilgrimage will be from 27 July to 2 August – please keep all those attending in your prayers: it is no mean feat to get 750 people to Lourdes and back. This year's theme is, "Do whatever He tells you."

*Susan Joy*

## Fatima Bike Ride

In June and July 2017, I cycled to Fatima, starting from the Memorial to Unborn Children in East Grinstead, West Sussex. The beginning of the ride was delayed 12 hours because of storms in the channel; I failed to reach the campsite earmarked for the first night, and a vicious electrical storm struck

on the second night. Reading my journal reminds me of the nervousness I felt at embarking on the challenge: "What have I done?! The journey does seem rather daunting to me now." Why was I putting myself through that, and would I, at the age of 61, be able to complete the challenge?

I had undertaken long-distance bike rides before, all with a pro-life theme or connection. I became a pro-life activist after seeing Cardinal Hume drop a red rose representing an unborn child killed by abortion, on the 30th anniversary of the abortion act in 1997. On the 40th anniversary I cycled to the Memorial to Unborn Children in Belfast, a 500-mile round trip. In 2010, I cycled 1,100 miles to Auschwitz, Poland, in memory of St Maximilian Kolbe's great act of love and the lives lost in the Holocaust and by abortion. My last ride, in 2013, was to Skopje, Macedonia, some 2,000 miles, in homage to Mother Teresa, who literally brought the "Gospel of Life" to life for me.

It was in 2015 that the idea of cycling to Fatima occurred to me, after reading Eleanor Johnson's account in the parish magazine of her pilgrimage to Fatima with her mother. The previous rides had been about making connections, and the coming together of the Fatima Centenary and the 50th anniversary of the Abortion Act struck me as something worth drawing attention to. The idea passed the initial test of time – it did not leave me over a period of months, and it also excited me. I figured that if it captures my imagination, it will excite others too.

I began reading more about the Fatima apparitions of 1917 – it captured my heart. How the young seers, Lúcia, Francisco and Jacinta, aged just 10, 9 and 7 at the time, opened their hearts to the messages of Our Lady and bravely stood up to the hostile reaction of the secular local officials and national government, and to disbelief, even within their own families.

Learning about Fatima reinforced my belief that we are all made to be in relationship with God, through Mary, mother of the Child Jesus, both of whom appeared to the seers. It is in this relationship where our value lies, making all life sacred. In the apparitions the seers saw themselves in God, as Lúcia put it, "more clearly than we see ourselves in the best of mirrors".

Another part of Our Lady's message at Fatima is about sin having consequences, but it also offers hope. I planned that I would arrive there in time for the anniversary of the 13 July apparition, when Mary showed the seers a vision of hell. She also asked them to sacrifice themselves for sinners, and to say the prayer:





*“O Jesus, it is for love of You, for the conversion of sinners and in reparation for the sins committed against the Immaculate Heart of Mary.”*

I undertook the bike ride in a spirit of sacrifice, for my sins and the sins of others.

The one instruction repeated by Our Lady in all the monthly apparitions between May and October was that the rosary must be prayed every day. I wanted my ride to draw attention to this aspect of the message, as well as to raise money for pro-life causes.

In answer to the question, what he must do to go to heaven, Our Lady said that Francisco must pray the rosary many times, and he spent the rest of his short life doing just that. I often wonder how many rosaries I need to pray. Given my sins, I know it would be of a very high order! It is not, though, just about the number of rosaries I pray, but what I do to help others, by encouraging them to pray the rosary too. I hope my bike ride goes some way to achieving that, but it's only a start.

In my parish of Our Lady & St Peter, I asked for rosaries to be donated so that they could be handed out free of charge, along with prayer cards, to anyone who wished to start praying. I carried many rosaries on my bike, including two donated by the friary established by St Maximilian Kolbe at Niepokalanow, near Warsaw. Prayer intention slips were also available for parishioners to complete, which I carried on my bike to Fatima.

Returning to the actual bike ride, I had plenty of experience in route planning, bike preparation and training. I was, though, starting my journey much earlier in the summer than previously, which allowed less time to get fit, and I was, of course, that bit older. My main worries were terrain, particularly crossing the Pyrenees and in northern Portugal, and the weather – would it become very hot? How safe will the roads be?

I have already mentioned my nervousness at the start of the ride, but I knew Our Lady would help me on my journey. This was evident on the first night at Rouen, when the campsite I was to stay at was further away than expected, beyond reach that day. I stood in front of the beautiful façade of Rouen Cathedral in rapidly fading light, tired and in some despair. Would I be able to find a room close by?

I went into a nearby hotel – full! The manager did, though, take pity on me and offered to phone other hotels to see if they had any vacant rooms. The first hotel, full. The second hotel – a vacant small single room! The name of the hotel? – Notre Dame!

Our Lady helped me, before I asked for help. From that moment I knew She was at my side and would help me achieve my goal of getting to Fatima.

The hotel even gave me a blue pen, which I took to be an instruction to tell others about what I was doing.

My route took me to Chartres, Tours, Bordeaux, St Jean Pied de Port, Pamplona, Burgos, Leon, Santiago de Compostela, Porto, Coimbra and Fatima. I planned to camp in France, stay in hostels along the Camino de Santiago in Spain, and a combination of both in Portugal.

I prayed the rosary as I cycled along the quieter roads, with the beads strung out across the handlebars. It took a little practice slipping the beads through my fingers, but I became more expert as time passed, and I found the best set of beads to use. With Our Lady's assistance, and possession of these blessed rosaries, how could I fail? I was helped and protected in so many ways.

At the campsite in Tours, the tent next to mine was burgled overnight by thieves who had gained access to the site. They expertly cut along both sides of the tent and stole a bag containing valuables, passport, etc. while they slept. The Dutch couple, who were cycling to Santiago de Compostela, had to abandon their trip, as they could not replace their passports in time. My tent, only about 10 feet away, was left untouched.

By the time I reached the south of France, the weather was extremely hot, in the high 30s. With the steep hills of the Pyrenees coming up, I wondered how I would cope. I did not like the idea of getting off my bike and pushing it slowly up hills, but that is what I did and, increasingly, enjoyed doing. During those hill pushes I prayed the rosary more intensely, and Our Lady calmed me down. Ascending the side of mountains praying the rosary was a particularly beautiful experience. One moves slowly physically, and the pace of the rosary slows down in turn, the air becomes more active and slightly cooler, a breeze rustles the trees, mountain streams run down the side of the road – a growing sense of the divine presence enveloped me.

Praying the rosary on the way to religious sites, I found, prepared me well for the visits. I particularly remember walking the 2 miles from the campsite in Coimbra, Portugal, to the Carmelite convent where Lúcia spent the last 40 or so years of her life. It is not generally open to the public, but with a rosary in my hand I was welcomed into the chapel and was free to stay there for as long as I wanted.

I prayed the rosary as I approached the centre of Fatima, pushing my bike up the final steep hill of my journey. I arrived just before 1:00 pm on 11 July. Our Lady greeted me with the chimes of the Immaculate Mary hymn from the Basilica of Our Lady of the Rosary.



I was also welcomed by representatives of the World Apostolate of Fatima, who had supported the ride by providing information and encouragement. A happy coincidence meant they were on pilgrimage at that time. I had cycled 1,628 miles, and £3,300 was raised in sponsorship. I loved my stay in Fatima – but that’s another story!

*Les Whittaker*

## Reflection: Pilgrimage to Fatima

Last August, a group from East Grinstead, London, and other places in the UK was among the several hundreds of thousands of Pilgrims from all over the world to witness the 100th anniversary of the first apparition of Our Lady of Fatima in Portugal: an amazing and fulfilling experience that everyone enjoyed, even those who are not particularly religious, due to its cultural significance.

The miracle of Fatima is ingrained in Portuguese culture and has influenced the twentieth-century Portuguese identity. It was very interesting to find out about the apparitions that took place in Fatima on 13 May 1917. Three little shepherd children – Lúcia dos Santos and her cousins, Francisco and Jacinta Marto, aged 10, 9, and 7 at the time – claimed to have seen a woman (the Virgin Mary) “more radiant than the sun” while they were looking after their sheep. The Virgin Mary told them to pray and learn how to read, and that she would be back on the thirteenth day of the following months. The Virgin Mary appeared to the children on the 13th of June, July, and September, but in August it took place on the 19th, as the children were prevented from





going to the meeting spot on the 13th. The three little shepherds were told by the Virgin Mary that on the 13th of October a miracle would take place there. News of the apparitions had spread throughout the country, and tens of thousands of people made the pilgrimage to Fatima to witness the miracle: the Miracle of the Sun.

Two of the children died from illness at the age of 10, Francisco in 1919 and Jacinta in 1920. Lúcia became a Carmelite nun, and she lived to the age of 97. The first Apparition Chapel, funded by the local residents, was built in 1919 on the site where the Virgin Mary had appeared to the shepherd children.

It was only in 1930 that the apparitions were recognized as a miracle by the Catholic Church.

This year's celebration made it more special, because Francisco and Jacinta were canonized by Pope Francis, the fourth Pope to visit Fatima in the last 100 years.

The pilgrims had the chance to explore sacred and religious sites, churches, and cathedrals such as the Sanctuary of Our Lady of Fatima and the surrounding sites related to the Angel of Peace and Blessed Virgin Mary apparitions. These include the Basilica da Santíssima Trindade, the Monument to the Pope's visit, and the large rosary that adorns the Basilica of the Holy Trinity. There were other many beautiful historical places the pilgrims visited, such as the houses in Fatima where the three little shepherds used to live and the cemetery where they are buried.

Pilgrimage to a holy place like Fatima is a really meaningful and memorable experience. This is a search of moral or spiritual significance that not only involves travelling or visiting places but also refreshes the mind and inspires the soul. Pilgrimages help us to connect with our inner self, our belief, faith, and devotion, and make us contemplate more what life is all about.

*Danny Favor*



## Unity in Faith and Devotion at Walsingham "England's Nazareth" Annual Pilgrimage

More than a thousand pilgrims from various vibrant Filipino Catholic communities, families and youths in the United Kingdom attended the recent Annual Palm Sunday celebration on Sunday, 25 March 2018, held at the National Shrine of Our Lady at Walsingham: "England's Nazareth". The Basilica of Our Lady of Walsingham, also known as the Slipper Chapel or the Chapel of Saint Catherine of Alexandria, is a Roman Catholic basilica church.

They had an amazing and fantastic experience and witnessed people from various community groups and organizations joining together: a demonstration of how they are united in faith and devotion to our Lady of Walsingham and Jesus Christ, our God Almighty.

The day of pilgrimage started with gathering songs by King's Lynn Families at the Anglican Shrine, followed by a welcome message by the Anglican parish priest. After the Station of the Cross, all the pilgrims participated in the several miles of colourful procession while praying a novena. During the picnic lunch, the pilgrims enjoyed sharing the abundant delicious Filipino dishes while bonding with families and friends, networking, meeting old and new friends and acquaintances.

A gathering song was performed by Our Lady of Victories & One Voice Choirs. This was followed by the blessing of the palms; then a solemn holy mass was celebrated by Fr Pat Nogoy; the choir was from Frimley and Horsham CFC.

The very successful and enjoyable event was concluded at 5 pm, and pilgrims left full of God's blessings, hope, love and happiness in their hearts.

*Danny Favor*

## Hospice of Hope

### *The story behind the window!*

Many of you will be customers and donors with The Hospices of Hope shop in town. I am the manager there, and I was fortunate to have the chance to make a visit to Romania in April, to see the work of the charity. I left East Grinstead on Sunday morning and was back home by Wednesday evening, so it was a flying visit but long enough for me to see what a difference the monies raised are making.

Graham Perolls founded the Hospices of Hope charity in 1992, after visiting friends in Romania. He had already founded a hospice in Kent, and having witnessed the appalling lack of care and facilities for people with terminal or life-limiting illness in Romania, he felt that he had to do something to help. At this time there was no pain relief available to patients, even at the end of life, and people were left to die in agony.

During my visit I stayed at the Princess Diana Education Centre in Brasov, which was so-named as the late Princess of Wales supported the fundraising



campaign by making the first donation. Doctors, nurses and other health-care professionals can receive expert training in palliative care in this purpose-built unit and spread the knowledge about this important area of care when they return to their workplaces.

I was fortunate enough to visit the Hospices in Brasov and Bucharest built and run by the Charity. Both are wonderful places, providing medical expertise and nursing care as well as housing social workers, physiotherapists, counsellors, teachers and many other professionals, all determined to help every child and adult who needs their care, either in the hospice or in the community.

I was extremely privileged to have the chance to go on visits with Irina, a social worker based at the Hospice in Brasov. She has about 60 families on her books and tries to see them all regularly. She stopped off at the local hospital: a grey, dilapidated building. She met a client who is the father of five sons (one has now died), all of whom suffer from muscular dystrophy. The parents are desperately trying to care for their sons, but it is exhausting and back-breaking. Irina is trying to arrange support from the hospice for them. We then went to visit two families who live about a 30-minute drive from the town. The first family has a child with cerebral palsy. They are poor and needed to get papers signed requesting some financial help and also medical help. Irina helped them to complete the forms, and we then went, first, to the mayor's office and then to the government office in town to get the papers validated and into the system. It will still be at least 3 months before they get any help other than Irina's support. The second family have a 7-year-old son who lost his sight as a result of cancer. His parents still have no idea whether the cancer has spread or what his prospects are. They also have 8-month-old twins. The husband works away from home, on construction sites in Italy, to earn money for his family and to enable him to continue building the house they are living in. Both families have little materially but were so grateful for the advice and support they are getting from Irina.

The Hospices are bright, cheerful places, housing dedicated and caring

professional staff trying to bring as much care and support as possible. Money is spent on providing the best facilities possible. Careful budgeting means that creative ways are found to make the centres colourful and positive. Here in the UK we are blest to have so much health care provision available to us. But in Romania, Serbia and Moldova, where the Hospices of Hope is working, that is just not the case, and most people have little access to health care.

There isn't room for me to tell you about our work in detail, but please have a look at our website ([www.hospicesofhope.co.uk](http://www.hospicesofhope.co.uk)) for more information, or call into the shop and talk to me.

Please consider donating to the shop. We are delighted to receive clothing, books, CDs & DVDs, electrical items, bric-a-brac, furniture – in fact, almost anything. We have a van that can collect furniture.

If you could spare two hours a week to help out in the shop, do call in and see me. No experience is necessary, as we will give all the training that you need.

For more information, call me at the shop, on EG 315362.

In the meantime – thank you to all of you who have donated items to the shop, given your time or attended the fund-raising dinner held in January. It is all *greatly* appreciated, both here and in Romania.

*Brigid Armstrong*

## Fairtrade East Grinstead

Celebrating Fairtrade Fortnight from 26 February to 11 March was the main focus of the Group. Fairtrade banners were displayed on the town railings, on churches and outside schools, and it was the same all over our Fairtrade county (West Sussex was granted this designation by the Fairtrade Foundation in October 2017) and throughout the UK. Fairtrade Fortnight, focuses on activities involving local communities to help them to understand the role farmers and producers in developing countries play in supplying us with a wide range of food. With Fairtrade, we have the power to change the world every day – local helping global.

Fairtrade Fortnight put the spotlight on trade. When trade is fair, it has the potential to improve the lives of the farmers and workers who grow our food. When trade is fair, it can make the world a better place. Together, we have that power, be part of making a difference. It's a shocking fact that millions of poor farmers who produce the food we love still don't earn enough to feed their

own families. It's time for this injustice to end. Through Fairtrade, millions of poor farmers and workers are already coming together to demand a change. They are working hard to close the door on exploitation and to transform their communities, supported by Fairtrade. You can find Fairtrade goods in all our local supermarkets, cafes and other retail outlets.

The theme of Fairtrade Fortnight in 2018 was *Come on In*, so schools and churches organised Fairtrade breakfasts, assemblies, lessons and workshops, Fairtrade stalls, coffee mornings and tea afternoons, and there was a very successful and well-attended Fairtrade Wine Tasting evening on 20 March at East Court with EG Wine Circle. Three Co-op and two Sainsbury's Fairtrade wines were sampled.

A new initiative in EG this year was a Fairtrade Teddy Trail for younger children. A selection of shops selling Fairtrade goods were asked to take a Fairtrade Teddy for display, and youngsters had to complete a form when they had spotted them all. Forms were available in East Grinstead Library, through schools and churches, and on Fairtrade EG's website ([www.fairtrade-eg.co.uk](http://www.fairtrade-eg.co.uk)) where all Fairtrade Fortnight events were listed. Isaac Dell and Sophie Cosens from St Peter's School were two of the three winners of Fairtrade Easter Eggs.

Fairtrade EG also provided Fairtrade footballs, made by BALA Sports in Pakistan, to all primary schools in East Grinstead and to Sackville School. Imberhorne School already orders their footballs from this company. Purchases were made possible from funds raised at the Charity Quiz and a meal held at Tarana, Lingfield, on Tuesday 16 January, with EG Age UK. Proceeds were boosted by match funding by Barclays; £1,121 was made for each charity.

Fairtrade EG has also been trying to spread the word about Fairtrade Gold and invited Greg Valerio, author of *Making Trouble* and a Fairtrade jeweller, to speak about Fairtrade Gold – "From Misery to Hope" – at St Luke's Church at the Churches Together AGM on 27 February. Unfortunately, a workshop with Imberhorne students had to be cancelled due to bad weather, but it will be rearranged for later in the year.

Gold is a symbol of love, power and wealth the world over. But look behind the glitz, and the reality is not so glamorous. Gold is mined all over the world: the metal-rich rock, known as ore, is extracted from the earth's crust. 90% of gold miners globally are artisanal and small-scale miners, and an estimated 100 million people worldwide rely on small-scale mining to support their families and communities. Miners work in remote areas and have few other options for making a living.

In non-Fairtrade small-scale gold mines, miners extract the precious metal using toxic chemicals such as mercury. This is harmful for human health

and the environment, but they simply cannot afford to use safer processing methods. It can cause birth defects and brain and kidney damage, and it can contaminate water supplies, entering the food chain through poisoned fish. Small-scale gold mining is the largest source of mercury pollution to air and water combined.

Small-scale miners are also exploited by traders because of their poverty, and the absence of regulation and legal protection. They rarely receive a fair price for their product, even when the world gold price rises, as they are usually offered a below-market price. Because of this, these miners struggle to generate enough profit or attract the finance needed to invest in their operations or in safer, more efficient mining practices and technology.

Workers in Fairtrade-certified gold mines receive a guaranteed Fairtrade Minimum Price for their gold, as well as a premium to spend on improving their businesses or on community projects, such as education, clean water and health care. Fairtrade certification means that these small-scale-miners meet Fairtrade standards.

Fairtrade EG is working with local churches and jewellers to flag up the availability of Fairtrade gold for engagement and wedding rings.

Lastly, Fairtrade EG ([www.fairtrade-eg.co.uk](http://www.fairtrade-eg.co.uk)) is part of Fairtrade West Sussex ([www.fairtradewestsussex.org.uk](http://www.fairtradewestsussex.org.uk)), supported by West Sussex County Council. A celebration of our county status was held in May in Chichester with a toast proposed by Louise Goldsmith, Leader, and in the presence of WSCC Councillors, the Mayor of Chichester, and Fairtrade groups and supporters from all over the county.

Further information from Sue Joy (EG 835190; [susanjoy471@hotmail.co.uk](mailto:susanjoy471@hotmail.co.uk)).

*Susan Joy*

## East Grinstead Music & Arts Festival

The East Grinstead Music & Arts Festival exists to encourage and promote dancing, singing and speech & drama in Sussex and neighbouring counties.

The Festival movement was established in the 1870s, at a time of major educational development, and by 1904 no fewer than 60 festivals had been formed. A Federation of Festivals was established in 1920, and it has since developed into the British and International Federation of Festivals, with over 300 affiliations in the UK alone.

In November 1966 it was decided that a competitive Music & Arts Festival



should be held in East Grinstead. The inaugural Festival took place in June and July 1968 and incorporated Piano, Choral, Instrumental, Drama and Dancing. For many years different local schools around the town were used to house the festival's various sections.

A Festival Concert was held each year, latterly at the Bush Davies School's Adeline Genée Theatre in East Grinstead, until its closure in 1989. We were thrilled when Chequer Mead was opened in 1997. This splendid venue is situated near the town centre and comprises a delightful purpose-built 320-seat theatre, an art and exhibitions gallery, meeting rooms and a restaurant/cafeteria/bar. Chequer Mead enables us to hold the entire Festival under one roof.

The Festival currently consists of Singing, Dance, and Speech and Drama sections, and this year it was run over six weekends during April and May. It is open to the public in return for a small entry fee and is of a very high standard.

One of the original founders of our Festival, Ms Hilary Needham, is still the Honorary President.

*Danny Favor*

## "The Most Holy Body and Blood of Christ"

*Did you know that the very word "host" is derived from the Latin, **hostia**, which means "victim"?*

The Eucharist, the Holy Communion we partake of, is in fact the reception of the very Body, Blood, Soul and Divinity of Jesus Christ, whole and entire, in his glorified state. We do not partake of a symbol: the Eucharist is not a metaphor, it is truly the Lord. Neither is it a "piece" of his flesh, but is Christ, whole and entire. Scripture attests to this in many places:

*The cup of blessing which we bless, is it not a partaking in the blood of Christ? The bread which we break, is it not a partaking in the body of Christ? (1 Cor 10:16)*

*For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself. (1 Cor 11:29)*

*I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh. (John 6:51)*

We see with human eyes what looks like bread and wine. We see with eyes of faith the Risen Living Lord Jesus. The Eucharist is a sacrifice, the re-presentation or re-living in an un-bloody manner of Christ's Death on Good Friday and of His Resurrection on Easter Sunday.

There is no other form of contact with God so intimate and so deep as the Eucharist. In the Eucharist, especially at the moment of Communion, the Risen Lord as a Person and each of us as a person become one.

**Don't miss Holy Communion!** Jesus urges you to eat.

Here is what Jesus says: 'Unless you eat the flesh of the Son of Man and drink his blood, you have no life in you' (John 6:53).

"Unless! . . ." Jesus teaches something very profound in John's Gospel; he is teaching about Holy Communion (the Eucharist). In effect, he says that without Holy Communion, we will starve and die spiritually. Without receiving Jesus, our Living Manna from Heaven in Holy Communion, we will not make it to our Promised Land of Heaven! It's not just merely a ritual, after all. It is essential for our survival.

### *How do we receive the Eucharist?*

Some people will grab it. A priest I know refers to these as "the Body Snatchers". Some people will put out one hand, like they're waiting for someone to give them their car keys. Others will quickly get it over with and then head out the door to be the first out of the car park.

### *Are you a mouse or a man?*

Back in seminary days, we were all given the example of a mouse who runs across the altar and takes a consecrated host and runs off and eats it. And we were asked, "Does it eat the body of Christ?" Yes! For the Eucharist has a reality unto itself. "But does he receive a sacrament?" No! A mouse has no mind. It eats the very Body of Christ but to no avail for it has no conscious awareness or appreciation of what (whom) it eats. And so here comes the question – Are you a mouse or a man?

Are you powerfully aware of Him whom you are about to receive? Or are you just like a mouse, having something mindlessly put into your mouth?

As Jesus speaks the words, “the bread is my flesh”, the Jewish people hearing Him grumbled in protest. Jesus did not seek to reassure them or insist that He was speaking only symbolically when He said they must eat his flesh. So insistent was He that they grasp this that He permitted the fact that most left Him that day and would no longer follow in his company due to this teaching (Jn 6:66). Yes, the Lord paid quite a price for His graphic and “hard” teaching (Jn 6:60).

Some people put more faith in paracetamol than they do in the Eucharist. Why? Because when they take the pain relief, they actually expect something to happen, for the pain to go away. But when it comes to Holy Communion, they expect next to nothing. To them, it’s just a ritual, time to go up and get the wafer.

**“Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.”**

This response calls to mind the words that were spoken by the Roman centurion to Jesus when he begged the Lord to heal his sick servant in Matthew 8.

In this instance we are asking the Lord to heal our very soul, our inmost being. We are acknowledging that we’re about to receive Him under the “roof” of our mouths and thus to welcome Him into our physical abode; into our bodies, the dwelling place of the soul.

It’s important for us to realize that these words are spoken *in preparation* for the Divine encounter. Our response is intended to orient our thoughts in such a way as to help us embrace the breath-taking reality of what *is about* to take place.

Consider more deeply what happens when you approach for communion. Behold a miracle and mystery, and the greatest ongoing gift. It’s not just a wafer. It’s not just a slice of bread.

Have present in your mind what God has done for you so that you’re grateful, to have it so present to you, so that you are different. Listen, *really listen*, to the words spoken to us before we receive communion: *The Body of Christ*. And let that sink in.

Consider what you will hold in your hand. Feel the weight of it. The host, that small sliver of bread, is almost weightless, like a scrap of paper. But it isn’t.

This is the Body of Christ. It carries the weight of the world. We hold in our hands the one who walked on water. We cradle the one who calmed the storm. Here is the Son of God. Here is the one who gave sight to the blind, and

raised the dead, and fed the hungry. He gave Himself to us on the cross. And He gives us himself again in the Eucharist, as the supreme gift to a suffering and hungry world.

Incredibly, we take into ourselves, in that object no bigger than a coin, the saving victim—but one who is not only a victim, but a victor. This is the one who conquered death. Look at what you hold in your hand. Look at *The One* you hold in your hand. The body that was broken and bruised for us, that was beaten and that bled for us, that was stripped for us. This is the one who wept for us. And who died for us. And who rose for us.

We actually celebrate this gift every time we go to Mass. Every time we receive the Eucharist, we become living vessels of our saviour, witnesses to his life and love.

We are called do what the deacon or priest announces at the end of Mass, “. . . to glorify the Lord with our lives”. How do we show that to the world? How do we reflect what we receive?

Each day, we must give of ourselves, pour out our lives in service and in love of others. How? In small ways, almost unnoticed, but so real and sometimes not convenient to do. The phone rings: “I wonder if you could help me”, or, “I need to talk to you because . . .”. An older person in the family: how about a visit, a call or a letter?

“Have present to your mind all that the Lord has done for you and what He is about to do. Let this reality of the Lord’s presence be alive in your mind so that it changes you and makes you profoundly grateful and joyful. Become the One you receive!” Ask the Lord to anoint your mind so that you remember and never forget that the Eucharist is the highest expression of prayer

*Are you what you eat?*

Sources: <https://aleteia.org/blogs/deacon-greg-kandra/this-is-the-body-of-christ-homily-for-june-18-2017-copus-christi-most-holy-body-and-blood-of-christ/amp/> <http://blog.adw.org/2012/06/unless-a-homily-on-the-solemnity-of-copus-christi/> [https://www.catholicerald.com/Faith/Bishop\\_Loverde/Homilies/Homily\\_for\\_the\\_Feast\\_of\\_Copus\\_Christi\\_at\\_the\\_Cathedral/](https://www.catholicerald.com/Faith/Bishop_Loverde/Homilies/Homily_for_the_Feast_of_Copus_Christi_at_the_Cathedral/) <https://catholicexchange.com/lord-i-am-not-worthy>

*Submitted by Beverley Lake*

## The Mass in a Nutshell

Recently a young Catholic woman told me that she used to attend Mass in my home village, but said, “I just didn’t get it.” I decided to put together a booklet

for her, called, "The Mass in a Nutshell". I thought I'd share an excerpt from it with you. I will prepare part two for the next magazine.

*Why are there holy water fonts at the doors of the Church, and why do we dip our fingers in them and bless ourselves as we enter?*

Locating the holy water fonts at the entrance to our churches symbolises the difference between ordinary space and sacred space. We leave behind the worldly noise and confusion that surrounds our normal, everyday activities.

The blessed holy water reminds us of our baptism. The "effect" that is signified by blessing ourselves with holy water is, basically, cleansing. You might say a silent prayer as you make the sign of the cross:

"Lord, cleanse me and purify me so that I can worship you and receive you worthily . . . "

*What does genuflect mean and why do we do it before taking our seat?*

Latin *genū-*, stem of *genu* KNEE + *flectere* to BEND. **genuflect** to act in a servile or deferential manner.

The act of genuflecting on one knee comes from court etiquette and was done while in the presence of a medieval king or noble. It was a sign of respect as well as a pledge of service.

Christians adopted this custom over time, and it became fully integrated into the liturgy of the Roman Rite by the 16th century. The left knee was always used to give reverence to a king, and so, to distinguish the Christian usage of the custom, Christians would genuflect in church on the right knee to God.

Genuflecting before the tabernacle at church is: a posture of humility – you are God, you are Lord; a posture of action – committing ourselves to the Lord's service; a posture of love – I give you my life.

If the tabernacle is empty, we don't genuflect, we bow to reverence the altar (which symbolises Christ).

*Why do the Priest and Servers process down the aisle?*

It reminds us all of the fact that the entire people of God are pilgrims – we are a pilgrim people on the road from here (the earth) to eternity (to heaven). The entrance procession symbolises that journey.

### *Why does the Priest kiss the altar?*

As the procession reaches the altar, the priest kisses the altar, in effect, greeting Christ.

### *Why do we sit for the first two readings, but stand for the Gospel?*

We only stand for the Gospel because the priest in the Mass, acting in the role of Jesus, reads the *very words of God*; and we mark the importance of this event. Like the first two readings during Mass, we sit during the homily, listen and learn.

### *Why do we cross our forehead, lips and chest after the Gospel proclamation?*

We cross our forehead so that the Word of God may be in our thoughts and purify our minds.

We cross our lips so that our speech may be holy and incline us to share the Gospel with others.

And we cross our hearts to invite God to strengthen our love for Him and others. All of this is so that we might know, proclaim and love Jesus Christ all the more.

You might pray that *"The word of God be in my mind, proclaimed by my lips, and pierce my heart."*

### *Why do we use incense?*

The Priest and the people are both Incensed in recognition of the presence of Christ in them: the Priest, because of his Holy Orders; the people, because of the dignity they possess through their Baptism.

We, the Congregation stand as the Server approaches us. They and we bow to acknowledge each other. We make the sign of the cross as the Thurible is swung in our direction, then we bow again as a way of thanks.

The book of the Gospels is Incensed because it is a unique way of showing that something is sacred and worthy of being treated in a special manner. It reminds us that the words within this book are unlike any other.

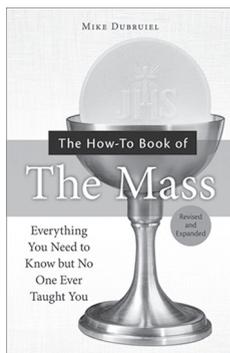
The smoke of burning incense is a symbol of the prayer of the faithful rising to heaven. This symbolism is seen in Psalm 141 (140), verse 2: "Let my prayer be directed as incense in thy sight: the lifting up of my hands, as evening sacrifice."

If you'd like to know more, take a look at the book *The How-To Book of the Mass*, reviewed in this issue of the magazine.

*Beverley Lake*

## Book Reviews

### *The How-to Book of the Mass, Revised and Expanded,* by Michael Dubruiel



Maybe you are a recent convert, or perhaps you've attended Mass your whole life, but there are still things that puzzle you: when you should genuflect and when you should bow; what the different books used at Mass are and what they contain; the meaning of words like "Amen," "Alleluia," or "Hosanna"; what to do during the sign of peace.

You aren't alone.

*The How-to Book of the Mass* not only provides the who, what, where, when, and why of the most time-honoured traditions of the Catholic Church, but also the how, all in an easy-to-read, easy-to-understand format.

In this complete guide to the celebration of the Eucharist

you get:

- » Step-by-step guidelines to walk you through the Mass
- » Biblical background of the prayers of the Mass
- » Insights from the Tradition and teaching of the Church
- » Practical aid to overcoming distractions
- » Concrete ways to grow in your relationship with Jesus Christ at every Mass
- » A handy study guide for individual or group use

It includes the 2011 Roman Missal Translation changes.

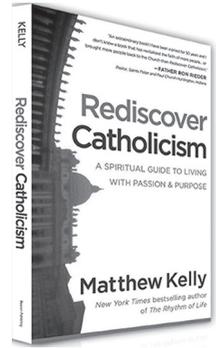
This book tells you WHAT you should do, WHEN you should do it and HOW to do it. It explains the reason things are done and where you can find the traditions in the Bible. It gives a very clear and concise explanation of the parts of the Mass and how to participate in each part to get a better understanding and a more fulfilling experience.

### *Rediscover Catholicism, by Mathew Kelly*

Beginning with our common yearning for happiness, *Rediscover Catholicism* takes us on an adventure of life-changing proportions by addressing some of the most important questions we face today, both as individuals and as a Church.

Can the ancient traditions of Catholicism help us deal with the modern challenges of our lives?

Are you happy?  
Are you living an authentic life?  
Do you think you'll find happiness where you're looking?  
How would you like your life to change?  
What is God's dream for your life?  
Why have so many people rejected Catholicism?  
What does it mean to walk with God in the modern world?  
Do the saints have anything to offer you?  
Is Jesus still relevant?



This book will help you to do exactly what it claims... To rediscover Catholicism. Whether you're a practicing Catholic looking to deepen your faith or are searching and hoping to return to the Church you knew and loved, this book will help.

There are study group resources to this book; if you are interested in this idea, contact me to discuss.

*Beverley Lake*

### *A Summer Evening*

A Summer evening and the light fading  
Trees turn from bright to darker green  
We seek out past dreams in the gathering gloom  
Slowly comes the night and the dulling sky  
Bringing moments of reflection for times gone by.

From an open window in a nearby house filters music  
Into the gathering dusk, this magic hour  
When a largo flows into the setting of the night  
Accompanied by the pulsating rhythm of my beating heart  
Marking the moment when day from night departs.

Night moths now flutter among perfumed flowers  
Emerging stars brighten to guide them on their way  
Moonlight occludes colour to silvered shadows  
Heralding the magic hour when all is not as it seems  
Then we may slip in love and peace to seek our dreams.

*David Tas*

## *Splinters from the Cross*

Little headaches, little heartaches  
Little griefs of every day,  
Little trials and vexations,  
How they throng around our way!  
One great cross, immense and heavy,  
So it seems to our weak will,  
Might be borne with resignation,  
But these many small ones kill.  
Yet all life is formed of small things,  
Little leaves, make up the trees,  
Many tiny drops of water  
Blending, make the mighty seas.  
Let us not then by impatience  
Mar the beauty of the whole,  
But for love of Jesus bear all  
In the silence of our soul.  
Asking Him for grace sufficient  
To sustain us through each loss,  
And to treasure each small offering  
As a splinter from His Cross.

*Anon. (Submitted by Toni Makolski)*

## *Candlelight*

Some time ago an elderly gentleman approached the Deacon at his Church. "I wonder", he said, "have you a big candle you could spare." The Deacon said that he would see what there was and let the man know. In thinking about the request, the Deacon wasn't sure how big a candle the man wanted. However, there were the remains of a number, and he picked out one. "Would you be so kind as to deliver this to Mr Smith", the Deacon asked a member of the congregation who visited the man. The visitor duly took the candle, wrapped in paper. "I've brought you the candle you asked for", he said, and handed the package to Mr Smith. "Oh no, oh no!" Mr Smith cried, on being handed it. The visitor was alarmed at Mr Smith's response and tried to calm him. "I only wanted a stubby candle for when the Eucharist Minister brings Holy Communion," the elderly gentleman cried, "not this". The Deacon had sent him the remains of a pascal candle about 18 inches tall!

*Margaret Vasey*

## Parish Organizations East Grinstead

Altar Society: Flowers – Margaret Pond [01342 327002]

Catholic Women's League: meetings second Wednesday of the month,  
October to March: 12:00 noon; April to September: 6:00pm  
[01342 327002]

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;  
For further information contact Gabrielle Joyce [01342 326118]

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

East Grinstead Catenian Circle:  
President: Paul Barrett [01342 870058]

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: Charlotte O'Neil

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](mailto:liambauress@me.com)

Parish 100 Club: Chris Pond [01342 327002]

Parish Magazine: Klara King [01342 321581]  
[klara.m.king@comcrafts.co.uk](mailto: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](mailto:pjpentney@binternet.com)

Sunday Refreshments: Chris Pond [01342 327002]

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

