

The Church of Our Lady, Stowmarket



For Saints and Sinners

The 16th Edition: Winter 2018

Foreword

Welcome to the 16th edition of your social magazine.

This is our last social magazine until late Spring/early Summer next year. If you have recently submitted an article, but I have not had time to include it in this magazine, I will save it for next time. If you are a regular contributor and have submitted several items, I will have kept some back for future editions.

I have had a fairly constant trickle of articles since your last magazine was distributed. Here is the latest compilation of:



For Saints and Sinners

I hope you like the short morning and evening prayers on the next page. I came across them whilst I was trawling the internet. I found them a good way to start and end the day and thought you might find them useful, too.

Finally, please enjoy your 16th Parish Social Magazine over the Christmas and New Year period, thanks for your continued help and support and do consider contributing yourself AT ANY TIME: all items received will be saved for future editions. As usual, email donations are preferable, but if this is not possible hard copy donations in any format may be left in the letter rack for collection.

Yvonne

Yvonne Hannan
Editor

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A Prayer for the Morning

This lovely, little morning prayer offers up our whole self and our whole day to God.

*My God, I offer you my prayers,
works, joys and sufferings of this day
in union with the holy sacrifice of the Mass
throughout the world.*

*I offer them for all the intentions of your Son's
Sacred Heart,
for the salvation of souls, reparation for sin,
and the reunion of Christians.*

Amen.

A Prayer for the Evening

When our day is done we ask Jesus to be with us while we sleep until the next day

God, our Father, this day is done.

*We ask you and Jesus Christ, your Son,
that with the Spirit, our welcome guest,
you guard our sleep and bless our rest.*

Amen.

A picture for our younger readers to colour



Caaaalm.....



As the Old saying goes

*“If you’re too busy to
pray, you’re too busy!!”*

Pexels – free stock photo

Jesus never:

- Rushed to Bethlehem
- Nipped to Capernaum
- Whizzed to Jerusalem

So, as the 1960's song goes

“Slow down you move to fast”

Ivona Marcellus-Boot

Name the Suffolk Villages Answers on Back Page

1. Explodes everything _____
2. Pebble provides liquid refreshment _____
3. Berthing place for a police officer _____
4. Short Michael's meadow _____
5. Pigs' heaven _____
6. Bury your knitting disasters here _____
7. Timber river crossing _____
8. Completes a meat and potatoes meal _____
9. See with this _____
10. Provides water from a tree _____
11. Damage imperial measure _____
12. Useful wheeled garden receptacle _____
13. A Cambridge College _____
14. Forename of a wartime leader _____
15. Not silk _____
16. Sinister Hogwarts's professor _____
17. The Chevaliers planted apples here _____
18. The rooster's territory _____
19. Essential tools for hairdressers _____
20. Exchange blows at water crossing _____

Pat Burrows (a parishioner's friend)

St Katharine Drexel



Katharine Drexel was born into a wealthy Catholic family in Philadelphia in 1858, but her mother died soon after her birth. Her father remarried and during her childhood Katharine saw her stepmother open their home weekly to house and care for the poor.

Katharine's father provided well for his family and stipulated in his will that if his daughters died without issue the Drexel estate would be distributed among religious orders and charities. While touring Europe in 1887 and seeking missionaries to help with the Indian missions they were financing. The Drexel sisters had a private audience with Pope Leo XIII, who suggested that Katharine herself should become a missionary. Subsequently in 1889, Katharine's six-month postulancy at the Sisters of Mercy Convent in Pittsburgh, initiated her as a religious and thereafter she dedicated her life and fortune to working for American Indians and African-Americans in the Western United States. She was courageous and did much to address social inequality within minorities, believing that all had a right to a quality education. Katharine's selfless and untiring service and the donation of her inheritance, helped many attain that goal until she was forced to retire aged 77, after a heart attack in 1935. Her latter years were spent in quiet and intense prayer, until her death in 1955, aged 96, leaving a legacy of over 500 Sisters country wide teaching in 63 schools and 50 missions in 16 states for Native Americans. St. Katharine was beatified on November 20, 1988 and canonized on October 1, 2000 by Pope John Paul II.

Anonymous Contributor

TIME

*Time can be your enemy
or the arm of a good and trusted friend
Time can be a fleeting moment,
a blink or a space with no end,*

*Time becomes the clock of life ticking away each
second, controlling all our pathways,
every twist and turn*

*Time is the enemy we use to fulfil our selfish needs,
to take away what we can give to others,
To rush and tear not reaching out to sister or a brother
Not searching for a neighbour, or a foe in dire need,
to give a smile, a kindly word - our time*

*Time is a precious gift, a gift to have and hold,
to store up memories of treasures when you're old,
Time to spend with loved ones,
whether big or small, with trusted friends,
to sit and talk and while away the hours.*

*The clock will still tick by and time will still go on,
make a friend of it, cherish it, give up a prayer
For when time arrives that you need a hand, a smile,
time will repay you doubly with friends
that are always there.*

*There is always time throughout our life
to laugh, love, mourn and sing,
but the greatest of it all is the giving of it freely,
the joys it always brings.*

*Time is so decisive, it waits for no man,
the wrongs and hurts of yesterday
that is time departed,
To heal, to cure, to mend, to carry on,
then that is yet the time to come*

*It holds us in its grasp to do with what we will,
to use not as an enemy but a true and trusty friend,
Then we can look back
with hearts so much lighter knowing that
we've not wasted God's gift of giving time.*

Pat Smith

Two quotes about time:

The greatest gift you can give someone is your time because when you give your time, you are giving a portion of your life that you will never get back.



The **bad** news is that time flies. The **good** news is that you're the pilot.

On the feast of St Andrew

“I will make you fishers of men”



Free Visuals: Jesus and the Fishermen After lending Jesus their boat, four fishermen obey Him, get a miraculous catch of fish and become His disciples. Luke 5:1-11

In the days, whilst we celebrate the feast of St Andrew, we can so easily be distracted by the urgency of all the material preparations for the Christmas season: the necessity of preparing the house, buying all the presents for returning children and grandchildren ordering all the best food and wine, worthy of the great feast. It will be good to remember this great saint and Apostle, who has given such an important spiritual ministry as a blessing for the whole Church.

We are reminded that, whilst Matthew speaks of Our Lord calling Peter and Andrew by the sea of Galilee, to emphasise that all the apostles were individually appointed by Christ, St John, in his

spiritual Gospel, draws attention to the particular and unique spiritual work of St Andrew. Andrew is the one John teaches, who leads Peter to Christ. The communion of Antiphon on St Andrew's feast that quotes John:

*“Andrew told his brother Simon:
We have found the Messiah, the Christ,
And he brought him to Jesus “(John 1: 41-42)*

In this text we see the first of the works of Andrew to lead others to Jesus. On another occasion it is Andrew who is asked to bring a group of gentiles to meet our Lord, so extending his spiritual ministry to pagans who will come to believe in Christ.

And this ministry is thus also to ourselves.

*He will, if we permit him,
bring us before the Christ child in the crib,
during the Holy season,
and open our hearts to receive Him.
This is the spiritual work our Lord has appointed him to
accomplish on behalf of the Church.*

We may recall that Andrew had been a disciple of John the Baptist, and when John pointed to our Lord saying

*“Behold the Lamb of God who takes away the sins of the
World”, in fulfilment of the prophecy of Abraham, “God himself
will provide the lamb for sacrifice”,*

Andrew understood that John must decline and the Lord must increase. And he immediately went to follow Jesus. He exhorts us also to be urgent in following our Lord wherever He goes.

Another act of Andrew is also significant to our spiritual life; it was Andrew who found the boy with loaves and fishes and brought

them to our Lord, so providing the elements of the miraculous feeding of the multitudes. Andrew said to our Lord

*“Here is a boy with five barley loaves and two fishes
... but what is that among so many”*

So that our Lord took it into His hands to feed the people. In this act he fulfilled the ministry of prophet after the pattern of Elisha.

*“How can I set this before a hundred men?”
His servant asked, but Elisha answered
“Give it to the people to eat.”*

For this is what the Lord says:

“They will eat and have some left over” (2 Kings: 40-4)

And the abundance of God’s provision for the people was seen in the twelve baskets remaining after all were fed by the Messiah. In the same way, Andrew brings us to the Eucharist, which is the abundant source of our joy. The abundance of the provision of our Lord for the feeding of all His people is emphasised by our Lord, when he proclaimed the Gospel *Kerygma*,

“When I am lifted up, I will draw all mankind to myself”

So, setting no limit on the mercy of the Father to a fallen race. That a mankind, even pagans, are drawn to the Christ child is stressed in the coming of three wise men from the East, which we recall during this season.

Geoffrey Johannes

A saying worth considering

If only common sense were more common

What a lot of Noise!

Y	A	C	R	E	L	I	A	H	D	U	O	L
E	C	H	O	Z	G	H	I	I	I	B	L	L
L	F	P	A	O	H	S	D	S	N	A	S	E
P	H	U	R	B	C	O	S	S	X	N	L	Y
I	I	S	L	R	R	W	A	I	L	G	A	R
N	X	N	A	R	A	S	H	B	N	N	M	A
G	A	T	G	R	S	Z	Z	I	F	I	Z	C
H	C	R	A	S	C	I	T	N	S	L	O	H
H	Z	V	A	S	S	E	E	N	U	T	O	I
C	O	I	T	A	P	R	E	B	A	W	L	M
E	O	M	M	M	E	G	A	P	H	O	N	E
E	M	M	U	R	D	O	A	R	D	O	J	A
R	A	R	R	Y	B	L	W	H	A	M	O	C
C	T	D	H	X	C	L	N	E	U	L	G	K
S	O	M	T	U	O	H	S	W	H	I	N	E

Can you find these hidden words?

Answers on back page

TRUMPETING
WHISTLE
CHIME
WAIL
BAWL
SCREECH
LOUDHAILER
ROAR
MEGAPHONE
ZOOM

ECHO
THRUM
TAP
DRUM
HISS
MOO
WHINE
CRASH
CLAP
DIN

SLAM
FIZZ
YELL
SHOUT
YELPING
SCRATCH
BANG
WHAM
PING

Yvonne Hannan

A reflection on the impact of the hymns we sing

When I open my hymn book and sing, the musical notes raise each word on high to Jesus.



*My Hymn Book sings
to Jesus.*

As the words lift from the page the sound of your voice raises them upwards like a beautiful rainbow where angels catch them, dancing across each colour they spread the message of love and peace across the heavens.

Fragrant winds pick up the sounds and the angels leap from cloud to cloud across the sky to come to rest before Jesus, the notes cascade into Jesus's hands where olive branches form.

Doves descend to pluck the branches from Jesus's hands and as a token of love and peace carry them to the hearts of his followers.

So, when you sing your hymn and feel the fragrant winds remember Jesus's love and peace is carried to you.

Jocelyn Porter

A few more words from Jocelyn follow

And now: A Thought for your Heart

When you are fearful, worried or distressed remember you have Jesus's love and peace in your heart and that he is always with you.



Jocelyn Porter

Does this saying resonate with you?

Silence is golden unless you have children and then it is just plain suspicious.

Katharine of Aragon in the Fens

Pickerel Bridge, the nearest bridge to the church over the River Gipping depicts waterway workers loading barrels. The bridge on Navigation Approach provides a gateway to the open country towards Needham Market and all the way to Ipswich. The Pickerel Project gathers local people to tidy up the river and its paths. For my part, when I pass through on the way to and from the station, I sometimes pull back the brambles; if my steps are too clumsy, the local inhabitants tell me what kind of doctor they reckon I am. I suppose Katharine of Aragon in Buckden knew the local waterways too, as there was always a risk of flooding.

After the Duke of Suffolk left Katharine alone she realised her support from local people. Just as she could teach embroidery, she learnt from local workers the demands of their jobs. I imagine her going out with eel fishers on the River Ouse. They showed her what they did in the punts, especially at night, and sang her some somewhat bawdy songs.

Katharine helped them write a new song based on a Jewish counting song with religious mnemonics. The chorus gives the name of the song “Green Sedge and Rushes, oh”, exactly what you would see from a boat on the Fens. The song is a two-person query with a delay built in to help the boatmen tell how far apart the boats are. The boatmen wear white for visibility at night, and, yes, there are two per boat. Several of the items in the original song are in the night sky, but the song may start in daytime with the most obvious object. We look for patterns in the stars, and enumerate the Zodiac.

The structure of each verse is:

Singer 1: I'll sing you [number], oh; Green sedge and rushes, oh,

Singer 2: What is your [number], oh;

Singer 1: [Answer for number, followed by answers for previous numbers]

Here are the rewritten answers with my annotation:

One: *One is one, and all alone, and ever more shall be so.*

{Exactly as in original Jewish song from Germany, this verse refers to God. But the human may jump in space and time from the Sun to the Earth itself, a world without end, and then perhaps to the Moon. The tenth and last verse is also common.}

Two: *Two by two, the lily-white boys, ribboned all in green, oh, oh.*

{The boater hat, still found on punts of university waterways, enables the head of the boater to be seen at long distances. Two men per punt was usual, one to move the punt, the other to do the work. If one fell overboard, the other would help restore the situation. The green ribbons help determine orientation at distance. The second “oh” may not be sung but be heard from a neighbouring boat (Singer 2).}

Three: *Three, three, Orion.*

{The three stars in a row of Orion's belt indicate life's guiding forces: money, sword and what we might call chastity. The three knots in the Franciscan's cord say the same thing. Orion is the dominating constellation on the celestial equator and prominent in the southern sky in winter for northern hemisphere viewers, as mentioned in the Book of Job.

Later the verse changed to “the rivals”, with the move from country to town. Just like the Christmas counting song has a pause at verse five for the golden rings, so the elongation here indicates the importance. I could propose several explanations apart from the usual one of mountains in Wales: the three apostles Peter, James and John, who were with Jesus at critical moments of his journey to the cross; the three Bible-based religions (Judaism, Christianity, Islam); the functions of state (legislation, judiciary, and executive).}

Four: *Four for the gospel creatures.*

{The four evangelists are matched with the four animals from the visions of Ezechiel, re-

imagined by the Book of Revelation. The attributed author John himself is matched with the eagle. Mark is matched with the lion, corresponding to the constellation Leo in the Zodiac. Luke is matched with the bull, Taurus. Matthew is matched with the man, which completes the pattern in the Zodiac as Aquarius.

The constellations Leo, Taurus, Aquarius and Scorpio form a fourfold pattern in the sky spaced 90 degrees apart, ensuring that two of them are always above the horizon. Together with the circumpolar stars especially the Big Dipper (Ursa Major), according to the seasons they provide a good guide for time at night. Incidentally, whatever the astrological derivations, the Zodiac is still used as a guideline for astronomical observations, especially the so-called First Point of Aries.}

Five: *Five for the symbols on your gate.* {Halfway point has Jewish allusions, but the new context of England means a Christian tradition. Moses appeared with Jesus at the transfiguration. We see the five-pointed letter M (or W) in the circumpolar constellation Cassiopeia. The books of the law, within them the Book of Exodus with marking of blood on doors of the Israelites; the cross, what the pyramid looks like from above, not the pentagram as seen in an apple cut sideways.}

Six: *Six for the slick pond skater.* {Insects that walk on still water are another allusion to the Book of Job. The low-bottomed punt is designed to stay horizontal.}

Seven: *Seven for heaven's Dipper stars.* {Both the Big Dipper and the dimmer, smaller Dipper have seven stars marking the handles and container. The two stars of the Big Dipper container point to the North Pole Star Polaris, the end of the handle of the lesser constellation. Boatmen would want to know directions. With no clouds north is immediately available in Polaris. When the sky is partially cloudy, any indication of north is useful. Polaris is the one fixed point in the northern sky; everything else moves.}

Eight: *Eight for the spider and its web.* {The spider's legs and sometimes the half-quadrant design of its web are obvious patterns in nature.}

Nine: *Nine for the game of Morris men.* {Board games have been pastimes for ages. Katharine as a young girl knew the Moors in Granada. The mathematical patterns in the Al-Hambra palace display all forms of symmetry. Tic-tac-toe has a 3x3 board but the game is considerably less challenging.}

Ten: *Ten for the ten commandments.* {The Abrahamic religions have common source of guidance in the Mosaic law, in particular the tablets brought down from the mountain, often identified as Sinai, but more likely in the Midianite territory on the other side of the gulf of Aqaba.}

James Conlon

Addendum.

In the next issue of our Social Magazine James has said he will pen us another article: *The boatman asks Katharine to tarry while he sings of Harry and Mary, and of the previously hidden second queen Anne Boleyn whom the King called ROMVEZ; he then invites Katharine to preach to the birds.*

Editor's note.

There have been several attempts to explain the meanings behind the song "Green Grow the Rushes, Oh. It is one of the most mysterious oral folk songs. Versions have been found in German, Flemish, Scots, Breton, Medieval Latin, Hebrew, Moravian, Greek and French traditions. Most researchers agree that the song is clearly religious, but also that it may not have not originally been Christian.

Impossible Pie

Ingredients

5 large eggs
6oz cater Sugar
16 fl oz milk
1 teaspoon vanilla extract
Pinch of Salt
2 oz softened butter
2½ oz plain flour
2 oz desiccated coconut
½ teaspoon baking powder

..... Now here comes the CLEAVER BIT!

Method

1. Turn oven on to preheat to 180°C
2. Put ALL the ingredients into a food processor (you can use a mixing bowl if you don't have a food processor - and provided you have the muscle!)
3. Mix the ingredients until they are blended
4. Pour the mixture into a 2" *deep* 10-inch pie dish
5. Bake the pie in the centre of the oven at 180°C

You will find that whilst cooking the ingredients will settle into 3 layers:

1. A pastry base
2. A custard filling
3. A coconut topping

Pat Smith

TRY IT – IT REALLY WORKS

Refugees

*They have no need of our help
So, do not tell me
These haggard faces could belong to you or me
Should life have dealt a different hand
We need to see them for who they really are
Chancers and scroungers
Layabouts and loungers
With bombs up their sleeves
Cut-throats and thieves
They are not
Welcome here
We should make them
Go back to where they came from
They cannot
Share our food
Share our homes
Share our countries
Instead let us
Build a wall to keep them out
It is not okay to say
These people are just like us
A place should only belong to those from there
Do not be so stupid to think that
The world can be looked at another way*

Now read this again only this time line by line from the bottom to the top.

Brian Bilston. (Provided by Margaret Cutting)

Before 1970

In the early days of the present Catholic Church Building, which was completed in 1884, the Church itself was situated on the first floor. The ground floor was used as classrooms for the school run by Ursuline nuns, then resident in the town. The plans, never completed, allowed for a larger church to be built facing onto Ipswich Street. The church upstairs would then have been used solely as the convent chapel.

After only a few years the nuns departed and the school closed because there were too few children and a severe shortage of money in a very small Catholic community. The ground floor of the building was leased to The Ministry of Public Buildings and Works and was used as the Labour Exchange for the town until the time remaining on the lease brought back an order for the Church to be relocated on the ground floor.

By the 1960s Stowmarket was growing and the church upstairs had become inadequate for the needs of the increasing Catholic population. This led Father Brendan Peters and his parish to the decision to move downstairs. An extension of the ground floor was needed to provide the required space for the church itself and to enable a Blessed Sacrament Chapel, a confessional, a lobby and the Narthex, to be included. Mr. E.E.R. Sandon FRIBA of Ipswich was the architect selected to draw up the plans. The contract was awarded to Blackburns of Harleston with John Powseland and Associates as consultants. It was a difficult project and took several months to complete during a very wet winter.

A second-hand organ was purchased and parishioners stripped and re-varnished the benches. Individuals donated the Altar, altar furniture and carpeting for the Altar and the Blessed Sacrament Chapel. Parishioners donated the cost of the carpeting for the main body of the church within a fortnight.

The entire cost of the work amounted to £13, 300.



The new Church of Our Lady was blessed and opened by the Right Reverend Alan C Clark, Bishop of Elmham, on behalf of the Bishop of Northampton, on the 11th April 1970.

Unsigned document received from parishioner

Increasing global warning and pollution explained.....

"It isn't pollution that's harming the environment. It's the impurities in our air and water that are doing it."

Al Gore, when US Vice President

Villages Quiz: The answers

1. Explodes everything BURSTALL
2. Pebble provides liquid refreshment DRINKSTONE
3. Berthing place for a police officer COPDOCK
4. Short Michael's meadow MICKFIELD
5. Pigs' heaven SWILLAND
6. Bury your knitting disasters here WOOLPIT
7. Timber river crossing WOODBIDGE
8. Completes a meat and potatoes meal PEASENHALL
9. See with this EYE
10. Provides water from a tree ELMSWELL
11. Damage imperial measure BRUISYARD
12. Useful wheeled garden receptacle BARROW
13. A Cambridge College CLARE
14. Forename of a wartime leader WINSTON
15. Not silk COTTON
16. Sinister Hogwarts's professor SNAPE
17. The Chevaliers planted apples here ASPALL
18. The Rooster's territory COCKFIELD
19. Essential tools for hairdressers COMBS
20. Exchange blows at water crossing BOXFORD

Answers: What a lot of Noise!

Y	A	C	R	E	L	I	A	H	D	U	O	L
E	C	H	O	Z	G	H	I	I	I	B	L	L
L	F	P	A	O	H	S	D	S	N	A	S	E
P	H	U	R	B	C	O	S	S	X	N	L	Y
I	I	S	L	R	R	W	A	I	L	G	A	R
N	X	N	A	R	A	S	H	B	N	N	M	A
G	A	T	G	R	S	Z	Z	I	F	I	Z	C
H	C	R	A	S	C	I	T	N	S	L	O	H
H	Z	V	A	S	S	E	E	N	U	T	O	I
C	O	I	T	A	P	R	E	B	A	W	L	M
E	O	M	M	M	E	G	A	P	H	O	N	E
E	M	M	U	R	D	O	A	R	D	O	J	A
R	A	R	R	Y	B	L	W	H	A	M	O	C
C	T	D	H	X	C	L	N	E	U	L	G	K
S	O	M	T	U	O	H	S	W	H	I	N	E

Answers are in the shaded squares – The words go forwards/backwards; up/down and diagonally and sometimes a letter is even used more than once.

TRUMPETING
WHISTLE
CHIME
WAIL
BAWL
SCREECH
LOUDHAILER
ROAR
MEGAPHONE
ZOOM

ECHO
THRUM
TAP
DRUM
HISS
MOO
WHINE
CRASH
CLAP
DIN

SLAM
FIZZ
YELL
SHOUT
YELPING
SCRATCH
BANG
WHAM
PING

