

The Church of Our Lady, Stowmarket



 
For Saints and Sinners

18th Edition: Autumn 2019

FOREWORD

Welcome to the 18th edition of your social magazine.



For Saints and Sinners

Our fond farewell to Father David was tinged with sadness as he set off for pastures new in September. Our Lady's Parish family has been fortunate to have had Father David as our parish priest for 11 years and he will be sorely missed. Many of us were able to see him off in style on Sunday September 1 at the parish lunch in the scouts' hut in Stowmarket and thanks go to the organisers who ensured a memorable event. We will keep Father David in our prayers and we wish him every happiness as he begins this new chapter of his ministry in Ely.

At the same time, we greet Father Ioan Sandor and offer him our help and support, as together we wish him a happy and rewarding ministry with us. Some lucky parishioners were able to share in Father Ioan's Induction Mass on October 1. The Mass was a concelebration, led by Bishop Alan who was joined by 3 priests from Romania and several priests from around the Diocese. This joyous occasion was followed by celebratory refreshments and an opportunity for parishioners to meet and thank Bishop Alan for sending Father Ioan to us. We do not underestimate how blessed we are to have our own parish priest. *So, welcome Father Ioan and long may our good fortune last!*

I have begun this edition with a focus on Advent. I do hope you enjoy your social magazine and thank you for your continued help and support. It is much appreciated. Contributions are always gratefully received, so please consider offering something for inclusion in future editions.

Yvonne Hannan, Editor
yvonne.hannan@icloud.com

ADVENT

A TIME FOR PRAYER AND PREPARATION



Week 1: Hope

Dear Jesus, you are the hope in our messy world.

*This Advent, help us slow down,
and to listen more closely to your voice.*

Help us to focus on what's really important.

*We place all our hope in you
as we prepare our hearts and souls
to celebrate the hope your Christmas birth brings.*

Amen.

Week 2: Peace

*Dear Jesus, you entered our world at Christmas
as the Prince of Peace.*

*This Advent, as we strive
to become the best version of ourselves,
fill us with a deep and abiding peace.
Help us to share that peace every day
with everyone we encounter,
especially with those who need it most.
Amen.*

Week 3, Joy

*Dear Jesus, help us to focus on you
during this busy season.*

*May we always stay aware of the joy
you bring into all our lives.*

*We want to find you in the everyday moments
and come to you with hearts full of gratitude
as we approach your manger at Christmas.*

Amen.

Week 4, Love

*Dear Jesus, may the light of your love
always shine brightly in our hearts.*

*As Christmas draws closer,
we marvel at your great love for us.*

*Let your love transform every aspect of our lives
and touch everyone we encounter.*

*We open up our hearts to you, Jesus,
and welcome you and your unbounding love in.*

Amen.

THE LORD IS MY SHEPHERD

I wrote this piece years ago, before I was married and when I first apprenticed as a shepherd, mainly with hill sheep. I loved it and it really opened my eyes to what it means when Jesus calls Himself the Good Shepherd. MY GOOD SHEPHERD.



Ivona, shepherding in Wales

Amazing symbolism:

*“for he is our God
and we are the people of his pasture
and the sheep of his hand”
(Ps95 (94) v7)*

My missal translates this last part as *“the flock that is led by his hand”*, but to me, this really misses the point. To me it’s far more than that. It’s the personal 1:1 relationship between us, between shepherd and sheep that is the issue. But, any 1:1 relationship can be really hard work. The shepherd knows what is good for his sheep, but what a palaver trying to get things done when the sheep just won’t co-operate.

So often in retrospect, after a situation has concluded, we can see what the shepherd was truly about and can see his Almighty guiding hand. Our shepherd is there, we just have to walk with him in trust, not rushing to the side of the lane where we fall into the ditch, which he could see from above, but which was hidden from our view. We need to just plod along LAYING TIME ASIDE to be with him.

Whether we are feeling frustrated OR inspired We just have to LET HIM WALK WITH US.,

*O that my people would listen to me,
that Israel would walk in my ways!
I would feed you with the finest of wheat and
with honey from the rock would I satisfy you.
(Ps81 (80) v13,16)*

How often we shut out His guidance and presence in our lives by *“I can do it, no time to pray”*, yet when we pray we drop out of solitude and straight into His supporting arms.

He can steady us, comfort us, be the

stronghold in time of trouble

(Ps9 v9).

He does not forget the cry of the afflicted

(Ps9 v12).

And for those of us who are blessed to know His name, we should try harder to put our trust in Him.

And those who know thy name

put their trust in Thee,

for thou O Lord,

has not forsaken those who seek Thee.

(Ps9 v10)

He has the overview and it will be alright, perhaps not in the way we envisaged, but IT WILL BE ALRIGHT.

I have an old Polish Easter card depicting Jesus holding a lamb which is lying there accepting and trusting in his shepherd. So, one final thought: a Franciscan brother once gave me the following wonderful chastisement to ponder "*Ivona, you like being a shepherd, but do you have the humility, the sense to be a sheep?*" Before Jesus, what would be your reply? Let him teach us, take time to pray, in your way, but DO IT, before you forget how.

Ivona Marcellus-Boot

The full version of this article was first published 1999, in the Agricultural Christian Fellowship Magazine.

**THE GOOD SHEPHERD
FOR YOUNGER READERS TO COLOUR AND KEEP**



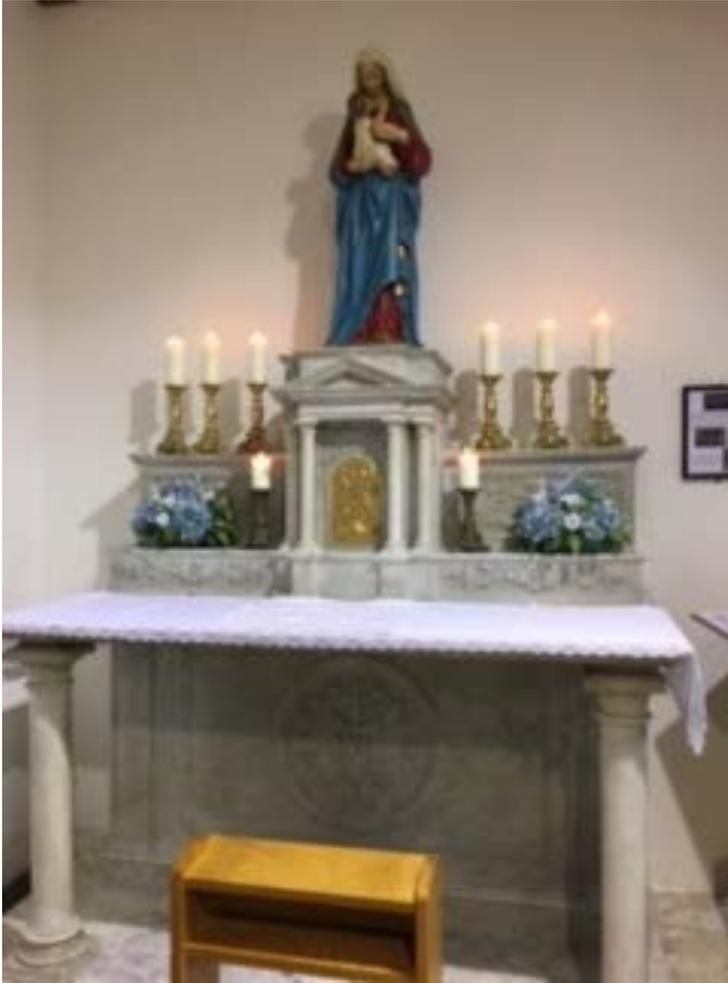
A FILM QUIZ: JUST FILL IN THE MISSING NUMBERS!

1 Angry Men
2 Space Odyssey
3	Starter for
4	The Sense
5	Fantastic
6 flew over the cuckoo's nest
7 for the money
8 men and a baby
9	The year itch
10 things I hate about you
11	Apollo
12 jump start
13	Lock, stock and smoking
14	The stooges
15	The magnificent
16	Friday the
17 years in Tibet
18	Miracle on Street
19	Stalag
20

Solution on the back page

Pat Burrows (a parishioner's friend and regular contributor)

A VERY SPECIAL ALTAR



The altar stood in the Oratory Chapel of the Italian Hospital in Bloomsbury for 120 years.

It was actually installed there when the building was erected in 1898, but the evidence of stonemasons suggests that the altar was moved from another church or chapel to the hospital.

Great Ormond Street Hospital (GOSH) bought the redundant Italian hospital in 1990, but the chapel was retained for the use of parents who were resident in the accommodation that GOSH provided for them. The prayer intention books that were found in the chapel are filled with heartfelt words, prayers and appeals for healing for those parents' most precious babies and children.

The Italian Hospital is now being converted into an outpatient's facility and as GOSH has a beautiful gothic Victorian chapel in the main building the Italian Hospital chapel is redundant and will become a beautiful rest room for the staff.

Our son, Crispin, who is head of Healthcare Planning at GOSH was determined to find a new home for the altar. He advertised its availability widely and to his surprise and delight one of the enquiries he received came from the Parish Priest in Matlock, the church of Our Lady and St Joseph, where our family were parishioners when Crispin was a young boy and his first ministry was as an altar server there.

Two families in the Matlock parish sponsored the cost of the removal of the altar from its old home and its installation in the Lady Chapel in their own church. The altar was blessed in its new location by Bishop Patrick of the Nottingham diocese at a celebration Mass on Sunday 6th October 2019 and we were delighted to be guests at that celebration.

Crispin, a Permanent Deacon in the Northampton diocese, assisted at the Mass and spoke at the end about the history of the altar. He also said, "I believe that the prayers we offer last forever and as they are carried to God, they continue to reside in the fabric of the space in which we offered them.

You have, therefore, become custodians of the prayers offered before this altar for over 120 years – that sounds like a big responsibility to me! So, I would ask one thing of you as a community.



By way of gratitude I would ask that you continue to remember Great Ormond Street Hospital and our community of staff, children and parents in your prayers. But, most particularly please, our children. You don't need to know their names or medical conditions, only that some of them are so weak and so sick that their illnesses cause such distress for themselves and their families. They are courageous and determined fighters, each and every one of them. I know that the courage and determination of these children and their families will be bolstered by the prayers that you offer for them and, on their behalf, I thank you for those prayers.

For ourselves it was very moving and heartwarming celebration and we thought you might like to share it with us.

Jo & Frank Lea

TWO SHORT STORIES TO MAKE YOU SMILE

The Family Meal

A family sat down together for their evening meal. It was their custom for each member of the family to take their turn to say grace. One evening it was the turn of the five-year old son. He clasped his hands firmly together, bowed his head and began to say a prayer in his best speaking voice. When he concluded his prayer, this what he said:

"Oh, and Dear God, thank you especially for these lovely pancakes – you know they are my favourite."

When he had finished his prayer, his parents turned to him and asked him why he had thanked God for pancakes when he could see that it was chicken they were having for their meal. The boy smiled cheekily and said:

"I just thought I'd see if He was paying attention tonight."

Carefully follow the instructions...

An office worker went into the office kitchen one morning and found a new employee busily painting the walls. The office worker was surprised to see that the new employee was wearing a big, heavy winter coat over a nice denim jacket. The office worker thought the attire was somewhat strange for the job being undertaken and asked the new employee:

"Why are you wearing two coats, rather than old clothes or perhaps an overall, whilst you paint the walls?"

The employee showed the office worker the tin of paint and pointed out the instructions:

"For best results, put on two coats." !!!

THE OLD VIOLIN



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*T'was battered and scarred
and the auctioneer thought
it was scarcely worth his while,
to waste much time on the old violin,
but held it up with a smile.*

*"What am I bid, good folks?" he cried.
"Who'll start the bidding for me?
A dollar, a dollar, then two! only two?
Two dollars, and who'll make it three?"*

*Three dollars, once, three dollars twice;
Going for three...*

*but no, from the room, far back,
a grey-haired man came forward
and picked up the bow....*

*Then wiping the dust from the old violin
and tightening the loosened strings
he played a melody pure and sweet
as a carolling angel sings*



Pixabay.com

*The music ceased and the auctioneer
with a voice that was quiet and low said,
“What am I bid for the old violin now?”*

*and he held it up with the bow
“A thousand dollars, and who’ll make it two?
Two thousand dollars and who’ll make it three?
Three thousand, once, three thousand twice
and going, going, gone.” said he.*

*The people cheered, but some of them cried
“We do not understand
what changed its worth.”
Swift came the reply.
“The touch of the Master’s hand
and many a man with life out of tune
and battered and scarred with sin
is auctioned cheap to the thoughtless crowd,
much like the old violin.*

*A mess of pottage, a glass of wine.
A game - he travels on.
He is going, once and going twice.
He’s going almost gone,
but the Master comes and
the foolish crowd never can quite understand
the worth of a soul
and the change that is wrought
by the touch of the Mater’s hand.*

Myra Brooks – Welch (1877 to 1959)
Poem forwarded by Ivona Marcellus-Boot

A REFLECTION ON PSALM 23

THE LORD IS MY SHEPHERD

*“The LORD is my shepherd, I shall not want;
he makes me lie down in green pastures.
He leads me beside still waters;
he restores my soul.
He leads me in paths of righteousness
for his name’s sake.
Even though I walk through the valley
of the shadow of death,
I fear no evil;
for thou art with me;
thy rod and thy staff,
they comfort me.
Thou preparest a table before me
in the presence of my enemies;
thou anointest my head with oil,
my cup overflows.
Surely goodness and mercy shall follow me
all the days of my life;
and I shall dwell in the house of the LORD
for evermore”.*

It is with some amazement that after so many years of praying, singing and pondering this psalm, the depth of truth it expresses is suddenly *alive in my soul*. The realisation that God is **for us** and not judging our every failure harshly, looking only to gather us up and protect us from the ravenous wolves surrounding us. That he wills us every imaginable good, peace, joy, security, faith, hope and love, is a tremendous encouragement in the spiritual life of every Christian. So, let us examine its elements.

“The Lord is my shepherd, I shall not want...”

That Christ wishes to be the shepherd who guards the sheepfold of God is well known through Scripture as Christ calls himself “The Good Shepherd who lays down his life for the sheep”, and this psalm illumines the deepest meaning of this image. God is closer to us than we are to ourselves, he walks with us. Christ describes this intimacy when he says “I know my sheep and my sheep know me... they will not follow another”.

There is nothing, absolutely nothing lacking, nothing that God will not provide *for those who trust in his love*; this is the key to the whole psalm, it is intended to fill us with complete trust, *both in his goodness, and his mercy* to sinful, imperfect human beings. It fulfils the promise that God will wipe away all sin, remove it far from us as if it never existed. This is the result of the mystery of Christ’s Passover, that we die with Christ to every sinful thought, word and deed, and rise up with Him to newness of life, the life of grace, enabled by God’s Holy Spirit and the Sacraments of the Church.

Now it often troubled me that, despite the promises of God of redemption, I continued to experience falls into temptations of all kinds. Can God forgive all these failures? This troubles us all. Yet God assures me that he is a loving Father and the shepherd of my soul. Since all the power of sin is broken, I have been *set free from guilt* and given grace to follow Christ by faith. What is necessary is to always turn back to God, and believe in His love, regardless of how imperfect is the love in us. Christ has set the standard of **perfect love** in saying “Love your enemies, and pray for those who persecute you”. We need repentance when failing to match this standard of love. St Paul admitted, “I know that I have not yet been perfected in love”, after many years of faithfully following Christ, so it would be presumptuous of me or anyone to think that *we have*. However, by trust in God—rather than in ourselves—we come to dwell more securely in His grace. And

St Paul prayed that we would eventually be “filled to the measure of the fullness of the love of God”.

“He makes me lie down in green pastures...”

The pasture of the soul is the grace of God, constantly fresh and new; in this ‘laying down’ we are set at rest, *like the Apostles reclining in the presence of the Lord at the Last Supper*. So, God is with me always (Emanuel). Just as He promised.

“He leads me beside still waters; he restores my soul”

This stillness is the gift of the Lord, *still waters* that calm the mind, that set all things at rest, that act as a restorative to the soul. When the turmoil of daily life in this world threatens to overwhelm us, God’s gift is His peace. And the restoring of our hearts to equanimity. All this takes place invisibly, quietly, secretly, within us. All the work of God in the Redemption, is to restore to mankind what was lost in disobedience. God’s peace surpasses man’s sins, for all who turn to Him.

*“He leads me in paths of righteousness,
for his name’s sake”*

Through the history of Israel, God makes it clear that he gives gifts and grace, protection and loving-kindness to His people, in order to manifest his goodness, his glory and the reward of faithfulness to the covenant; betrayal of the covenant led to the loss of God’s protection. Israel saw the Name of God (HaShem) as holy, and the people as called “to be holy, as I the Lord your God am holy”, it was God’s intention that Israel would bear witness to a holy God, by imitation of his lovingkindness, and displaying this before the Nations. But Israel turned back to the ‘old gods’, who demanded human sacrifice and all kinds of evil. In this way God saw that **his Name**, far from being glorified, was

despised among the Nations, though at times the pagans (like the three wise men) had yearned for God, and sought to find Him. God made covenants with Abraham, Isaac and Jacob, so they became the 'chosen people', and were called as God's people to be a blessing to all mankind; God had promised Abraham that "*through you all the nations on earth will be blessed*". Thus, God's will that Israel would bring the blessing of God's grace to all mankind *had to finally be accomplished*, but only God, himself, would work this salvation through Jesus Christ, and so break down the wall of division between chosen and outcast nations. In this way, God showed the whole earth that it was by His glory and grace that mankind would receive their liberation, their forgiveness, and their redemption. *All this was God's work, so that no man may boast.*

"Even though I walk through the valley of the shadow of death, I will fear no evil".

God has removed the sense of dread that man experiences in contemplation of their final end, and by walking with us through every trial God gives us strength to cope with our natural fears. He assures us that evil will never touch us if we remain close to our Shepherd.

"For thou art with me, thy rod and thy staff they comfort me".

The Shepherd is the one who preserves the sheep from predators by driving them away with the rod (*shebet* in Hebrew). This is a rod, also, of direction, by which the sheep are guided to the good pasture and away from toxic plants. And the staff of God is the authority in which he casts away all who seek to harm the sheep, but gathers to himself (with the crook of his staff) all who wander from the way. The comfort he brings is from the re-ordering of the interior life of all who have faith. All these comforts

are the result of the upbuilding of grace in the hearts of the faithful.

“Thou preparest a table before me in the presence of my enemies...”

The table of the Lord is the Eucharistic Feast of God, where we are fed with the life of Jesus Christ, in receiving, by faith, his Body and Blood as heavenly food. Now this feast is not set before saints only, but before the penitent sinner whose interior life is plagued by the *enemies* that sin manifests in us: vanity, conceit, malice, slander, and untold other evils, and yet this grace of the Eucharist is given: of a participation in the life of Christ by consuming the heavenly food of God. This holy food has power to purify the soul, to render our enemies within and without powerless against us. A food that nourishes with heavenly sweetness, and ‘purifies the sons of Levi’. No man is worthy to receive the glory of God, yet Christ says clearly “Father, I have given them the glory that you gave to me”, and so all our enemies must perish.

“Thou anointest my head with oil, My cup overflows.”

There is a lovely image of this in psalm 133, “Behold, how good and pleasant it is when brothers dwell together in unity! It is like the precious oil on the head, running down upon the beard of Aaron, running down upon the collar of his robes”. We can discern, here, the sweet odour of Christ.

Since **unity** is the blessing of God, the rabbi, Rashi, argued that when God’s people are united, God is *with them*, therefore the Eucharist is known in the Church as the ‘Sacrament of Unity’ when God’s people are made one in Christ, becoming members of One Body. The oil of anointing, both in Israel and the Church, is the *oil of gladness*, God’s Holy Spirit, and this is the fullest meaning of the Greek ‘*eucharisteo*’, which has the primary

meaning of **giving thanks**, but has a root, *chara*, meaning joy/gladness, and *charis*, meaning grace. The overflowing cup captures the joy of union with Christ and with all the people of God throughout the world.

*“Surely goodness and mercy shall follow me
all the days of my life”*

It is overwhelming to hear this assurance that God follows behind us gathering up all our fault and failure and showering us with blessings of mercy and forgiveness.

*“And I shall dwell in the house of the Lord
for evermore”*

This is the final outcome of the Lord’s leading, that we shall be called to dwell with Him for all eternity; the psalmist understands that the lovingkindness of God towards us is unlimited, and designed to make us forever the children of God.

Geoffrey Johannes.

A QUOTE FOR YOU TO PONDER

In a grammar class the teacher asks one of her students:

“Mary, when you sing you say 'I sing', what do you say when your brother is singing?”

Mary replies: *“I say 'shut up you're a terrible singer'.”*

CoolFunnyQuotes.com- <http://coolfunnyquotes.com>

THE BAKER AND THE FARMER.



A baker in a little country town always bought the butter he used direct from a nearby farmer. One day he was making some cakes and he thought that the cake mixture was not coming together as it usually did. He considered what the cause might be and wondered if the most recent bricks of butter, which he had purchased were not full pounds. Perhaps, it was that which was causing the problem....

Over the following few days, in order to test his theory, the baker weighed each brick of butter as he prepared his mixtures for baking. He soon found out that his theory was correct! The bricks of butter he had purchased from the farmer were indeed less than one pound each. The baker was furious to think that he had been swindled by the farmer, so he reported the matter to the police.

Some days later, the farmer was arrested, questioned, charged and then released on bail until the matter went to court. At the

trial the judge questioned the farmer, "*I presume you have scales, to weigh your butter?*"

"No, I don't, your Honor", the farmer replied.

"Then how do you manage to weigh the butter you sell?" inquired the judge.

The farmer replied, "*That's easily explained, your Honor. I always balance each block of butter against a one-pound loaf, which I have previously bought from the baker*".

The moral of the story

In life, you often reap what you sow. Honesty really is the best policy, because in the end cheats do not prosper. *The story is based on an inspirational anecdote, from a book by Meir Liraz.*

Anonymous contributor

STARFISH



<https://pixabay.com/images/search/starfish>

*I wish I was a starfish
Swimming in the sea
Floating on the surface
Or bobbling merrily*

*Staring up at heaven
All that vastness,
Things to see ...
Are they stars,
Or starfish souls?
Twinkling in that sea.*

Ivona Marcellus-Boot

THE HIDDEN QUEEN: KATHARINE OF ARAGON MEETS ROBERT ASKE

Robert Aske, the lawyer who will eventually lead the Pilgrimage of Grace three years later, after Katharine's death, pays a surreptitious visit to the former Queen at Buckden on his way from York to London on the Great North Road.

Imagine the conversation as Robert greets the Princess Dowager (no longer Queen) while she climbs onto the jetty after her midnight boat trip. [Computer logistics: Use your favourite map website to show Buckden Towers from 100 metres above. The knot garden dates to Elizabethan times. Now move the view to the river Great Ouse about 1 mile to the east at Offord Cluny].

Robert Aske: *"We know that the King has already married whom he called the hidden queen, she who now walks beside him in the light of day. In the night she was the zodiac to him. But they did not spend much time looking at the stars. So now it is you who are the hidden queen, while Anne Boleyn sails the Thames openly with the King."*

Katherine of Aragon: *"And you must be a secret knight, or perhaps a bishop, to tell me my inmost thoughts."*

Robert Aske: *"No need to ask. Poor priests like to walk in chains."*

Katherine of Aragon: *"And God likes to forsake them! Cardinal Wolsey nearly lost his head for not fulfilling his duties as Chancellor. Perhaps he should have done his duties before God first."*

Robert Aske: *"His successor as Chancellor, Sir Thomas More, couldn't agree with the King about your marriage. Resigning will not save him from the King's temper."*

Katherine of Aragon: “Yes, a storm is coming, and we should all stand on solid ground.”

Robert Aske: “You stand on the jetty of the monastery whose eels and water fowl we deliver. One fear we have is that a huge mass of water will wash over us. That’s why we shout to each other regularly. But who will save the monasteries that support our lives?”

Katherine of Aragon: “I cannot force my husband to love me. Even more would I be silly to surround him with my nephew’s army, though I must admit I have thought that way. Why would I raise an army against my husband? That would only distort the inheritance of our daughter Mary.”

Robert Aske: “Would you teach us that game you call “ajedrez” [chess]? We understand that you can beat his Grace.”

Katherine of Aragon: “But I do not have a chess set now.”

Robert Aske: “We do not think that is a problem. We can make you a new one in a week.”

Katherine of Aragon: “Very well. Send me three 7-year-olds next week. They should know what a chariot is, and how to recognize an elephant. Ask them whether they can stroke a cat without being bitten or scratched, and whether they are afraid of dogs.

If they can ride a pony or even a horse, that would be an advantage. Can they make plans? Would they have some idea about how other people think?”

Robert Aske: “We understand that you brought to England a Barbary ape from the rock that guards the entrance to the Mediterranean Sea .”

Katherine of Aragon: “Yes, one fairly intelligent inhabitant of England that does not pay tax. If my chess initiates have seen animals that look like us, they already know a lot about how the world works.”

Robert Aske: “I align with the Lord John Hussey to follow the interests of the Lady Mary. Our best hope is that the King requests her presence at the court of the new prince or princess. There she can play the royal game again.

You once reduced our tax burden by appealing to the King, but then Cardinal Wolsey, that devious tax-collector, said it was his idea. It seems that the King instigated the law apprentices to riot against foreigners. When the King asked you to judge them, you found them guilty but appealed to the King on behalf of their wives and mothers. On the chessboard no one dies.”

Katherine of Aragon: “I was never a rival to my lady-in-waiting Lady Anne Boleyn, although I once spoke half-jokingly to her about seeking the King. What game would that be if a wife has to remind her own husband of the rules? Besides, the King had more than one rival for her attention, including those musicians Thomas Wyatt and Mark Smeaton.

Chess players must always know the location of their own king, while preparing their attack on their opponent's. The King is also valuable in card games. My daughter, the Lady Mary, makes it known that she likes these games of chance. She does not want the King to think that he is not the best chess player in the land.”

“Bore!” “Bore!” The boatmen shouted.

Everyone froze as the boatmen held tightly to the jetty. As it turned out, the water level rose just a couple of inches, but the

line of froth from the incoming tide did not dissipate as it advanced upstream as in royal progress. The bore had spoken. Robert Aske was executed at the Clifford Tower, York, in 1537.

On 30 November 2018 a blue plaque was unveiled there.

Secret letters from King Henry VIII to Lady Anne Boleyn were discovered in the Vatican archive, probably via Hever Castle. To avoid scrutiny the signature was title in abbreviation. In one letter the signature is BNRI de ROMVEZ. ROMVEZ is Anne, the Regina occulta. BNRI is the King, Bonus Nauta Rex Igne.

James Conlon

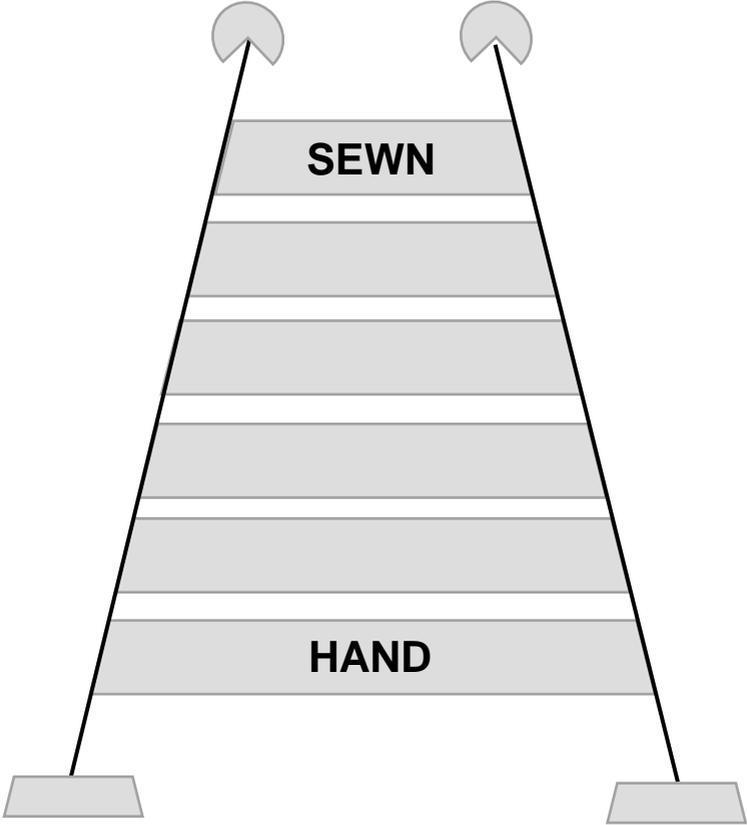
Postscript:

A devout man, Robert **Aske** (1500 to 1537) was an English lawyer, who became a leader of rebellion in Yorkshire. He objected to Henry' VIII's religious reforms and finally he was He was convicted of high treason in Westminster and taken back to York, where he was hanged in chains on 12 July 1537.



Cliffords Tower, the scene of Aske's execution in 1537

WORD LADDER: HAND-SEWN



Work your way up the ladder.

Start on the bottom rung with the word HAND. Change one letter to make a new 4-letter word and insert your new word on the second rung. Repeat this process to move up the ladder. To complete the puzzle the word you make on the top rung should be the word SEWN.

Solution on back page

MASS FOR THE SICK AND HOUSEBOUND

This beautiful twice-yearly afternoon event, was this time held on Sunday October 20th and as usual it was well-attended and well-received. The weather was a bit chilly and the day was overcast, but thankfully the rain held off when our honored guests arrived and were being escorted into Our Lady's by the cheerful and willing band of helpers.

The music provided during the holy Mass was excellent and the hymns were sung with enthusiasm. This combination contributed immensely to an especially joyful and uplifting occasion and set the scene for a very special afternoon, which was full of optimism and thanks and thoroughly enjoyed by all present. Father Ioan celebrated Mass and anointed 13 guests.

When the Mass concluded, most guests and their companions came together in the Social Centre for some light refreshments, washed down by a welcome cup of tea or coffee. The downstairs meeting room in the Centre had been carefully set out and looked really welcoming with matching table cloths, smart white crockery and fresh flower table decorations.

It was the perfect setting for an afternoon tea. Old friends and acquaintances were able to meet up again and spend time together in the warm surroundings of the Centre. Unsurprisingly, the air was soon filled with cheerful chatter and the sharing of memories as all present enjoyed the food and hospitality on offer. There was even enough food left over at the end of the afternoon to permit those who wanted to, to take something home for their supper.

Thanks to Gillian for organising the event, and to the volunteer army whose hard work made the afternoon such a resounding success. Here's looking forward to the next time!

Yvonne Hannan

THE GRILL-ROOM AT THE SAVOY HOTEL, LONDON

My parents had a most interesting acquaintance, Mr Karpinsky, a wine sommelier with a private room at the Savoy Hotel, London.

Before going to college, I hoped to get some paid work during the long summer holiday and Mr Karpinsky kindly offered me work as a commis waiter in the grill-room of the Savoy, where I had to wear a wing collar shirt and bow tie, which the benign Mr Karpinsky taught me how to tie correctly.



Commis waiters are the lowest-ranked waiters in a restaurant.

As such, I was only permitted to do the most basic of tasks, so I assumed that being at the bottom of the chain of command, all I had to do was everything anyone asked of me without question.

However, this proved to be no simple matter! The restaurant was supplied by four kitchens: hot, cold, sweet and sorbet. My job was to run up and down the stairs transporting trays from the kitchens for service at table.

On one accession, I recall the French table waiter saying “*Une anguille fumée, vite!*” (“smoked eel, quickly!”) and when I arrived at the cold kitchen the chef berated me in French, because he had sent up two smoked eels ten minutes earlier and said we could not possibly have used them already. On another, I was sent to the hot kitchen for “*un sel d’agneau aux garnitures*” (saddle of lamb with garnish). The Italian chef who delivered the dish became a good friend to me: when he discovered my mother was from Rangoon he waxed eloquent about the beautiful Burmese girls when he was in Burma during the war.

To prevent collisions between the commis waiters rushing up and those coming down, there was a metal rail to keep the two traffic flows apart. However, I recall when I rushed up the stairs clutching a mountainous bowl of strawberries the commis waiters coming down kept snatching handfuls the pile, so when I got to the top of the stairs all I had was a small hill!

Fortunately, on some days I had some relief from running up and down stairs all the time when I was required behind the bar, where I learned to prepare the smoked eel for table and to make “*Coupes Florida*” (Florida oranges and grapefruit peeled segmented and mixed together).

In the Savoy, I also had the opportunity to sample some foods, which were new to me: not just the smoked eel, but also wild strawberries and smoked salmon with a squeeze of lemon and black pepper served with fresh, crusty French bread: ***delicious!***

I also remember well, the curious contrast between the splendour of the restaurant and the inner most parts of the building where all the work was carried out. The long corridors leading to the servants’ quarters were full of the accumulate smells and grease that hot kitchen had produced for a hundred years: meriting the description as the entrails of the building. Similarly, there was a

stark contrast between the front entrance to the Savoy and the back of the hotel, where staff entered and the whole building emitted copious steam, just like Waterloo station.

It has to be said that none of this detracted from the great pleasure I had in my work: I even lost a stone in weight and arrived at college slim and fit!

Geoffrey Johannes

GROW WITH GOD

Grace is a gift from God that enables us to live more fully in union with Him.

It strengthens our desire to choose good over evil. It also helps us to manage difficulties in our lives better.

When we feel humility, compassion, forgiveness we're putting others' needs before our own.

These are signs of God's graces working within us.

When we let Him work through us, we help Him to do the same for others.

We can show His love for others in how we treat them and in how we pray for them.

A STILL SMALL VOICE

*God of stillness and creative action,
help us to find space
for quietness today,*



*That we may live creatively,
discover the meaning of silence and
learn the wisdom that
heals the world.*

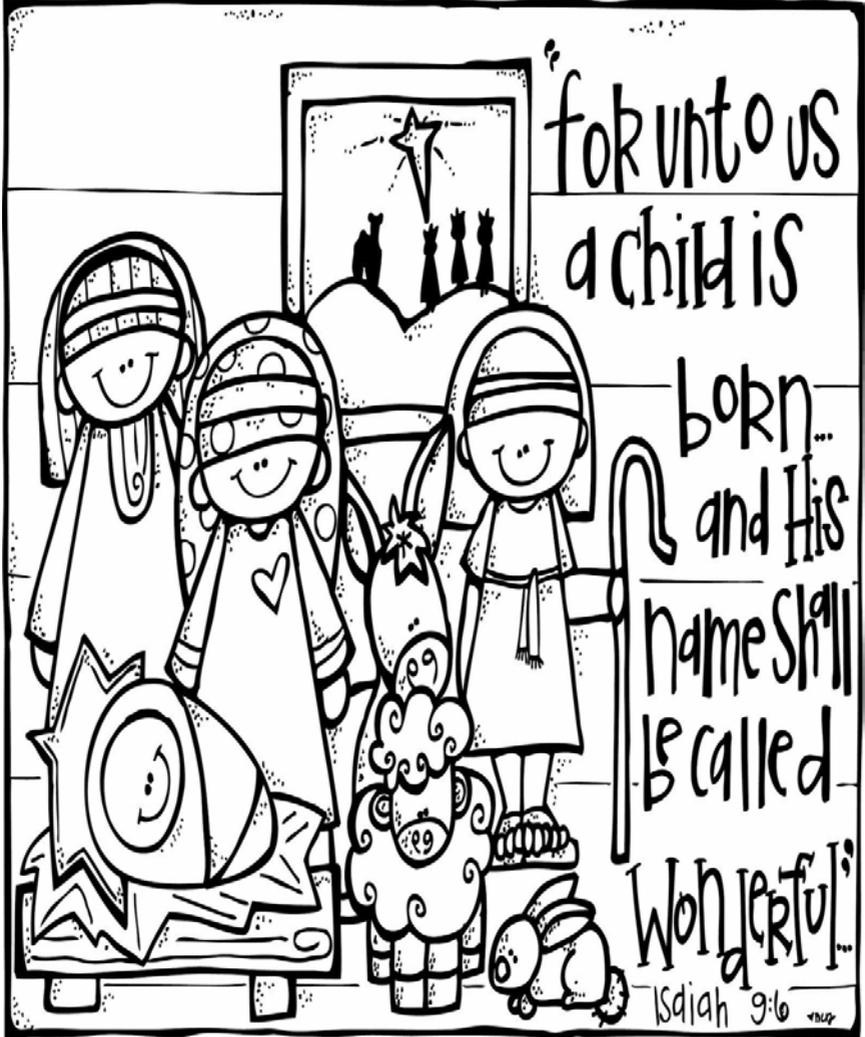
*Send peace and joy to
each quiet place,
to all who are waiting and listening.*

*May your still small voice be heard
Through Christ and the love of the Spirit*

Amen

This lovely, little inspirational prayer from Carlford Benefice, Suffolk was donated by a parishioner, after a visit there.

A SPECIAL BONUS COLOURING PAGE
FOR YOUNGER READERS
AS THEY PREPARE FOR CHRISTMAS



FILM QUIZ: THE ANSWERS

	Answer
1	12 Angry Men
2	2001 Space Odyssey
3	Starter for 10
4	The 6th sense
5	Fantastic 5
6	1 flew over the cuckoo's nest
7	1 for the money
8	3 men and a baby
9	The 7-year itch
10	10 things I hate about you
11	Apollo 13
12	21 jump start
13	Lock, stock and 2 smoking barrels
14	The 3 stooges
15	The magnificent 7
16	Friday the 13th
17	7 years in Tibet
18	Miracle on 34th Street
19	Stalag 17
20	1984

WORD LADDER: HAND-SEWN. A SOLUTION

Below, is just one of several potential solutions to the hand to sewn “word ladder puzzle”

– WELL DONE IF YOU WORKED OUT ANOTHER CORRECT ROUTE TO THE ANSWER!

