

# The Pilgrim

St Laurence's Parish Magazine, Lent Edition 2018



Celebration of  
Anniversaries  
for  
St Laurence's  
-  
School 50yrs  
&  
Church 60yrs



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RC DIOCESE OF EAST ANGLIA

The Right Reverend Bishop Alan S Hopes B.D. A.K.C.  
Bishop of East Anglia

8<sup>th</sup> December 2017

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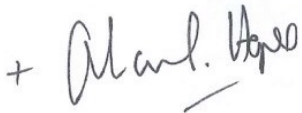
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Dear Dick

Thank you for sending me copies of The Pilgrim – I always enjoy reading them!

With best wishes and an assurance of my prayers for a blessed Christmas,

Yours sincerely in Christ

+ 

**The Right Reverend Alan S Hopes**  
**Bishop of East Anglia**

## What's New?

### St Laurence's School 50th Anniversary

#### Nora Darby

2018 is proving to be a year of anniversaries, St Laurence's Church is celebrating 60yrs and St Laurence's School is celebrating 50yrs!

I was reminded of the school's 50th by Barbara Quail, parishioner and ex-teacher at the school. Chatting to her and Sheila Cooper, they suggested I talk to another parishioner, Anne Maddocks, as she had been there at the beginning. I contacted Anne and we had a chat.

**Nora.** The school opened in 1968 and you were involved from the very beginning?

**Anne.** Yes, we were in the Parish when it was still in Chesterton, before the present church was built. We then went to the new church in Milton Road and when the school was built I helped to get it ready for the opening date; we only had two weeks in which to do it!



The first Headmaster was Mr Ron Ellison and the Deputy was Miss Joyce Adams; they both still attend our Church.

The Parish Priest was Fr Norman Smith. There were not many pupils to start with as it was the middle of term but that changed when the new school year started.



The school has always been involved with St Laurence's Church, we have worked side by side and of course we have Mass at the school on Sunday mornings.

The children are involved in various charities including CAFOD and now have their own Mini Vinnies. They are also involved with the local community and take part annually in the Arbury Carnival with their own themed Float.

Some pupils became priests, the first one was Damien Walne, then there was Paul Maddison too, and Peter Wagnanski, currently in training in Rome.

Later that day Barbara Quail brought me a photo of the official opening, it took place on 29th April 1968 performed by Bishop Charles Grant of Northampton, as we were in that Diocese at the time. The Mayor of

Cambridge, Mr E A Gill, Headmaster Mr Ellison and some of the pupils are also in the photo.

Barbara also gave me a photo of the 40th school anniversary, I recognised some faces but some of you will know many more as I am a relative newcomer (16 years) to the Parish.



The relationship between school and Church is still strong, with Mass said at the school several times a year, and children prepared for First Holy Communion. And, of course, we have the Ablaze Mass for all the younger parishioners.

The school is also an important part of The Pilgrim. We receive articles, photos and pictures revolving around life at the school for each edition. For this we thank the teachers and the children.

I would also like to thank Ann, Barbara and Sheila for their help in preparing this article.

**Friday 4th May 2018: 10.30am Mass will be celebrated by Bishop Alan Hopes in the School Hall. EVERYONE IS WELCOME**

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**This year we are also commemorating the anniversary of the opening of the Church at Milton Road.**

## 60 years at St Laurence's Can you help?

We need volunteers to join a team to help organise a few activities and social events to celebrate this landmark.

A small commitment for a limited time only!

Can you help?

Email: [forum@saintlaurence.org.uk](mailto:forum@saintlaurence.org.uk)

## Something Old; Something New: The Parish of Our Lady of Lourdes and St John Fisher

Susan O'Brien



Cambourne Church. Photo by Simon Andrews

Many readers of the *Pilgrim* will be aware that we have a new Parish in the Cambridge Deanery. The Parish of Our Lady of Lourdes (Sawston) and St John Fisher (Cambourne) was formally erected on 2nd January 2018, Canon John Minh being inducted as Parish Priest on 13th and 14th January.

The story of Catholicism in Sawston is well-known and has a place in the history books. In the context of English Catholicism since the Reformation, Sawston is probably as close to a place of unbroken worship as it is possible to get. Continuous ownership of Sawston Hall from the mid-sixteenth century by the staunchly Catholic Huddleston family ensured daily Catholic prayers were said, Catholic practices such as Lenten fasting were upheld, and there was often a priest in residence or visiting despite the severe penalties for breaking the law in this way. Local families who kept the faith – and a very low profile – were able to avail themselves of Mass and prayers at the Hall. After the 1791 Catholic Relief Act the Hall was registered with the authorities as a place of worship. From the 1930s Sawston was served from Our Lady and the English Martyrs and it was not until 1958, the same year as St Laurence's that the Parish of Our Lady of Lourdes was erected in Sawston. A church was built for the growing Catholic population on land given by the Huddleston family and a parish hall was added not long afterwards. It was to be an independent Catholic parish for a relatively short period; in 2007 Bishop Michael Evans joined Our Lady of Lourdes with Our Lady and the English Martyrs as part of plans within the Diocese to match the reducing number of available priests with parishes. This change did not, however, interrupt the growth of the Sawston Catholic community which continued under the energetic guidance of Fr Raf Esteban, M. Afr. In 2010, the roles of the small church and larger parish hall were reversed. The refurbished church, now with seating for 180, has a thriving congregation which can trace a presence back over more than 400 years. Cambourne is 'the new' to

Sawston's 'old' in the treasury of the Diocese, "*Its Catholic story has yet to be told.*" I was delighted, therefore, when Melanie Ward, who has been actively involved since the earliest days in 2000, agreed to talk to me about the first seventeen years.

**SO:** Mel, how did it all begin?

**MW:** The first phase of housing at Cambourne, started in 1998, was built without any church or community facilities. Mgr Tony Rogers and the assistant priests at Our Lady & English Martyrs (OLEM) responded quickly to requests from a handful of new residents for a Vigil Mass. Initially we met in a bungalow surrounded by mud and then moved to the newly built medical practice. The medical centre was where Christians from the other churches met too. They – the Church of England, Methodist Church, Baptist Union and the United Reformed Church – worked together to form a Local Ecumenical Partnership (LEP). In 2001 they appointed their first minister and they had a plan to build a church, but first had to fundraise for it. In the meantime we all worked together to re-condition an old portacabin which was christened 'The Ark' and was used for worship and community activities by the different churches. When The Vine Inter-Church School opened in 2005 the Head generously allowed Mass to be celebrated there in somewhat more spacious surroundings. We did a lot of flitting in those early years.

**SO:** And how did the community develop from this foundation in the weekly Eucharist?

**MW:** The real push came when one of the families asked if we could have First Holy Communion classes locally. I think that's what started to create the sense that there was a future here for us laity to build. Before too long there were requests for Confirmation classes which parents hosted in their homes. Social occasions and fundraising events also took place in people's homes. It was a very organic process. We could only do what people were prepared to do and, gradually, we realised that was quite a lot. Starting anew is daunting, but if you trust in the Holy Spirit, it's also inspiring. You look behind you to wonder who will put their hand up and make things happen and you realise 'it's us, just us'.

**SO:** You mentioned that the other churches, acting as an LEP, planned to build a church for Cambourne. What impact did this have?

**MW:** I'd want to emphasise the fact that so many Christians in Cambourne were working towards the same end was a fantastic ecumenical experience for us all. People formed important ecumenical friendships. When we were cake-making, holding barbecues, carol singing and meeting to discuss community needs, we were also having meaningful discussions across church boundaries about our faith. Similarly, we became

good friends with the many St Thomas Orthodox Christians living in Cambourne. When the church building was completed in 2010 it seemed only natural to share. Again, it was an organic development based round people and trust.

**SO:** How does this shared space work practically?

**MW:** The church premises have a kitchen and café and the main hall is also used by the community for a huge range of activities. We have the space on Saturday afternoon. It does mean a lot of improvisation by the team who prepare the room for Mass and a willingness to adapt on the part of celebrants. Sometimes we have to follow on closely behind a party with a bouncy castle. There's a lot of moving furniture to be done. Because we have just one cupboard to store what we need for Mass we can't hang on to 'clutter' and we have to bring a good deal with us each time. The statue of Our Lady, for example, used to live with a different parishioner each week for safe keeping, so she became known as 'Mary on the move'.

**SO:** Cambourne has a lot of young families so has that been an important influence on the shape of what's happened?

**MW:** Most definitely. There are a lot of children at Mass and many friendships have been formed through and by children who then become the young adults of the community. We currently have about 27 altar servers! The presence of so many children and young people has been galvanising.



Some of the Altar Servers at Cambourne with Mel Ward

**SO:** I want to ask a bit about your own involvement, Mel. How did that come about and what have you learned over these past 15 years that might be helpful for others to hear about?

**MW:** I really got involved when I was on maternity leave from teaching at St Mary's and suggested to Fr Tony Rogers that I could lead the initial First Holy Communion classes. And as this was followed by another maternity leave I carried on, and then I was hooked – hooked on the friendships formed in Christ and the potential to meet people's spiritual hunger.

Without my husband's unstinting and very practical support it would have been impossible. Others would say the same about the support from their spouses who, in many cases, are not Catholics themselves. It's worth saying this because it shows how much has changed.

What have I learned? Being 'Church' without a formal identity and without structures made for a focus on Christ and on one another. People really look after one another and we learned to take the initiative. The fact that there was no Diocesan plan for Cambourne did give freedom to grow in the Spirit, but looking back, also meant stress for priests and people that might have been avoided. The community found it hard to ask the OLEM priests to do anything more because they were already stretched to the limit. And it was difficult to build pastoral relationships when we had a different priest dashing out from Cambridge each week. With the wisdom of hindsight more planning and sense of direction would have helped everyone.

A solution to some of the challenges, including communication and community building, has lain in the use of social media. Having a Cambourne Facebook page and using email has worked well. It's very inclusive and a way for anyone who feels at the margins of the Church for whatever reason to keep a toehold.

Above all, I think more thought needs to be given to the training of lay people who can work with priests in pastoral ministry. Some of my confidence to take on responsibilities came from the fact that I have a theology degree and some formation for pastoral work. Fr Tony Rogers saw the importance of training and paid for me to attend courses at the Margaret Beaufort Institute. My family still had to cover the cost of childcare and I wouldn't like to think that only those who can afford it could take part in lay pastoral ministry. Given the plans for new housing and population growth there will be other Cambourne situations. I hope so! It's surely part of what we mean by the new evangelisation. So, I would like to see an investment in training and formation for lay people to enable us to play our part fully and confidently.

**SO:** Finally, what are you looking forward to in the new Parish?

**MW:** We are very blessed to have become part of a new Parish and to have Fr John Minh appointed as Parish Priest. He was the OLEM priest with oversight of Sawston and Cambourne so we already know his commitment and care. Having a settled identity is positive for outreach, as are the regular weekday Masses in addition to the Vigil Mass. There is so much potential and we now have the experience of Sawston parishioners to draw on. This is definitely not the moment for everyone to sit back and think 'Father will take care of everything' now. On the contrary, it's the time for us to work together to sustain a vibrant community of faith.

## A new convent in our Diocese

You may have seen the leaflets in the Narthex asking for support for the Community of Our Lady of Walsingham. The nuns have now taken possession of the keys of their first convent in the form of a converted barn near Dereham in Norfolk. It will be used for the formation of novices and will also be available for young people to discern their vocation. However, fundraising is still ongoing in order to pay off a loan and finish the renovation. Please take a leaflet and help the nuns complete their fundraising.

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## Pilgrim team request – printing and distribution

Are you available week day afternoons?  
Do you have your own laptop?  
Are you confident using office technology?  
If you can answer YES to all 3 questions, you may be the person the PILGRIM team needs to help with printing our Parish magazine.  
We need help 2–3 days for a couple of hours each day, every 3 months.

If you can help please speak to:



Sarah at 9.30am Mass  
(music group)



Nora at 6pm Mass  
(Reader)

or contact us at [pilgrim@saintlaurence.org.uk](mailto:pilgrim@saintlaurence.org.uk)

**Pilgrim distribution at 11am Mass** – people needed to help hand out the Pilgrim after 11am Mass – two in the Porch and one in the Narthex. Contact us at the Pilgrim email address.

## Rosary on the Coast

To mark the 50th anniversary of the Abortion Act, on Sunday 29th April a special event ‘Rosary on the Coast’ will take place around the UK.

Following the ‘Praying the Border’ events in Poland and Ireland where thousands of Catholics gathered to pray the Rosary along the borders of their countries,

UK Catholics plan to do the same thing around the coast of Great Britain.

The launch of the event’s website is planned for 1st March where there will be a map of prayer locations. Then, on 19th March, 40 days of spiritual preparation will begin under the protection of Saint Joseph, whose Feast Day is 19th March.

Organisers hope that Catholics will gather around the coast on 29th April to pray against the present threats to faith, to the dignity of the human person and to peace.

Look out on the St Laurence’s Facebook page for a post sharing the link to the planned website shortly after it is launched so that you can plan your trip to the coast!

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## EASTER OFFERINGS

### Jim Scally, Gift Aid Organiser

Collections taken at Christmas and Easter Masses are traditionally given as a direct offering to our priests. We are now allowed to claim tax repayment on these two collections when given by Gift Aid scheme members.

Their donated offerings will still be transferred in full to Fr Pat and Fr Jay. However, the Parish will later receive the benefit of the tax repayment which will provide a useful boost to our Parish funds. We will do this again for Easter.

**As before:**

**Numbered Envelope users** who wish to make an offering, please use the green envelope in your box marked ‘Easter Offering’.

**Standing Order payers** please use the marked envelope that you will receive soon.

Cheques must be made payable to the **St Laurence Parish**.

## Features and Opinions

### **Come Back to Your Heart**

#### **Michael Allan**

God is within – not outside, far away, beyond our reach. The source, the wellspring of life, the very Ground of our being, dwells within. The divine mystery is transcendent *and* indwelling.

In the excellent *Finding Your Hidden Treasure: the way of silent prayer*, the Augustinian friar Benignus O'Rourke, uses the life and writings of St. Augustine to illustrate the way of silent prayer:

‘Augustine had discovered for himself, as no one in the West had before him, the mystery of God who hides himself within us. And he realised that silence reveals God to us as nothing else can. If we journey in stillness to the centre of our being, he tells us, we shall find our true selves and we shall find God.’

Augustine in his *Confessions* tells the story of his long search for truth; for God. He wandered far and wide, enduring much anguish and pain, while all the time the One he looked for was within.

*Late have I loved you, beauty ever old yet ever new!  
Late have I loved you!  
You were within me, but I was outside.  
There I sought you, as I rushed about among the  
beautiful things you had made.  
You were with me, but I was not with you.*

The Divine light dwells within, but we are often outside. The greatest treasure lies hidden in the field of our hearts, whilst we seek treasure elsewhere. We have become strangers to our truest, deepest nature:

the beloved children of God;  
the branches of the Vine;  
the home, the resting place,  
the Temple, of the Divine.

When we pray we abide in the One who abides in us. No need for anxiety or doubt or fear, as R.S. Thomas, in a typically meditational poem, finally recognises for himself:

#### Emerging

I would have knelt  
long, wrestling with you, wearing  
you down. Hear my prayer, Lord, hear  
my prayer. As though you were deaf, myriads  
of mortals have kept up their shrill

cry, explaining your silence by  
their infirmness.  
It begins to appear  
this is not what prayer is about.  
It is the annihilation of difference,  
the consciousness of myself in you,  
and you in me.

St. Teresa of Avila agrees, ‘However softly we speak, God will hear us. We need no wings to go in search of him: he is within.’

Prayer can be a problem for many people. How do I pray? Does it work? What if I ask for help but no help seems to come; battering at the door of Heaven, but no one answers? But the Door of Heaven dwells within, and prayer can be peace, be rest. In *Drawn into the Mystery of Jesus through the Gospel of John*, Jean Vanier, the founder of L’Arche, writes:

‘I have come to see that to pray is above all to dwell in Jesus and to let Jesus dwell in me. It is not first and foremost to say prayers, but to live in the now of the present moment, in communion with Jesus. Prayer is a place of rest and quiet. When we love someone, don't we delight in being with each other, being present to one another? Now and again we may say a word of affection, we will be attentive to each other and listen to each other, but it is essentially a place of silence. The great Spanish mystic John of the Cross once said, “Silence is the way God speaks to us”’.

We need to come back to our hearts; for to discover the One who dwells there is to rediscover our deepest reality.

If we only seek happiness and fulfilment outside without finding the Divine life that dwells within, we can end up losing ourselves. If I can only have that new shiny object, or that new ‘experience’, or ... then I will be happy, be fulfilled. Other people may seem to have more enjoyment, more life, more *being*, than I do. How can I get it too? But if I desperately seek outside myself for happiness, for fulfilment, for life, am I not admitting that I feel empty and lifeless within?

It's an illusion. Come back to your heart. Life awaits you. ‘Enter eagerly into the treasure house that is within you and you will see the things that are in heaven’, said St. Isaac the Syrian.

Augustine could not find God, could not find rest, in the beautiful things of this world, because he had not yet found the Divine beauty that dwells within. Mostly we only see the surface of life, not the depth; we are more blind than we realise or admit. But once the divine beauty is found within, once we have begun to rediscover our true selves, then our eyes may be

opened to see Christ, to see the Divine beauty, at play in all Creation.

‘The creatures of this world no longer appear to us under merely natural guise because the risen One is mysteriously holding them to himself and directing them towards fullness as their end. The very flowers of the field and the birds which his human eyes contemplated and admired are now imbued with his radiant presence.’ (Pope Francis, Encyclical, *Laudato Si*’)

The risen One ‘plays in ten thousand places’, setting alight, setting ablaze, all creatures, all times, every atom, every particle. The same risen One is also at home, at rest, at peace, in our hearts.

Our hearts and minds are often not at rest, not at peace. But however sad or empty, broken or in pain, our hearts may be at times, the crucified and risen Lord is still at home in them. He who was broken on the Cross knows and shares our brokenness from within. Even as a tiny seed of light in the midst of terrible darkness, healing and peace and new life are always possible, always offered, but never forced upon us. The Lord is a gracious and humble guest, who respects our dignity and freedom.

Return to the secret chamber of your heart  
Sit in silence with the One who loves you  
With no aim, no purpose, no destination  
Only dwelling there in peace, in stillness.

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## **The Gift of a Smile: Community initiatives to make 2018 special**

### **Karen Rodgers**

Our friend Robbie, who passed away a couple of years ago, was in an excellent retirement home, the kind I hope our girls will find for me if and when the time comes; a very pleasant environment, great managers, truly lovely staff. I arrived one afternoon to find her in tears. In answer to my startled enquiry she replied, “It gets lonely here in the afternoons.” I’ve been a care assistant myself and I know how in that role you can only do so much.

I received a wonderful and most unexpected Christmas present; a biography of Mother Teresa, now Saint Teresa of Calcutta\*. In it she recalls her visit to a retirement home: ‘I saw they had everything but everyone was looking towards the door. And I turned to the sister and I asked, “How is it that these people who have everything here, why are they all looking towards the door why are they not smiling?” I am so

used to the smiles on our people, even the dying ones smile. And she replied; “This is nearly every day. They are hoping that a son or daughter will come and visit them.”’

The Jo Cox Commission on Loneliness published its final report on 15th December 2017. It reflects on what the Commission has learnt over the past 12 months and sets out what needs to happen next. You can read about it here;

<https://www.ageuk.org.uk/our-impact/campaigning/jo-cox-commission/>

Many elderly and other younger isolated people do not have family, but they feel the lack. The message for me was never to underestimate the gift of our smile. Our family very much values the work of the Catholic Women’s League in arranging community lunches and Liz Campbell’s initiative with the Games group. It would be great to read of other projects fellow parishioners have started which build community. We can make 2018 a great year by inspiring and encouraging each other.

\**Mother Teresa Come Be my Light*, edited by Brian Kolodiejchuk, MC, p.291.

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## **Cardinal Points**

### **John Hobson**

Do you remember Tom Hanks playing Forrest Gump in the film of the same name? It doesn’t matter if you don’t, but you should know that he kept saying, somewhat irritatingly, “My momma always said life was like a box of chocolates. You never know what you’re gonna get.”

Well I think life is much more like a see-saw really. You are born near the top of the balance and the world gazes at you in amazement and every act of yours is new and wonderful and fulfilling, well almost! As you grow and mature fairly normally without being too beautiful, or amazingly intelligent, or incredibly skilled then life becomes a more or less balanced affair rather like the mid-point of the see-saw. A few of us don’t quite achieve normality at this balanced state of being within the usual routine of life and so some people try to stay high for ever but they remain spasmodically dizzy and fizzle out rather like one of those Roman candle fireworks; a great momentary blaze and then oblivion. For the rest of us in the mature years of normal life, friends, family and contemporaries may sometimes observe that one ‘has matured nicely’, ‘is well-grounded’, ‘has settled down rather well’, ‘has fulfilled potential’, and so on. At this stage, one’s life



is migrating down towards the bottom end of the see-saw but conversely towards the high end of one's life and achievement. All this is, of course, only applicable to ordinary, run-of-the-mill people and different measures apply to child prodigies and those of an unstable disposition or, of course, exceptionally gifted souls. I can't imagine what life is like for such special people.

Whilst going through this more ordinary life balance – and life is about maintaining balance – Tom Hanks was right, it is a bit like a box of chocolates; you quickly eat the nice ones and look with dread at the others and hope somebody else will take one. Lent can be a bit like the box of chocolates and also a bit like life on a see-saw. It all starts with really amazing newness and enthusiasm of intent and effort and either explodes into oblivion or gently levels out into an acceptance of what can actually be achieved against the level of expectation at the start.

Life is continually bringing surprises. Recently life has been brought to an end for elderly parents of friends of ours – there is more of this at the bottom end of the see-saw of life. Suddenly one can witness all the balance of people's life experience coming into play. We have observed heroic care-givers displaying love, fortitude, patience and understanding over a prolonged period of an elderly parent's illness. Families binding together to share the care role and all it entails. Holiday time from work being used up across two or three family groups to spread the work of caring for mum or dad etc.

All the chocolates in the box of life are not the same flavour obviously. The sick and dying often wonder what use they have left in their lives but no greater use can be found than binding family members and wider humanity together in love and care for each other. So the Dionne Warwick song was right (YouTube it) ..... 'What the world needs now is love, sweet love. It's the only thing that there's just too little of. What the world needs now is love, sweet love. No, not just for some, but for everyone.' So, I say to those influenced by Woodstock, Reading, Cambridge Folk Festival, Glastonbury and all other miscellaneous flower folk with abandoned tents, "Peace, man". For those seeking to achieve balance in the middle of life's development I say, always remember God loves you and, for those unable to manage for any reason at all, then resign to being loved by those around you and be nice to those that help you.

Try to do these things in Lent. Try harder than at ordinary times. You will be a nicer person, and also help to make other nicer people, at the end. There is room on the see-saw for all of us. Hang on in there and have another chocolate.

## The Round Church at St Andrew the Great

### Claire Wilson

I am a neighbour of Dick Wilson (no relation though), and was asked if I would be happy to share something about my church to go in your Parish magazine. I've never done something like this before, but I hope it is both informative and interesting!



This is my church's logo – which you can see is actually made up of two churches – a small round one inside a larger, more rectangular shaped one!

This is because the congregation of my church met at the Round Church (or the 'Church of the Holy Sepulchre') on Bridge Street for over 800 years. However, congregational growth meant that by the early 1990s there was no longer enough space in the building to keep meeting there.

Therefore a new building was sought and, after some renovation, the congregation moved to St Andrew the Great on St Andrew's Street in 1994.

The Round Church still belongs to us, and is used occasionally, but is managed on a day-to-day basis by Christian Heritage, who open its doors to visitors – the main attraction being its unusual shape, as well as an exhibition inside on 'The Impact of Christianity in England'.

So, the full name of my church is 'The Round Church at St Andrew the Great'. However, it is more commonly shortened to StAG, as the former title is a bit of a mouthful.

StAG is a Church of England Parish Church (within the Diocese of Ely), with this mission statement: 'The gospel to Cambridge, and gospel workers to the world'.

Cambridge is a city which brings together people from all types of backgrounds and walks of life, and so spreading the gospel to our city requires us to reach out to and welcome everyone – students, overseas visitors and academics as well as locals. Therefore our weekly church calendar has a wide variety of mid-week groups to suit different ages: from playgroups for mothers and toddlers, to bible studies for students and young adults, right through to home groups for older members of the congregation, alongside faithful and relevant bible

teaching at Sunday services – of which we have three (during university term time). Outreach and special events also feature regularly as part of church life at StAG, with highlights being: Arena (a course exploring the fundamentals of the Christian faith), sports quizzes, and Christmas carol services throughout December.

With many international visitors, students, and short-term residents in Cambridge, also we have a great opportunity to raise gospel workers – preparing people to take the gospel elsewhere. Therefore, our ministry goes beyond encouraging and supporting individuals in their own faith to equipping people with the resources they need to live a Christ-centred life wherever they find themselves.

However, as a church we know that it is God at work, not us, and we strive to put God before us in all we do, primarily through teaching faithfully from the Bible, and seeking to be prayerful in our everyday lives, both in asking for help and in being thankful.

One of the many things we have to be thankful for is that God has used us to enable more lives to be changed in Cambridge by giving us the resources to boost the work of other existing churches: All Saints, Little Shelford (1997), Christ Church, Cambridge (2004) and St Matthew's, Cambridge (2008).

As we look ahead to 2018, we are excited about another opportunity God has given us to spread the gospel, this time further afield – in Huntingdon, in the form of a church plant (a brand new church)!

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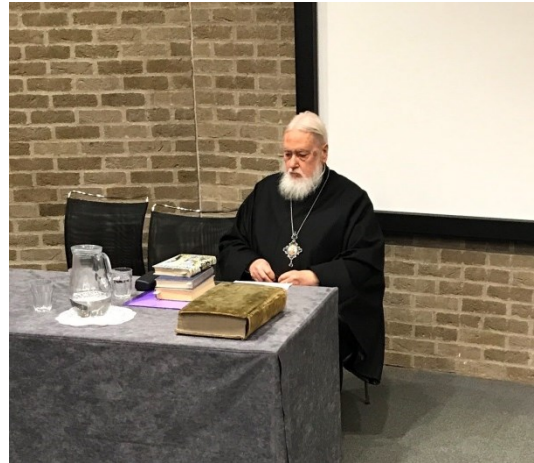
## **The Philokalia: A treasury of Orthodox Spirituality A talk by Kallistos Ware**

### **Sarah Sykes**

Metropolitan Kallistos Ware is a priest from the Eastern Orthodox tradition of Christianity. His title 'Metropolitan' is roughly equivalent to Bishop in the Catholic tradition. Originally brought up as an Anglican, he was received into the Orthodox Church at the age of 24 and ordained in 1966. He studied Classics and Theology at Oxford University and went on to hold the position of Spalding Lecturer of Eastern Orthodox Studies at Oxford for 35 years. He became a Metropolitan in 1982 and is best known for two books on *The Orthodox Church: An Introduction to Eastern Christianity* and *The Orthodox Way*. He has been working on a definitive English translation of the *Philokalia* since the 1970s along with collaborators,

G. E. H. Palmer and Philip Sherrard. The first four volumes have been published by Faber & Faber. Ware (the sole survivor of the three authors) is finishing the final volume, which will hopefully be published next year.

Ware was in Cambridge in January to give a talk about the *Philokalia: a Treasury of Orthodox Spirituality*.



Kallistos Ware at Clare College with a copy of the *Philokalia*

The Greek word, *Philokalia*, means love of all things beautiful and, by implication, of God the source of beauty. The book itself is an anthology by 36 authors, all Greek monks from Mount Athos with the exception of John Cassian. The two editors were also monks: St Makarios (of Corinth) and St Nikodemos (of the Holy Mountain). Despite the fact that there are 36 authors, Ware explained that there is an overall unity to the book. However, it is not laid out systematically but arranged in chronological order and he advised that it is not a good idea to read it from beginning to end, as some of the harder texts are at the beginning.

The *Philokalia* was first published in 1782 in Venice, as the Greeks at that time were under Turkish rule and not allowed to print. It is a large, heavy book and Ware estimated that probably no more than 1,000 would have been printed at that time and its appeal would have been limited. However, in more modern times this seems to have changed. From 1957 onwards it has been regularly reprinted in Greece and translated into many different languages.

Ware highlighted the five master themes of the *Philokalia*:

1. To pray without ceasing – as it says in 1 Thess. 5:17. Prayer is not to be merely an occasional activity but present in everything we do.
2. Pray in the depths of the heart – Ware explained that 'heart' in Orthodox spirituality traditionally means, not emotions and affections, but the spiritual centre of the total human person, with no

separation between head and heart. In the days before we understood that the heart is a pump, the heart was thought of as a spacious place, where we experience good and evil; a battlefield, but also a place where we experience Divine Grace.

3. Non-iconic prayer – during prayer, the mind is to exclude all images and thoughts – he went on to explain that this form of prayer is more fundamentally intuitive so that one is conscious of the presence of God within and without in a direct and intuitive way.
4. The Jesus Prayer – This prayer, ‘Jesus Christ, Son of God, have mercy on me’, invokes the holy name of Jesus Christ. We should have a sense of His presence; a feeling of love or devotion, but should not project a particular image of him or his work in our mind as we pray.
5. Physical technique accompanying the Jesus Prayer – to sit with head bowed to chest, slow breathing, concentrating on first the mind, then the breath descending; our mind then descends with the breath down to the heart. It is a way of entering the heart and uniting it with the mind. It seems that this physical technique only appears in certain texts of a later period and is not essential, but potentially a useful aid. The method was not usually written down but passed on by word-of-mouth by an experienced teacher. Ware warned, if not practiced correctly it can lead to heart and breathing problems.

A book for all Christians, despite the fact that the authors were monks writing for a monastic audience, Ware believes that the true era of the *Philokalia* is in our own day. He described it as a spiritual time bomb which has exploded over 170 years after it was first published and, with a growing readership, is being read by more people today than ever in the past.

At the end of the talk one of the questions asked was: how can a person pray continually? Is it possible?

Ware answered: To ‘say’ prayer continually is not possible. We have to work and communicate with others, etc. I understand praying continually as continual implicit prayer with no explicit words of prayer. It is about having a deep inner awareness of Divine Presence. In other words, by God’s grace, having a sense of the Divine Presence within you. This type of prayer, as part of our inner being, does not interfere with us giving our full attention to our tasks.

## A Priestly People

### Fr Bob Eccles

I was a guest in a new parish where the people had the joy of welcoming their first parish priest. When we hear so many discouraging reports about closures, amalgamations and shrinking congregations, it was quite a boost to have a new plant springing up. Of course it was not an absolute new beginning. As it happened, none of the parishioners spoke at the event, but we know what they would have said in their gratitude. This marvellous event was the crowning of 15 years of great effort and resourcefulness by the new community, involving just about everyone. They were celebrating a ‘going public’ of what was already a thriving concern. Children catechized, the youth group formed, music for Mass in place, the altar servers trained, friendly relations with the other churches established, those who needed a lift ferried to Mass, those in trouble met with friendship and understanding, visits paid to the hospitals, people coming together in their homes to share their faith, a welcome and hospitality to the priests and deacons and religious who came to serve them. Pilgrimages, days of recollection, mention what you like, they did it. ‘It was the people wot did it!’

A famous Dominican, Yves Congar OP, is best known for the help and advice he gave the Second Vatican Council in preparing the documents on the nature of the Church, the priestly people. Fifty years later that work is still a great resource for the Church. He liked to talk about what he called the presbyter-lay person couple. That sounds a bit unwieldy in English (he said it in French). What he meant was that just as the community of love that starts with the union of husband and wife and overflows upon the family is such a life-giving thing, so in the Church, the bond that unites the pastor and the laity is the seed of life and the gift of the Spirit. There is one priest, Jesus Christ, and we all share that priesthood by our Baptism. There are those who share it also in a special way through the sacrament of Ordination. These ministers are taken from the congregation and presented to the bishop on the day of their ordination – we all provide them, we ‘find them worthy’.

And then, it is a partnership. The pastor does not devolve bits of the service we need onto the laity, as though they were only his representatives and substitutes because he just hasn’t time or something. But neither do individuals nor groups in the congregation elaborate plans for the life of the parish independently. No, it is a real communion of service. The people have gifts; gifts of teaching, guiding, caring, praying, comforting, doing the books, looking after the fabric; hospitality, studying, opening the

Scriptures, catechising, linking up with poor churches, alms-giving, generosity. The colourful palette of gifts to which people are called according to the New Testament gives me confidence in writing my own list! The task of the pastors is to help people recognise the gifts they have – their very own gifts – and see that they are welcomed and fostered and put to use. Just as the people form a man to become a good priest, so the pastor makes possible good lay participation. For us, ‘lay’ does not mean passive, unequipped raw material for clergy to mould into shape; spiritual Plasticine. It means what it says in the original Greek, it means we are all of us members of the *laos*, the people – the holy people and royal priesthood of God.

A friend writes, ‘sometimes the Church is held back by a false image of itself’. It’s because we haven’t really learnt to see priest and people together as Père Congar’s couple – as a real pair who need each other. It does no good for clergy to be given the impression that they are the only active ingredient in Church. We are all a holy people and royal priesthood, and because of that the ordained ministry is a special sign and source of sacrifice and salvation. Denying the priesthood, prophecy and kingship of all negates the true catholicity of the Church. The people in the pew will not be given eyes to recognise the true worth of ordination until they are able to recognise the power, dignity and integrity of their own lives. I once knew another Dominican, by the way, who illustrated this very well. Just ordained, he went home to his family, and as they sat down to eat, his mother asked him to say the Grace. But his father banged the table and said, ‘I’m the priest in this house!’ That’s the spirit!

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## Reviews

### Recommendations

[CatholicBrain.com](http://CatholicBrain.com) introduces a FREE Lent program for Catholic schools, parishes & home-school families. A program that kids, parents, catechists & teachers will enjoy. This 40 Days of Lent program will engage the entire school, parish & family to participate in Lent in a revolutionary way. Recommended by Karen Rodgers.

<https://www.catholicbrain.com/campaign/lent>

*The Passion and the Cross* by Ronald Rolheiser, Paperback, Hodder, £7.99  
An excellent book of daily Lenten readings. Strongly recommended by Ann Hales-Tooke.

## Parish Organizations & Activities

### Recycling in the Parish – Live Simply

#### Mary Watkins

Did you know that we are a Live Simply Parish? Among many other attempts to live Simply Sustainably and in Solidarity with the poor we try to encourage recycling in the following ways:

**There is a Recycling box in Narthex:** Thank you to all who have contributed old mobiles, laptops or tablets, games consoles, jewellery and watches and cameras. Please continue to use the new recycling box for these items ONLY. Leaflets are available.

**Freepost CAFOD envelopes can be used for recycling ink cartridges** (please don’t put these in the recycling box) and can be found near the CAFOD noticeboard in the Narthex. You can order more Freepost envelopes to be sent to you at home by completing the attached slip next time you recycle your spent cartridges.

**Stamps** can be placed in the tin in the Narthex.

**Paper** (including used song sheets, old newsletters which are collected after Mass) is recycled in the council bins by the presbytery garage.

**Please don’t use disposable plates and cutlery** for any events held in the Parish rooms.

Thank you for your continued support.

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### Walk for Refugees this June

Pope Francis has launched ‘Share the Journey’, a new global campaign for the rights of people on the move. The Catholic community worldwide has stepped up in support. Between us all we aim to walk 24,900 miles – the distance around the whole world!

In response CAFOD invites us to organise a walk to demonstrate our support and we at St Laurence’s propose arranging a walk to start and end with a prayer, and an opportunity to sign a campaign petition. We suggest it takes place during ‘Refugee Week’, 18th – 24th June, with a walk round Milton Country Park on either Sunday 17th or 24th in the afternoon. If a fine day bring a picnic!

## Pound for Peru

We continue with our monthly collections of a 'Pound for Peru' in 2018. We have regularly raised between £200-£300 each month which means £2,000- £3,000 per year for the communities that we are supporting. This commitment from the Parish is much appreciated by our partners in Peru.

We collect every month excepting the two months in which Lent and Harvest Fast Day collections take place. These go to CAFOD to fund emergency appeals and sustainable projects across the rest of the world. Please see the CAFOD noticeboard in the Narthex for information.



**The Christmas message from Warmi Huasi:** The light of hope at Christmas

**To all parishes linked with Connect2 Peru, we bring Christmas greetings from CAFOD's partner supporting children and teenagers in Lima.**

"This year, Christmas in Warmi Huasi will be very special," says Milka Rosas, director of the project.

"Our work encouraging the participation of children is bearing fruit. More children and teenagers are working together to come up with practical solutions to improve their communities."

In the photo above, the children have just presented their proposals to their neighbourhood authorities for creating a better local environment.

"They dream of a neighbourhood without violence or pollution," says Milka. "These new groups shine a ray of hope amid the violence and suffering experienced by children and women in our country."

"They are part of the light of hope we feel at Christmas, with the belief that we can live the Kingdom here and now."

On behalf of all the people of Warmi Huasi, thank you and Happy Christmas!

**Feliz Navidad!**

## Mini Vinnies go from strength to strength

### Rachel Chalklin

(Mini Vinnies School Coordinator)

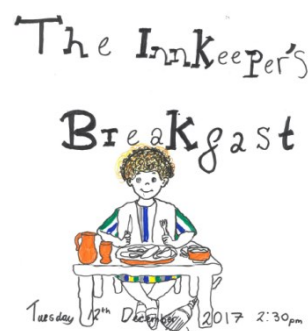


Last year our Parish school set up the first primary aged Junior Vincentian group in our Diocese. 'Mini Vinnies' are children aged from 7 to 11 (or younger) who, with the permission of their parents and the support of the school, are encouraged to embark on their first steps as possible 'Vincentians for life'.

This group of extremely enthusiastic children meets each Thursday lunchtime. Sessions begin with a moment of prayer, the group pledge and a reflection on the importance of the Gospel. This is an invaluable moment as all the children at school take home the primary school version of The Wednesday Word the previous day, giving families an opportunity to share the forthcoming Sunday Gospel at home focusing on the most significant word in the reading; the Mini Vinnies use the Wednesday Word to consider how they can put their thoughts into action.

In the autumn term 17 children joined the group. Early fundraising activities included selling hot chocolates for less fortunate children and supporting our Parish by helping to raise money for children in Peru.

The 'Mini Vinnies' activities are based upon helping others through charitable works and fundraising activities. The children have also supported Peru by singing and recording the CAFOD song, 'One World, One Heart Beating' which we are pleased to hear the Peruvian children enjoyed.



The second half of the autumn term was very busy. The 'Mini Vinnies' invited the senior members of our Parish to join us for the Key Stage 1 Nativity play, 'The Innkeepers Breakfast'. After the performance they served afternoon tea to our guests. It was a lovely afternoon. Everyone enjoyed sharing the homemade

crackers the children had made complete with festive jokes.

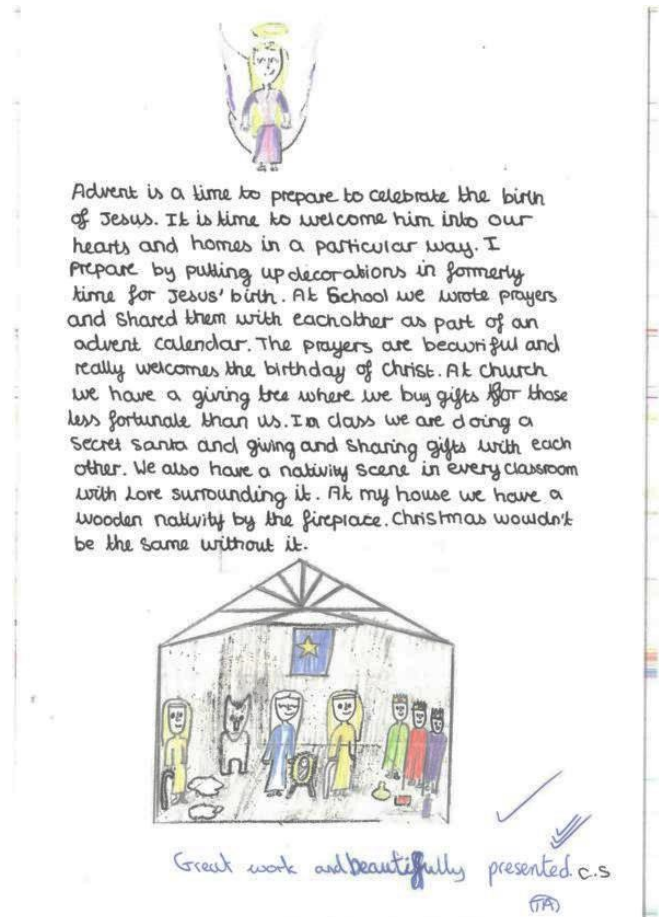
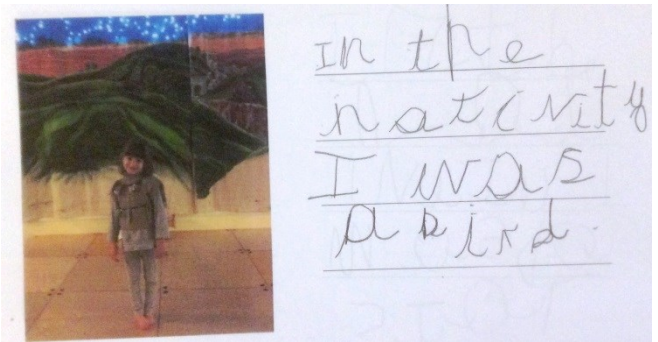
I am pleased to report that this term the group has increased in size to 26. The children are going to set up smaller working groups within the club and take turns to represent the 'Mini Vinnies' at smaller events. It is lovely to see so many children returning to the club this term with so much enthusiasm to continue to turn their ideas into actions, as well as all our new members. Each week they set up their own meeting room with a focus on a small prayer table. The children are already planning many fundraising activities for Easter and also a visit to a local home for the elderly to have a shared lunch with the residents. They also have ideas about a summer fundraiser which involved throwing sponges at teachers (We shall see about that.).

The children continue to arrive very promptly each week waving their prayers and pledges. Keep it up 'Mini Vinnies' you are an inspiration!

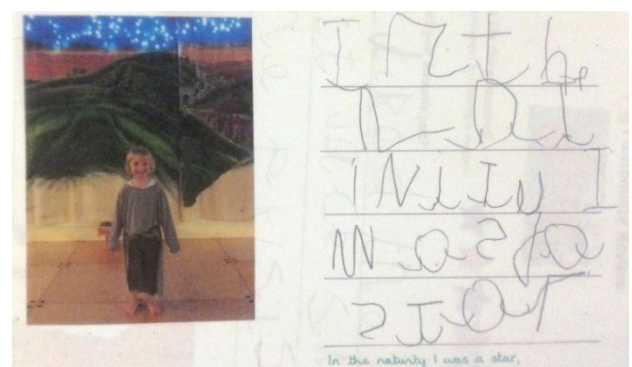
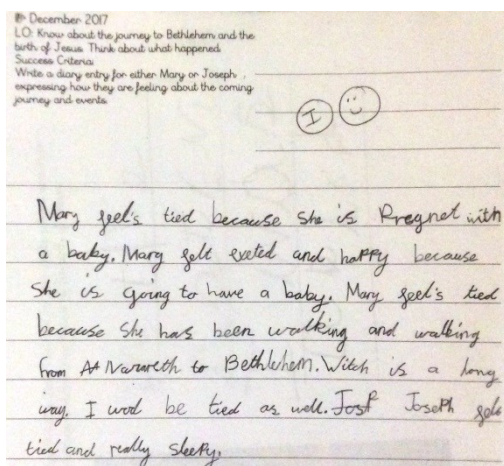
The Society of St Vincent de Paul has been engaging with young people and education since its earliest days. Today the SVP England & Wales is pleased to highlight its continuing strong links with young people, through the development of its new 'Mini Vinnies' programme – a ground-breaking Primary Schools initiative, based on good work done in Australia, piloted in the Diocese of Shrewsbury, and which is seen as having, 'the potential to significantly contribute to the future of our Society.'



<http://www.minivinnies.org.uk/index.php>



### Some of the children's Advent work from School



## **Summary of Forum Minutes, 8 Feb 2018**

**Present:** Fr Pat Cleary, Stephen Warde, Serga Collett  
+ approx. 20 parishioners

### **Matters arising from last meeting:**

50th anniversary Fr Bob ordination: Feast of St Peter and Paul, Friday 29th June. Father Bob to say Mass on Saturday 30<sup>th</sup> June followed by a 'bring and share' lunch in the Parish Rooms. Everyone is invited.

Live streaming update. Christine reported that a group had reviewed other streaming services but not found one as good as Churchservices.TV and that the latter firm was recommended. £3,500 up front cost and £150 a month thereafter. Fr Pat thought that this should be manageable financially, pending finalised accounts. Comments were made that Northampton Cathedral and Walsingham both have broadcasting systems and it would be worth checking which services they use. In general there was unanimous agreement to trial it.

60th anniversary of the building of St Laurence's  
Organising Committee needed for all the following:

- 1) an ecumenical 'songs of praise' on Sunday, 13th May at 4.30pm.
- 2) Mass with past priests to be celebrated on the feast of St Laurence, 10th of August.
- 3) An exhibition of photos of the church and church activities over last 60 years
- 4) a board in the Church with a list of priests throughout the years. Suggestion made to place the board in the church next to the current memorial to Fr Oates.

Parish leaflets: 'Welcome to church' leaflets and 'parish life' leaflets, which list groups etc are available in the Porch. It was agreed that we should use parish life leaflet to update website.

Fr Bob also would like to further encourage the Church's Facebook page awareness. [Search for St Laurence's Roman Catholic Church.]

### **Repairs and Renovations – Flooring**

It was felt that the flooring in the Narthex and Parish rooms is now dirty and difficult to be kept clean; also in sanctuary. Fr Pat felt that hard flooring would be preferable as easier to keep clean. Joe Tucker offered to investigate what is underneath the carpet. Costing to be sought and presented at the next meeting

Virginia Bird said that she was going to be moving away and that some of the jobs which she has been doing will need to be taken over by someone else:

- a) Pews – care and upkeep – volunteer needed.
- b) Screws on bottom of black chairs need to be tightened regularly as they get wobbly. Jim O'Sullivan volunteered.
- c) Soap dishes: replenish and buy new soap? Karen Rogers volunteered.
- d) Garden: James McQuillan suggested a management cooperative to be formed and read out a short report he had put together outlining some ideas. He would be happy to be part of a garden party. Nora wondered whether some young people would like to be involved? Disabled access and decking were discussed and it was suggested to ask Sue Price (who originally proposed this idea) for advice on the access to the garden.
- e) Someone to dust for cobwebs in church – volunteer needed.
- f) Someone to help to maintain the library – volunteer needed.

### **Liturgy**

Holy Week and Easter: 8pm Maundy Thursday, 3pm Good Friday and 8pm Vigil Mass on Saturday. Easter Sunday 9.30am to be at school. 8am and 11am as normal at church.

Stations of the Cross – Good Friday: Stations for both adults and children in morning – Jim O'Sullivan to coordinate.

Stations during Lent: different groups to lead it, to be publicised in newsletter.

House Masses will be on a Thursday during Lent. Fr Pat said that it was a good opportunity to take the Mass out to villages and that he would be happy to do it at other times of the year too. He added that one restriction at house Masses is the provision of just 'simple' refreshments.

In response to an enquiry Fr Bob informed us that Benediction takes place on Fridays at Blackfriars. All are welcome to join them.

Fr Jay is covering due to absence at OLEM until March.

It was suggested that we invite Archbishop Rowan Williams to join us for Mass as part of our ecumenical provision.

At 9.30am Mass the change of direction of the altar has been received favourably. Tom Lachlan-Cope has taken on organising altar servers for this Mass.

## Finance

Fr Pat gave a synopsis of the provisional Year End accounts which are being finalised by Treasurer Reverend John Steel.

Items of note were: an increase in 2017 collections by around £1000; Gift Aid also saw around a £1000 increase; Diocesan investments reduced; expenditure on house reduced from £48,165 to £8,970 (note: it was pointed out that there will need to be some expenditure on the house in the near future).

Additional clergy has of course meant additional expenditure.

Once the figures have been agreed by Finance Committee and they will be released.

Jim Scally noted that we could claim tax back on Christmas and Easter offerings. No objections to go ahead for Easter. It was asked, should we be considering alternatives to donating to appeals etc with cash, as people don't always carry cash. Serga to find out about 'texting' donations.

## Catechesis and School

**First Holy Communion** – over 70 communicants.

Fr Pat reported that this was going extremely well with the main teaching of the programme being done by the parents. The whole group meets once a month and the other three sessions are the responsibility of the parents.

**Confirmation** – the programme too is running very well.

**Baptisms** – we have preparation evenings to which parents are invited;

**Weddings** – there are 4 sessions available for preparation, plus a Saturday session, considering various aspects of marriage from a religious perspective.

**School** – has recently had an Ofsted visit and are awaiting results. The curtains have been replaced by blinds in the school hall.

## Parish Groups

**CAFOD** report – Mary Watkins had submitted a report to publicise that Connect2 Peru collections continue to be successful, with donations of £200-£300 per month. This means £2000-£3000 has been raised over 10 months. She stressed that this was very much appreciated by our partners in Peru.

St Laurence's School's Mini Vinnies have recorded their school CAFOD song which was taken to Peru along with a photo of the group. This was received with great excitement by children in Warmi Huasi.

Pope Francis has launched 'Share the Journey', a new global campaign for the rights of people on the move. 'Walk for Refugees' week, 18-24 June. The CAFOD group suggested a Parish walk on Sunday 17th or 24th June. The Forum supported this suggestion – CAFOD group to choose the best date.

SVP has received with thanks significant donations from the Parish. These are well used. It was also reported that the group has new members.

## AOB

It was requested that if the Catholicism DVD series is shown again in the future, timing should be reconsidered to take into account those who prefer not to be out after dark.

Fr Bob remarked on the tremendous contribution of the African parishioners but not present at Forum. Should special invitation be extended?

Karen Rogers publicised the following:

29th April Mass rosary around coast to pray those affected by abortions.

**Date of next meeting:** Monday, 23rd April, 8pm

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## Jay's ordination, Norwich Cathedral, 8th Dec 2018







Here are some of the charities and causes we have supported recently:

Cambridge Women's Aid

East Anglian Diocesan Children's Camps

Medaille Trust

Water Aid

MAGPASS

Street Chaplaincy

Emmaus

EACH

(East Anglian Children's Hospice)



CONTACT ADDRESS & PHONE NUMBER:

Angela Stocker on

01223 424024

Janet Scally on

01223 365330

CALL US TODAY!



### Catholic Women's League CIO

#### Cambridge Section

Catholic Women's League CIO is a group of Catholic women of all ages working together and undertaking charitable works of all kinds. We serve our parishes whenever the need arises, socialising together and praying together. We are a positive voice for the church and a group where love and friendship can be found.

The League was founded in 1906 for the education of women and has evolved over the years continuing to focus on charity work in the local community but also looking at national and international issues.



Registered Charity Number: 1173138



## ABLAZE MASS

A Mass for all led by the young people of the Parish  
Drinks and food afterwards

5pm Saint Laurence Church, Cambridge

March 18th

April 15th

May 20th

June 24th

To help with the music and singing come along at 4pm



Margaret Beaufort

Institute of Theology

## Life in all its fullness

A day of prayerful reflection on the gift of life and the human experience

Saturday 10 March 2018

10am-3.30pm

Led by: Ged McHale,  
Associate member of the  
Margaret Beaufort Institute of Theology

Join us for a day of prayer and reflection, in this year celebrating twenty five years of the life of the Institute.

There is a £10 fee (payable on the day - bursaries are available.)

Please bring your own lunch and refreshments if you wish.

Venue: 12-14 Grange Road, Cambridge CB3 9DU

To book a place or for further details about bursaries please contact Ela Wolbek at:

Come for a day of prayerful reflection on the gift of life and the human experience, led by Spiritual Director Ged McHale, an associate of the Institute. The fee is £10, payable on the day. Bursaries are available.

To book a place or for further details about bursaries please contact Ela Wolbek at: ew263@cam.ac.uk

## Personal Stories

### Seminarian Life

#### Michael Smith



As I approach the end of my first semester as a seminarian it seems a good moment to provide an update for *the Pilgrim!* As some of you may know I was a parishioner at St Laurence's for a number of years before coming here to the Beda College, Rome ([www.bedacollege.org](http://www.bedacollege.org)) last September, to train for the priesthood for the Diocese of East Anglia.

Named after St Bede, the Pontifical Beda College was founded in the mid-19th century for convert Anglican clergy who were training for the Catholic priesthood. Although the students who now enter do not normally fit that description they do tend to have had other life experience or careers before becoming seminarians later in life.

The current student body includes people from Australia, Malaysia, India, Tanzania, South Africa, Sweden and Ireland as well as the UK. All are English-speaking since the teaching in house is entirely in English. The course normally lasts 4 years and most year-groups contain about 10 students per year. After completion of the course each student, who has normally, by then, been ordained deacon, returns to his home diocese to be ordained priest.

We have a weekly timetable of classes given by resident staff and visiting professors. The topics we study include scripture, moral theology, spirituality, church history, liturgy, human development and pastoral theology among others. We write essays and take exams each semester which go towards a degree qualification. Life at the Beda, however, is more than study – the college is a community of staff and students who live and work and pray together. Along with daily mass we also additionally gather at other times for prayer and adoration of the Blessed Sacrament.

Each student has a spiritual director whom they see regularly and all take an active part in the liturgy. Each of us has other duties in addition to our studies. So, if it's helping in the library, refectory or sacristy, organising music for the next choir practice or even doing the final security check of doors and windows each evening – it can all help us broaden our experience!

Of course the college couldn't function at all without the '*personale*' the local staff who prepare our meals, clean and maintain the communal areas of the building, provide the necessary administration support and generally create the warm, welcoming atmosphere which helps to make us feel at home and for which we are extremely grateful. Additionally, they provide a nice opportunity for us to learn/practice a little bit of Italian! Every day provides opportunities to be 'pastoral' in how we interact with our fellow seminarians and the various college staff. Some students also help out, one evening a week, with a feed the homeless project run by the local Anglican Church in Rome.



St Paul's Basilica viewed from the Beda College

A more concentrated period of pastoral experience takes place over the summer when each student works in a parish in their home diocese for 4-6 weeks. Each student is assessed during this time and submits a report afterwards which includes personal reflection on the learning and insights gained. As I write this I'm conscious that we recently celebrated the feast of the Conversion of St Paul (25th January) and it's appropriate to note that the Beda College is situated literally across the road from the Basilica of St Paul Outside-the-Walls – the place where St Paul is buried and over whose tomb the emperor Constantine built the Basilica in the 4th century.

Pope Francis led a service of evening prayer in the Basilica on the 25th January as part of this year's week of prayer for Christian Unity and with this in mind I would like to thank you all for your prayer and support for all those training for ministry in the Church ***with a special thanks for your prayers for the present and future seminarians of the Diocese of East Anglia!***



Some Beda staff and students

## **In Memory of Cecily Fernbank: Politics and Perseverance**

### **Dick Wilson**

Cecily Fernbank was born in London on 6th August 1910 and her funeral took place at St Francis Notting Hill on 28th November 2017. The family's name had been Fehrenbach, but when they came to England they took the name Fernbank. Her father was a watchmaker and an uncle was parish priest of Our Lady and St Joseph's Church, Warwick Road, Carlisle.

Cecily had various employers, including the British Council. She began volunteering with Pax Christi Working Group on Northern Ireland, maintaining the press and news archives for 20 years and helping at conferences and events in support of peace in Northern Ireland. She continued to volunteer with Pax Christi until she was in her nineties, always paying careful attention to detail in whatever job she undertook and keeping a critical eye on Peace & Justice news items.

Here she is with her fellow Pax Christi volunteers:



She lived for the last 40 or so years of her life in a small flat in North Kensington, off Ladbroke Grove. She told me that she had stayed at work till she was 70 so that she could afford to buy it. I got to know her in about the year 2000, when I lived opposite her, and distributed monthly Labour Party notices. I delivered her copy last so that we could talk. I was surprised to find one Sunday that we both went to the same church, St Francis of Assisi, Pottery Lane, where she was a Reader until she was well over 90yrs. She asked me to go with her to meetings, explaining that she could go alone to the meeting place in the early evening, but didn't like to come alone when it was dark; so, off we plodded to the bus stop. As she grew older, a parishioner of St Francis of Assisi Church took her to Mass, and later, when unable to go to the Church, brought her Communion at home.

After we came to live in Impington, I still saw her on visits to London, and we brought her to our home for two or three nights. She came with me to the 9.30am Mass. People chatted, but she told me there were too many to talk to. She was very forthright. We went with her to Anglesey Abbey, near Cambridge, and she was able to use the National Trust life membership given to her when she was quite young. She was pianist and attended music summer schools after the war.

When she was with us she counted the Scrabble letters by putting them in rows of ten as she did at the flat, where she played right hand against left. She also brought useful presents, such as some powerful, plastic pegs for the clothes horse. She also did us one great service; she arranged our CDs by the name of the composers. She was visited by a niece who lives in London, other relatives and me occasionally, and I saw her shortly before she died at the age of 107. She didn't talk much, but would occasionally answer. She had a team of carers and good friends to help her, and was in a hospice at the end of her life.

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## **The 'Funny Old Lady'**

### **Pauline Gullick**

My late mother was a trained nurse and worked hard for thirty years, although we didn't fully appreciate this at the time. Down the road where we lived there was lady known to all the residents as 'The Funny Old Lady'. One afternoon she knocked at our door. She wanted to speak to my mum, she said, "Your mum's a nurse she will know what to do." I said to my mum, shall I say you are out but she said no, it could be one of us! So mum walked back with the Funny Old Lady to her house. When they got inside she said to my mum, you are a nurse; you know what I should do? Mum told her, "Sit in your chair, put your feet up and I will make you a cup of tea." My mum made the tea and gave it to the lady and said, "If I were you, have your tea, sit in your chair and have a rest." The old lady asked, "Do you think that is the right thing to do?" and mum answered, "Yes, I do."

She left her and came home because she was on duty that evening at the hospital. All the neighbours were asking where the Funny Old Lady is, we haven't seen her all afternoon. But by this time mum was on her way to work.

A small token of care wasn't it, which helped a lonely, little, old lady?

## Sunday Observance

### Michael Dimambro

Like many of us, whilst on holiday in a foreign country or elsewhere in the UK, I try to get to church on Sundays. It's more difficult when you are on a cruise. On one ship heading for the Baltic, there was an American priest amongst the passengers. The Catholics in the Filipino crew asked him to say Mass and administer communion, which he did. This was a rare experience. Cruise ships setting out from the UK often hold inter-denominational services. This was the case in November when my wife and I sailed to Morocco, Portugal and the Canary Islands.

The services comprised a Gospel reading, prayers and hymns and were attended by about 10% of the passengers. The hymns included one that seemed ominous and anxiety raising 'For those in peril on the sea'. It was sung with gusto nonetheless. The cruise director who led the services also delivered two stories with a moral to each which I found inspiring and worth sharing.

*[Ed: Here we are able to reproduce one of them]*

The Cross (unknown or Florence Morse Kingsley)

A young man was at the end of his rope, seeing no way out, he dropped to his knees in prayer, 'Lord, I can't go on,' he said. I have too heavy a cross to bear.' The Lord replied, 'My son, if you can't bear its weight, just place your cross inside that room over there. Then, open that other door and pick out any cross you wish.' The man was filled with relief and said, 'Thank you, Lord,' and he did as he was told. Upon entering the other room, he saw countless crosses. They were everywhere, some of them as tall as skyscrapers. Then, he spotted a tiny cross all alone leaning against a far wall. 'I'd like that one, Lord,' he whispered. The Lord replied, 'My son, that is the cross you brought in.'

### Your Cross (anon)

Whatever your cross,  
whatever your pain,  
there will always be sunshine after the rain,  
perhaps you may stumble,  
perhaps even fall,  
but God's always there, to help you through it all.

## A moment in time

### Karen Rodgers

*'Thoughts create actions. Actions create habits. Habits create character, and your character is your destiny'.*

Matthew Kelly

I was with my husband and my girls on a bridge in a foreign city. I didn't know this before we went but later discovered the place is infamous for drug-dealing. It was raining, we had wet feet, we were far from home. I felt insecure, cold and tired and keen to get back to our holiday home. We were half way over the bridge going in the direction of our car when I saw a car draw up at the point where the bridge met the river bank. A man came up and through the open car door window grabbed the man inside and somehow forced him out of the vehicle. I could see something very bad was probably going to happen.

I didn't realise it at the time (with hindsight there must have been a knife or gun involved) but I sensed danger and worse. I knew someone needed to do something, I did not know what. I realised I was very afraid and that I would be causing stress to my family if I intervened; I was aware of my husband calling me, of the children and of the drama unfolding just a hundred or so metres away.

I hovered; I was really afraid, both of my family's reactions and also of what was happening with the men, suddenly all was clear to me. I shouted to the girls to go back to their father. I was running in the direction of the car and the men. I had no idea at all of what I would do when I got there or of what would happen, I just knew I had to go. I was aware of danger but I suddenly felt deeply free and in the right place at the right time doing the right thing. I will never forget that moment. As I approached the men the situation resolved itself, without confrontation. I am not sure how. I have no idea whether my approach contributed to this or not. However, I am clear that I did the right thing and I am deeply grateful for that because I know if I had not I would have had a life-long burden on my heart.

Determinists are right to the extent that we are all pre-programmed and have little conscious input into most of our everyday actions. They are wrong though in thinking that this means that free will does not exist. We are pre-programmed, but through our daily choices that programming leads us to act unconsciously and automatically for good or ill at crucial points when we have no time to reflect. And as parents we have the awe-inspiring task of providing the kind of environment which will foster in our children a sense of personal responsibility, empathy and discernment.

## Tailpiece

### **You Can't Put Your Muck In Our Dustbin**

#### **Dick Wilson**

Eugène-René Poubelle (1831-1907) became a university teacher in law. However, after the after the defeat of France in the Franco-Prussian War, 1870-71 and the collapse of the Second Empire, Poubelle was one of the administrators who set up the democratic Third Republic, lasting to 1940. He was appointed préfet of the Charente département in 1871, followed by four other départements in the south of France up to 1883. A préfet (“prefect”) is the governor of the well-known administrative division set up in 1790. It was about the size of an English county, but with different powers. In 1883 Poubelle was appointed to the Seine département and prefecture, which contained Paris until 1968, and was the most important. He remained in this post to 1896, and his successive and rising appointments indicate his worth when the Third Republic was modernising France. One of his achievements was the centralization of schools, in which, the story goes, all scholars in every school in France raised their pens at the same moment. Poubelle endowed Paris with mains drainage, an achievement which was as important as that of Joseph Bazalgette in London. Another, and the best remembered, was the requirement that householders should use a standard wood and tin-plate bin, issued for the collection of domestic rubbish. When Eugène Poubelle introduced rubbish bins in 1884, he was not wholly successful – the small firms that had provided a private rubbish service resisted the municipal bin being compulsory. However, its use increased over the years.

On his retirement in 1896, Poubelle served on a number of committees and other such tasks. He was a devout Catholic, and for a short time, before his death in 1907, he was appointed French Ambassador to the Vatican. This was no sinecure. In 1902 the French Government expelled all monks, nuns, friars and other religious (the general Catholic term), and declared the separation of Church and State in 1905. Poubelle was familiar with both sides, and received his reward. He was awarded a papal knighthood, one supposes by way of some form of truce. And, just as the name of the scientist Röntgen commemorates him with the word for ‘X-ray’ in German – *der Röntgenstrahl* – so in French *poubelle* is the word for a dustbin. What immortality!

Sources: Alfred Cobban, A History of Modern France; Wikipedia

## **My Old Man's a Dustman**

### **Dick Wilson**

I worked for two summers at collecting rubbish, and for a few days actually lifting bins on to the van. It was before the day of the wheelie bin, and these bins were non-standard and very heavy with the ashes of coal fires. We could have done with Poubelle.

I ended up one summer working for Carlisle City Refuse Department on the dump where most of the rubbish went at the time, between the River Eden and a meadow alongside a boys' school. The job was to rake and burn paper out of the rubbish as the vans emptied their load, mostly flammable refuse or ashes from living room fires, without setting fire to the whole dump. I almost did once, raking too near the flames, but the more experienced men rushed back to my heap of paper, card and dry goods, and raked it away from the dump. Otherwise it would have caught fire, and would have had to be allowed to burn itself out over months or years.

We used to stop for our lunch just as the school went back in from the playing field, so that as we came out of our little hut, well away from the dump at the edge of our work, we were accompanied every day by hundreds of boys singing Lonnie Donegan's No.1 song of the time:

My old man's a dustman,  
He wears a dustman's hat,  
He wears 'cor blimey' trousers  
And he lives in a Council flat.

### **Destructing the Destructor**

In another part of the city there was a concrete building with a hole in the middle of the floor and an escape chimney for flame and smoke at the top. Into the blaze in the hole in the floor, fuelled with paper and dry goods from the other dump, we shovelled or tipped refuse too odious to be composted down – food waste, shop rubbish, various kinds of domestic left outs and what the slaughterhouse didn't use.

D: “What is that in that bucket?” A: “Puddings”. D: “Oh”.

I suppose I must have a leaning towards pyromania, because once again I let a flame from the fire nearly take hold of our heap of fuel rubbish; but the heavy lid was clamped down and we took a breather till it slackened off. It was quite a good job for a student for the summer, but, I think, not my calling.

## **Editorial Comment**

**Sarah Sykes**

We are looking forward to the various events celebrating our 60th anniversary starting with a Songs of Praise & Thanksgiving at St Laurence's on 13th May offering thanks for our church and Parish with a mixture of hymns, readings and memories of the Parish. Does any Parishioner have a diamond anniversary which they would like remembered or blessed during the service? If so please contact either the Forum at [forum@saintlaurence.org.uk](mailto:forum@saintlaurence.org.uk), or Pilgrim at [pilgrim@saintlaurence.org.uk](mailto:pilgrim@saintlaurence.org.uk).

As we go to print, we are already well into our Lenten journey preparing for Easter. Have you given up something or are you adding in something extra? I recently heard of a different approach where instead of giving up your treats you share them. So whenever you have a bar of chocolate you may have a piece but the rest is given away; and expanding on that idea, giving your time or attention to give generously in thought and deed. The website [40acts.org.uk](http://40acts.org.uk) offers imaginative suggestions daily at 3 different levels: level one which only takes a few minutes, two which takes a bit more thought or care and level three which pushes your generosity up a level! Abstaining or sharing, both are good for the soul and we wish you well on your journey.

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Wondering where to send your article, photos or drawings? Our email address is at the bottom of the page and you'll also find it every week on the front page of the Parish newsletter.

**The deadline for the next edition is 4 May** for publication 9-10 June.

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Personal Stories and Experiences

Parish Organisations & Activities

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## Some Regular Events

**The Parish Forum** is where **ALL** parishioners can come together to discuss and debate Parish matters, and decide when and where things need to be done. The Agenda is planned in advance and the meeting is led by the chairman and Parish Priest. It meets every 3 months.

To go on the list to get the agenda in advance and the full minutes after the meeting, email [forum@saintlaurence.org.com](mailto:forum@saintlaurence.org.com)

*You can raise a topic at the meeting but it helps if you send a short note about 10 days before the next meeting, again, to [forum@saintlaurence.org.com](mailto:forum@saintlaurence.org.com), which can then be circulated.*

### The Pilgrim by Email

Away for the weekend? All copies taken? Don't miss the Pilgrim on publication day! You can receive a pdf version by email. Send a request to [pilgrim@saintlaurence.org.uk](mailto:pilgrim@saintlaurence.org.uk)

**Extra Pilgrim copies:** Do you know anyone who has difficulty coming to church but would like to receive the Pilgrim? Please feel free to take an extra copy.

### Pilgrim on the Web

The most recent back editions are now available on the Parish website  
<http://www.saintlaurence.org.uk/pilgrim>

### ABLAZE

The St Laurence Youth Mass is known as Ablaze. The Mass is designed to encourage our youth to build their confidence in running the Mass for the benefit of us all. It is held approximately once a month, is vibrant and fun. We encourage young readers, Eucharistic Ministers, budding musicians of all ages and the only requirement is enthusiasm for God. If you are looking for 'perfection' you won't find it here, so if you fancy it, pluck up your courage and join in.

The next Ablaze Mass will be on 18th March.

### CAFOD

Connect2 Peru retiring collections will take place in subsequent months, usually the first weekend in the month. These monies go directly to the Peru projects CAFOD is supporting.

## Upcoming Parish Events

<b>Easter Week Masses</b> Palm Sunday Maundy Thursday Good Friday Easter Vigil Easter Sunday	25 March 29 March 8pm 30 March 3pm 31 March 8pm 1 April Usual Mass times
Good Friday Children's Liturgy Stations of the Cross	11.30am
ABLAZE Youth Mass	18 March, 15 April, 20 May
Lenten House Masses – <i>If you would like to host a Mass contact the Parish office</i>	Thursdays 1, 8 & 15 March
Scripture Study – Acts of the Apostles	Weds 7.30 – 9pm
Holy Hour	Every Weds 6 – 7pm
First Holy Communion	2 – 3 June
First Holy Communion Going Forth Mass	17 June
Soulfood Prayer Group 1 <sup>st</sup> / 3 <sup>rd</sup> Tues: St Laurence's 2 <sup>nd</sup> /4 <sup>th</sup> Tues: OLEM Parish Hall	Every Tuesday 8pm
Parish Forum Dates for 2018	Mon 23 April Thurs 5 July Mon 8 Oct 8pm



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<https://www.facebook.com/stlaurencecambridge>

# ST LAURENCE'S ROMAN CATHOLIC CHURCH

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St Laurence's Parish is in the Diocese of East Anglia, and covers the area of Cambridge north of the river Cam including Arbury, Chesterton and King's Hedges, and also the villages of Histon, Impington, Girton, Cottenham, Milton, Landbeach and Waterbeach.

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## Treasurer:

Rev. John Steel

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## Safeguarding Coordinator:

Petra tucker

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## Service Times

Saturday 9.30am

6pm Vigil Mass (sung)

Sunday 8.00am

9.30am (sung)

with children's liturgy

This Mass is held at St Laurence's School, Arbury Road.

During school holidays it is held at the Church.

11am (sung)

with children's liturgy

Join us for coffee in the Parish Room afterwards.

Mon, Tues, Thurs 9.30am

Wed, Fri 12.30pm

*Check the weekly newsletter for changes to the above times*

## St Laurence's School

Head Teacher

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