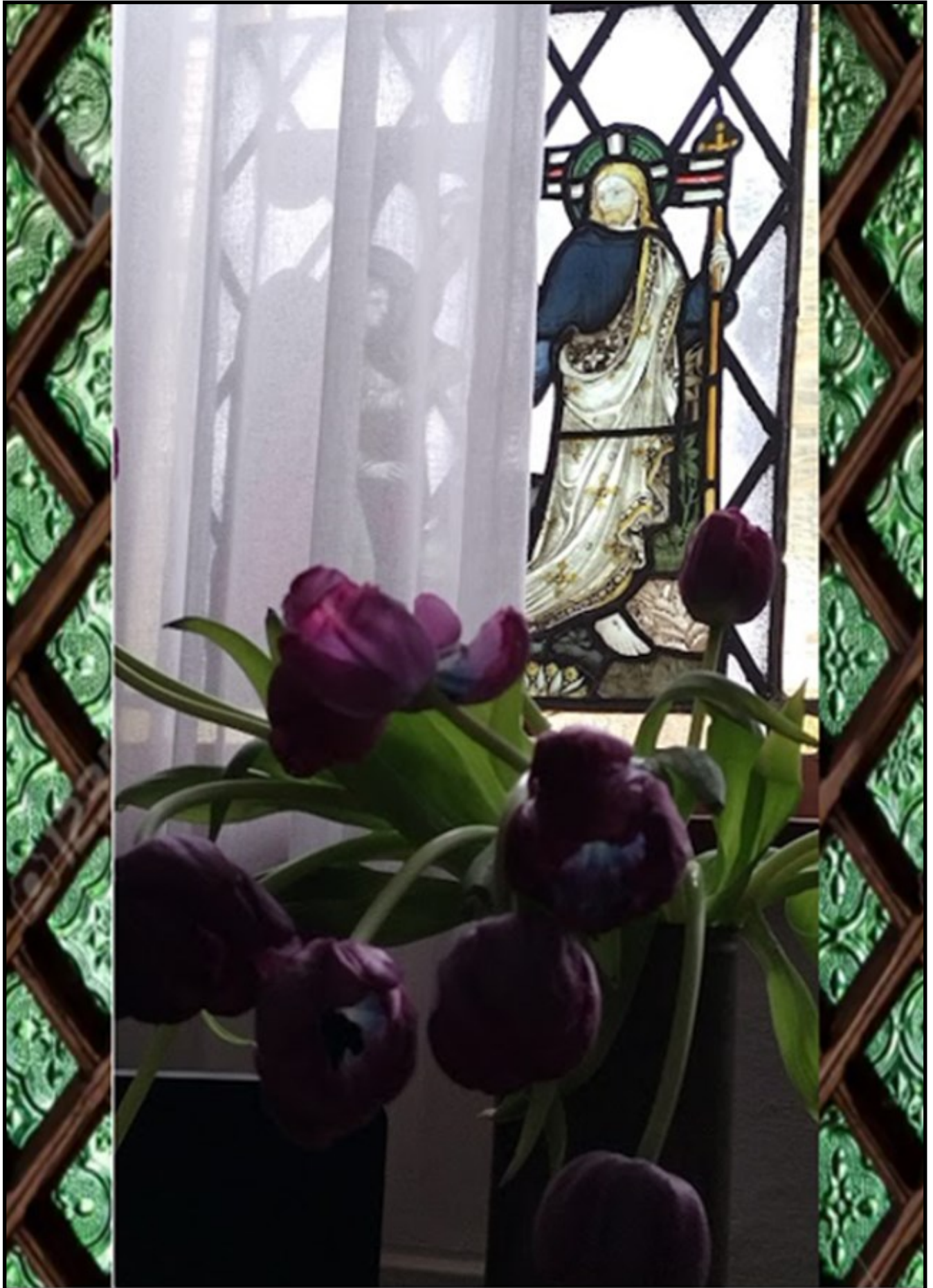


THE GRAPE VINE



PARISH MAGAZINE EASTER 2022

INDEX

Index	2
Editorial	2
Catholic Parish	3
Editor	3
Baptisms & Deaths	4
Tributes	
Joan Moran	4
Jim Harrington	5
Parish Sick List	6
After Dark	6
Churches Together & All Saints' Church	7
Ukraine & The Red Cross	7
CAFOD	8
Aid for Ukraine	8
Relief Concert	9
Pauline McSherry Ukraine	9
Parish Finances 2021	10
Secular Carmelites	11
Way of the Cross Booklet	11
Page for the Elderly	12
Dear Ms McSherry	13
Cotswold Mystery - Part 2 - John Cairns	14
Page for the Young	15
Youth - Joe Rodriguez	16
Food Bank - Helen Gilbert & Trustee	18
Bishop Alan - Synodal Pathway	19
Churches Together - Calendar of Events	20
Citizens' Advice Volunteers	22
Pulse Oximeter	22
Marian Icon	23
Next Editions	24
Announcements	24
125 Celebrations	24
Road to Emmaus	25
Ascension	26
Pentecost	27
The Risen Christ meets Mary Magdalen	Front
Knights of St Columba	Back

EDITORIAL

Dear All,

This issue of the *The Grape Vine Magazine* is noticeably bigger than any previous edition has been. It reflects, among other things, the immediate response of individuals and organizations to help wherever help is needed. Father Peter said in his Sunday Sermon that we often choose what we want to give up during Lent but that we should also be prepared to give up something unexpected due to circumstances.

It looks to me that time is a sacrifice many make, and plentifully. We live in an age when time is thought of as the most precious thing – but here time is given with full hands any time of the day. Volunteers attend to situations in our neighborhood, but also abroad, they decorate our churches with flowers, sing in the choir and attend to countless details to make our churches invitingly beautiful and a pleasure to be in.

Pope Benedict XVI said *'Lent is an opportunity to 'become' Christian 'anew', through a constant process of inner change...'* and St Teresa Benedicta of the Cross said *'In the childhood of the spiritual life, when we have just begun to allow ourselves to be directed by God, we feel his guiding hand quite firmly and surely. But it doesn't always stay that way. Whoever belongs to Christ must go the whole way with him. He must mature to adulthood: He must one day or other walk the way of the cross to Gethsemane and Golgotha.'*

Two things in our Parish life will broaden our understanding of faith this year: one is that we will be celebrating the 125th Anniversary of Our Lady of the Annunciation Church in June, the other is that Father Peter has opened the doors to the Secular Carmelite group 'Our Lady Walsingham' to make Our Lady's church the meeting place of the Secular Carmelite group. We must not underestimate the spiritual potential this will have on our parish life and community. We are so blessed! *'The Lord is my shepherd, I shall not want.'* *'Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.'*

And so, let me wish you a very happy and beautiful Easter with the words of Georg Friedrich Handel's song:

'My soul hears, through seeing / How all things rejoice and laugh / To magnify the Creator.'

Happy Easter to you all!

Lotte

THE CATHOLIC PARISH OF KING'S LYNN

CLERGY

The Very Rev Canon Peter Rollings – Parish Priest and Dean

Rev John Belfield – Deacon

Martin Le Strange – Deacon

Shaun Morrison – Deacon

Father Gordon Adam - Assistant Priest, Ordinariate of Our Lady of Walsingham

ADDRESS

The Catholic Rectory, North Everard Street, King's Lynn, PE30 5HQ

Telephone: 01553 772220

Email: parishpriest763@btinternet.com

Web Site: www.catholicparish-kingslynn.org.uk

Due to Covid-19 the Church offers Live Streaming of Sunday Mass.

Details of the Live Streaming of Sunday Mass for you:

From Our Lady's, London Road, King's Lynn

<https://www.youtube.com/channel/UC8V030I7usRZiKoTlrwBAKg>

11.30am Sunday

The YouTube link is

<https://youtu.be/UvufRDE76Ho>

Mass readings are daily uploaded on the parish website:

<http://www.catholicparish-kingslynn.org.uk/>

The parish newsletter for the week can also be found on the website.

For Mass Times please check the parish website:

<http://www.catholicparish-kingslynn.org.uk/>



THE GRAPE VINE

Parish Magazine

Editor

Lotte Gaberle
Church Cottage
17 Church Road
Magdalen
Norfolk
PE34 3DG

Telephone

01553 810021

Email Address

lotte.gab@gmail.com



Opinions expressed in articles or letters are those of the writers and not necessarily of the Clergy or Editorial Staff.

BAPTISMS

Declan Somkenna Asogwa

Eva Reale

Rosa Reale

Zachary Torode

Reuben Michael Goodman-Stephens-Hayes

Bernard Jose Goodman-Stephens-Hayes

Ziggy Thaddeus Goodman-Stephens-Hayes

Ivor Daniel Goodman-Stephens-Hayes

Marcel Mank

Danielus Robas

Gabrielus Mantas

George Lijo

Jeremiah Dennis



BAPTISMS:

Please remember that there are no baptisms during Lent (2nd March – 16th April)

From Psalm 139:

O Lord, you have searched me out and known me;
You mark out my journeys and my resting place and are acquainted with all my ways.



DEATHS

Sheila Edwards

Alan Dunn

James Harrington

Francis Tovell

Patricia Mann

Sheila Husband

Zilvinas Krivinskas

Joan Moran

James McKenna

Jean Parkin

WEDDINGS

A 6-months-notice is required for weddings (9 months for marriages overseas) so that preparation for marriage and the necessary paperwork can be completed.

From Psalm 139:

If I climb up to heaven, you are there;
if I make the grave my bed, you are there also.
If I say, 'Surely the darkness will cover me and the light around me turn to night,'
Even darkness is no darkness with you;
the night is as clear as the day;
darkness and light to you are both alike.

Joan Moran R.I.P.

Today we made our farewells to Joan Moran. To many who knew her, Joan was a devout and faithful parishioner. Living where she did, transport was not easy. Joan's Sunday Mass duties were fulfilled on a Friday. There in Our Lady's in time for the Rosary and there with her friend Stuart McPherson (may he too rest in peace) to take up the offertory gifts.

Joan will be remembered especially by SVP Society. Each year a Christmas hamper was delivered to Joan by Eamonn Campbell. Eamonn never came away empty handed: Boxes of sweets and biscuits for the needy of the parish were Joan's way of showing her gratitude and kindness. Always giving, that was dear Joan and always a dear friend to many in the parish.

May Joan now rest in eternal peace.

Pauline McSherry — February 18th, 2022.



The best friend of Lilybeth Sarte, **Girle Vinyura**, has died at the young age of 47. Her funeral will be on March 10th, which would have been her birthday.

Please pray for her.

Tribute to Jim Harrington

by Simon Harrington

Dad was born on the North Brink in Wisbech. He was the 9th of 10 children, the 6th of 7 boys! Dad loved telling stories about his childhood and would often remind us how lucky we were to enjoy so much comfort. For him the water would be collected from a well at the bottom of the garden and also from the roof. He had the unenviable task of checking the water store for any rodents that may have slipped in! The toilet was outside where they had the newspaper cut into squares and held on a piece of string. This probably goes some way to explaining his obsession with toilet paper usage when we were growing up.

But despite those hardships, Dad grew up in a loving home and he said it taught him the value of things and the importance of family, which was central to the values he both taught, and more pertinently, demonstrated to us throughout his life.

Having completed his primary school education in Wisbech, Dad headed off to St Joseph's College in Ipswich. He excelled in Maths and represented the school at Cricket, Hockey and was captain of the Rugby team.

Dad did his National Service and spent time in Germany. Latterly he was based in Berlin with the Intelligence Corps, gathering and analysing military intelligence on Russian activities in East Germany.

He decided a military career was not for him and returned home and joined Campbell's Soups as a Salesman covering North London. The bright lights of London were where he wanted to be at that stage, and he was able to indulge in his love of live jazz. Ronnie Scotts was a favourite and he saw his favourite singer there, Ella Fitzgerald.

Between leaving the army and even when at London, Dad would spend time back home in Wisbech. It was during this time that he met a family who hadn't been in the area all that long. Harold and Winnie Healey were living locally with their four children, the second of which was a young lady by the name of Patricia. They fell in love and in November 1964 they got married and moved into their new home in Hatfield. The only furniture they had at that point was a kitchen table and a bed ... little wonder I arrived just over 10 months later!

Dad continued developing his career with Campbell's Soups and an opportunity arose to



join the marketing department which brought him to Kings Lynn. His work entailed several trips to the US, and he had many happy memories of these. Being a Campbell's employee in the US was pretty close to being royalty at the time. Dad would use us four children as guinea pigs for Campbell's Soups and, when working on a new range called *Soups of the World*, he even got our opinions printed on the soup can labels.

Dad had a deep insight into the issues of the world around him - he could talk for hours about the state of the world and business - especially anything to do with soup. However, this did not extend into the creative side of the brain - that was Mum's domain.

What we remember best is Dad's attitude to life and his unquestioning support and love for us all. He had a great sense of fairness - he believed in treating everyone the same regardless of background. He always said he didn't have a problem with people being wealthy - it was what they did with their wealth that was important.

No man would have looked after their wife with as much care and love as Dad looked after our mum when she fell ill. It was extremely difficult for him to admit that eventually he needed help, having kept her at home far longer than normally possible. And then, when in care, not a day would pass when he wouldn't be spending hours with Mum taking her out on trips and for lunches.

Whenever he would introduce any of us to someone, subconsciously we would feel at least a foot taller. Not from any words he used, just the way he spoke, we could feel the pride and warmth. Father, I hope you know just how proud we all are to call you our Dad.

Jim Harrington R.I.P.

Today's Requiem at Holy Family was a truly fitting farewell for Jim Harrington, a loving father, devout and lifelong parishioner and friend to many.

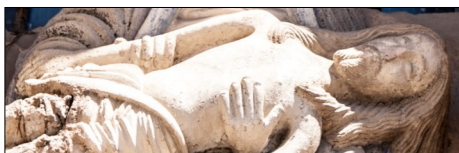
Father Peter was the main celebrant and with him concelebrating were Father Gordon and our past parish priests Father Shryane and Father Finegan, assisted by our three deacons and altar servers Mark and Peter Martin. How splendid Holy Family sanctuary looked for this very special Mass for this very special parishioner!

Simon, the eldest of Jim's six children, paid tribute to his dad; lengthy yes and why not? He had much to say about his good father and he really did touch the heart of everyone in the church.

The gathering at Knights Hill Hotel to follow was such a good party. Love, laughter and joy pervaded as together we travelled down memory lane filled with so many happy memories.

May dear Jim now rest in peace with his beloved wife Pat and may the Good Lord bless the Harrington family.

Pauline McSherry.
21st January 2022



PARISH SICK LIST

Please pray for:

Anne Lindley
Caroline Glazebrook
Susan Young
Maria DeRosa
Renee Thomas
Helen Seaman
Stephanie McAllister
Mark Griffiths
Eileen Griffiths
Beryl Green
John Green
Ann Hemming
Debbie Roper
Owen McDonagh
Catherine McNeil



PRAYERS:

Please pray for the many wounded, dying and suffering in Ukraine. *The icon below is also called "The Holy Pokrov = Icon of Mary."*



AFTER DARK



Father Gordon posted this photograph of the altar of Our Lady's church after dark in his latest news dispatch. He writes: *'Once the lights are dimmed after dark in Our Lady's, there are some spectacular effects to be observed – especially if you leave only the spotlight on the Rood switched on. It creates the most marvellous shadow effects of the liturgical east end of the Church'.*

LENT COURSE

The Thursday Talks (TTT) will be returning for Lent and will be livestreamed from Our Lady's Church on Thursdays at 7pm.

Taking a cue from the preparations for the Synod of Bishops we will be exploring some of the historic meetings of the Church.

3rd March

The Council of Jerusalem

10th March

The Council of Chalcedon

17th March

The Council of Ephesus

24th March

Lent Station Mass with the Bishop

31st March

The Synod of Whitby

7th April

The Synod of Westminster

CHURCHES TOGETHER IN KING'S LYNN

EXPLORING THE RICHES OF THE CHURCH

*A look at how some of the churches view
their faith and glorify Christ
in their work and worship
Thursday evenings through Lent 2022*

March 3; 7 pm

*The King's Glory Church,
27 Bryggen Road, PE30 2HZ*

March 10; 7pm

*All Saints' Church,
Hillington Square, PE30 5AE*

March 31 7.30 pm

*Cornerstone Baptist Church,
Wisbech Road, PE30 5JS*

April 7; 7 pm

*Friends' Meeting House,
Bridge Street, PE30 5AB*

On Thursdays during Lent, the Methodist Church in King's Lynn will be following a course on Zoom "Following Christ in the footsteps of the Saints"; starting at 7 pm and lasting approx. 45 minutes. ID 994 5863 1489; passcode 091834; join by phone 0131 460 1196 / 0203 481 5237 / 0203 481 5240.

*For further details please contact
01553 631820*

✠ WORLD DAY OF PRAYER 2022 ✠

FRIDAY 4 MARCH

A SERVICE FOR EVERYONE

Come and join us at

All Saints' Church

Church Lane,
off Valingers Road, King's Lynn PE30 5AE

Service begins at 11.00am
followed by refreshments and fellowship.

Written this year by the Christian Women of
England, Wales and Northern Ireland.

World Day of Prayer

I know the plans I have for you

UKRAINE AN THE RED CROSS



Dear members of Churches Together in King's Lynn, you probably know already that one of the ways to help the people of Ukraine is to support the International Committee of the Red Cross which has a long history of work to mitigate the horrors of war. The link to their website is

<https://www.icrc.org/en/document/statement-icrc-president-peter-maurer-conflict-ukraine>

Donations to the International Red Cross and Red Crescent movements for Ukraine can also be made via the British Red Cross

https://donate.redcross.org.uk/appeal/ukraine-crisis-appeal?c_code=175151&c_source=google&c_name=Ukraine%20Crisis%20Appeal&adg=&c_creative=brand&c_medium=cpc&gclid=Cj0KCQjA3-yQBhD3ARIsAHuHT64_T0IW3F-cqJdY3udl-AcFhCrDcvjO9ku56GmsPIWfCgWalFAhElwaAum-EALw_wcB

Best wishes, Peter Coates 01485 5181912

A SONG SUNG IN UKRAINE

Sail on, O Ship of State!
Sail on, O Ukraine, strong and great!
Humanity with all its fears,
With all the hopes of future years,
Is hanging breathless on thy fate!

WAR IN UKRAINE:

Pope Francis goes to Russian embassy to express concern

Pope Francis spent more than a half-hour at the Russian embassy on the Via della Conciliazione in Rome on Friday morning. A day earlier, Cardinal Pietro Parolin appealed for greater space for negotiations.



As Lent begins, we're all shocked by the situation unfolding in Ukraine. People are separating from their loved ones and fleeing the country, simply to survive. Your support today will have a direct impact on the people of Ukraine.

Our sister organisation, **Caritas Ukraine**, and other Caritas agencies in neighbouring countries, are already on the ground helping people affected by this conflict. They are working to provide food, blankets and warm clothes to families who have been forced to leave everything behind.



AID FOR UKRAINE

Please take your donations to the following collection points who will then take them to St. Olga's Ukrainian Catholic Church in Peterborough.

ACCESS

**41 St James Lodge
Old Hospital Mews
Hospital Walk
King's Lynn. PE30 5RU.**

Medical and First Aid supplies. Paracetamol, Nurofen, anti-diarrhoea tablets, sanitary towels, nappies, activated charcoal, bandages, gauze, antiseptic spray & wipes, sudacrem, antihistamines, batteries, flash lights, candles, first aid kits. sleeping bags.

VETS 1

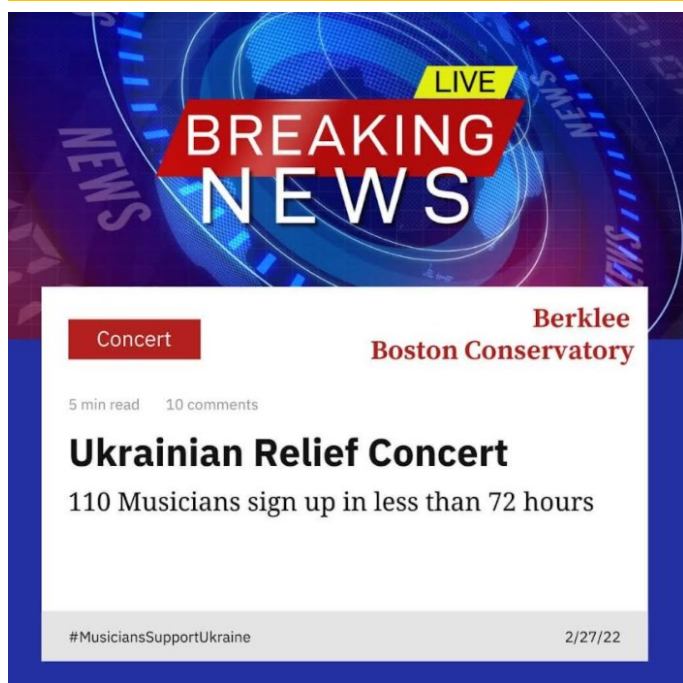
**Hardwick Road
(Old Barclays Bank building)
King's Lynn. PE30 4NA.**

Warm clothes, hats, scarves, gloves, thermals for adults, children and babies. Ovaltine, hot chocolate, protein bars, porridge, oats.

CASH DONATIONS

These can be put in the Lenten Alms box and will be forwarded to Aid to the Church in Need for use in Ukraine.





LIVE
BREAKING NEWS

Concert **Berklee Boston Conservatory**

5 min read 10 comments

Ukrainian Relief Concert
110 Musicians sign up in less than 72 hours

#MusiciansSupportUkraine 2/27/22

Ukrainian Folk Song
Op. 107, No. 3
Ludwig van BEETHOVEN
1770-1827
Urtext (ed. M.A. Cus)

Vivace



Our pianist Anna Lotte Smith has organised this concert. It is live now and updates are available.

Prayer for Ukraine

by
Pauline Mc Sherry

*A large candle burns for peace
in Ukraine,
in our Holy House,
Church of
Our Lady of the Annunciation*



The financial returns for 2021 have now been completed and sent to Diocese. I thought that rather than doing a standard report on the year, parishioners might appreciate a review of how our finances were affected by the pandemic and how we have recovered. The attached table shows the changes in the parish finances since 2019 (pre pandemic) through 2020 (main lockdown) and into 2021(start of recovery).

In terms of parish income, a drop of £15000 occurred in 2020, principally through the reduction in collection income because the churches were closed. This also affected the income received from people and groups who use the premises. Donations remained high over these years and were helped by a very generous donation in 2019 which enabled us to buy St Joseph's House (96 London Rd), and in 2020 by two generous legacies which have enabled us to begin the renovation of these premises.

Last year's generous response to the stewardship campaign has meant we have recovered our offertory income, despite the congregations being limited for a large part of the year. We also had the benefit of an unexpected back payment from HMRC. One area of income that we will need to replace in future years is the income from Alive in Faith. Our 5-year commitment finished recently, so the element of this programme which was given back to the parish is drawing to an end.

In terms of expense, these have stayed manageable over the last 3 years. There has been an increase in priest's costs over the years as Father Gordon has become an official priest of the parish, but the major cost is associated with buildings. One of the reasons for this is the renovation of St Joseph's House, which will continue throughout this year, but we are also subject, as everybody else is, to the ever-increasing cost of gas and electricity.

This is only a brief report of the state of parish finances. A more detailed report is available for inspection in the presbytery by prior arrangement with Father Peter. An annual report, on the Parish financial situation and budget, is sent to Diocese early each year, with a six-month report in September.

Vince Murray

PARISH FINANCES 2021

INCOME		2019	2020	2021
<u>Parish available income</u>				
	Offertory and Standing orders	50775	38525	51157
	Tax rebate – Gift Aid	11889	5360	13007
	Donations	13917	19779	18345
	Hospital Chaplaincy	0	9400	3760
	Mass Stipends & Stole Fees	5089	4874	6664
	Rents	7790	4225	5504
	Sundries	960	1427	736
	Interest	2266	1255	1228
	Alive in Faith	23362	22609	13736
	Sub total	116048	107454	114137
<u>Income for third parties</u>				
	Second collections	6112	3378	4202
	Christmas & Easter offerings	4153	2048	4846
	Repository/ Papers/Magazines	1665	819	843
	Candles & Flowers	3717	2526	2605
	Sub total	15647	8771	12496
	Total Income	131695	116225	126633
EXPENDITURE				
<u>Parish Running costs</u>				
	Priests – salary, car, housekeeping	15826	17969	19824
	Building maintenance and repair	30085	41124	44698
	Council tax, utilities, insurance	15907	14835	20110
	Liturgical	11070	1499	2504
	Stole Fees	635	350	875
	Administration	2215	4341	4403
	Sundries	2972	398	693
	School levy	10022	10156	7706
	Priests pension levy, training levy	4709	4770	3667
	General levy	4781	4876	3739
	Alive in Faith donor Bethlehem Uni	3433	3100	2900
	Sub total	101655	103418	111119
<u>Third party expenditure</u>				
	Second collections	6693	3198	4820
	Christmas & Easter offerings	5623	2219	3589
	Repository/ Papers/Magazines	3291	1983	1407
	Candles & Flowers	2766	5067	6153
	Sub total	18373	12467	15969
	Total expenditure	120028	115885	127088
	Net surplus or (deficit)	11667	340	(459)

Our Lady of Walsingham Secular Carmelite Group

Starting on Saturday 19th February our Secular Carmelite group, currently with six to eight members, will be meeting at the Church of Our Lady of the Annunciation. The group - with the name 'Our Lady of Walsingham' - was formed more than twenty years ago and has been meeting regularly for over a decade in Walsingham village. We have decided to move to King's Lynn to make meetings more accessible for members, most of whom live in 'West Anglia'.

As Secular Carmelites we are lay people within the Discalced Carmelite Order devoted to learning how to pray and serve the Lord in the spirit of Carmel. This involves us in shared prayer and study in local groups and in a commitment to a personal prayer life.

The writings of the Carmelite saints, for example St Teresa of Avila, St John of the Cross and St Thérèse of Lisieux, offer a great treasury of wisdom and experience available to everyone who wants to draw closer to God. Our purpose is to absorb their spirit in our daily lives as laypersons living in the world.

We do not take monastic vows but we make promises - involving a commitment to living in allegiance to Christ, to be worked out through contemplative prayer and activity in the service of the Church.

We will usually be meeting on the third Saturday of each month, from 10.30 to mid afternoon. Our time will be spent in prayer, reflection on Scripture and study of the writings of the Carmelite saints. We'll also be attending the morning Mass and sharing lunch together.

We are all very much looking forward to this new phase in our group's life and are very grateful to Father Peter for agreeing to host us in this way.

More information about the Secular Carmelites can be found on our national website:

www.secularcarmel.org

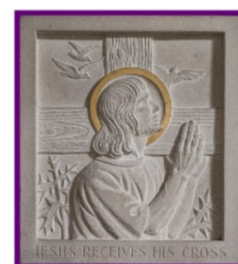
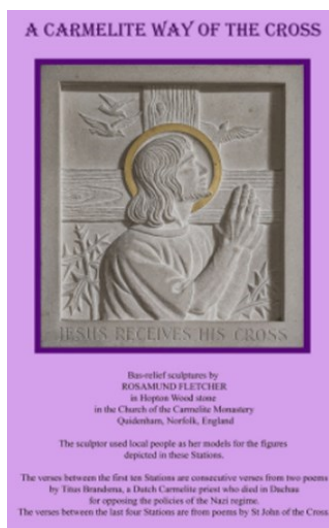
Secular Carmelite group, currently with six to eight members, will be meeting at the Church of Our Lady of the Annunciation. The group - with the name 'Our Lady of Walsingham' - will be meeting on the third Saturday of each month, from 10:30am to mid-afternoon. We will also be leaving leaflets in the church for anyone who is interested in finding out more. And please, if at any time a member of the congregation feels they may have a vocation to life as a Secular Carmelite, don't hesitate to get in contact with Father Peter or myself.

Tim Burton OCS, Group President

Email : carmel@kinabra.net



*Images:
Grounds of Quidenham
Carmelite Monastery*



**Quidenham Stations of the Cross
Booklet**

[https://
quidenhamcarmel.org.uk/](https://quidenhamcarmel.org.uk/)

Accompany Jesus on the Via Dolorosa with our Carmelite Stations of the Cross Booklet. The Stations of the Cross (Via Crucis) is a series of images depicting the Passion of Jesus from his condemnation until he is laid in the tomb. The Stations grew out of imitations of the Via Dolorosa in Jerusalem which is believed to be the actual path Jesus walked to Mount Calvary. Prayers are said at each of the fourteen Stations to facilitate a spiritual pilgrimage through contemplation of the Passion of Christ.

Our booklet features images of the Stations of the Cross in our chapel at the Carmelite Monastery, Quidenham. For each Station there is a scripture text and meditations by Carmelite saints and our Sisters. Between each of the first ten Stations are verses from poems by Blessed Titus Brandsma, a Dutch Carmelite priest who died in Dachau, and between the last four Stations are verses from poems by St John of the Cross. A fifteenth Station of the Resurrection is also included as an invitation to enter more deeply into the risen life of Jesus.

The A5 booklet is printed on high quality gloss paper, with colour images throughout.

PAGE FOR THE ELDERLY



I met Chris Davies at the OL's church yesterday after the 11:30am Mass. We had a brief warm chat. Chris used to work tirelessly on the Grape Vine Magazine until she retired three years ago. God bless her.

"Kindness. It costs nothing but means everything."

Linda still does my shopping and I am indeed very grateful for her cheerful and friendly helping hand over the past, well - nigh two years.

On occasions I sometimes take myself to my local supermarket. An outing does me good. Just a few days ago I had a delightful and truly memorable encounter as I joined a short queue at the checkout. Just behind me a young lad offered assistance.

"Can I help you pack your shopping?"

"Well, thank you very much. You are a star. I never turn down a kind offer. Are you still at school?"

"No, actually I am 23" he said "and I do some care work for the housebound. Today I am shopping for a lady who cannot leave her own home. I also assist in teaching adults with learning difficulties."

It was a short but interesting meeting. The lad packed my shopping and the chat continued. The task completed and as a very small gesture of thanks I pulled out a bag of Maltesers from the shopping bag and said "Here you are. A little something for your kindness."

My young helper was very reluctant to accept the chocs but did so graciously and said "Thank you very much. I'll give them to the lady I am shopping for."

To my 23-year-old, who looked but 15, my parting words were. "Thank you again. You know the world would be a better place if there were more people just like you."

Pauline Mc Sherry

Spring is here

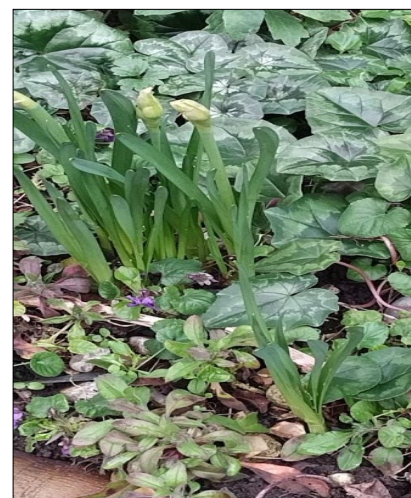
English Translation © Richard Stokes

Spring is floating its blue banner
On the breezes again;
Sweet, well-remembered scents
Drift portentously across the land.
Violets, already dreaming,
Will soon begin to bloom.
Listen, the sound of a harp!
Spring, that must be you!
It's you I've heard!



John Greenleaf Whittier

A picture memory brings to me;
I look across the years and see
Myself beside my mother's knee.



Dear Ms. McSherry,

I'm not sure if you will remember me, but my mother (Maureen Downes) recently told me that she had heard from a friend in King's Lynn who is still in touch with you. I was a student in your class at St. Martha's back in 1976 (I believe), and I have very good memories of that experience. I left your class feeling more confident about my abilities and with a particular appetite for language and literature which has stayed with me to this day. I have been lecturing in English and American literature at the University of Toronto since 1996 (after getting my PhD at Cornell University in New York). I just wanted to thank you (after many years!) for helping to guide me in the right direction. I have a greater appreciation for the work of good teachers now that I have taught so many students myself (and now that I have watched my three sons go through school and on to university). I hope you are enjoying life (I remember visiting your beautiful home and thinking that your garden was incredible). I have attached a photograph of my wife (Naomi) and I and another one of me with our three sons (Zachary, Leo and Joseph) from last summer.

Best wishes, Paul.

He who has ears to hear let him hear.

Verity, Sheila Husband's faithful companion, must surely be the best-behaved dog in the parish. At Sheila's funeral and at Father Peter's words "Please stand for the Gospel." Verity was immediately on her four feet. Well done good and faithful canine companion! Now enjoy your well-earned retirement. And may your dear Sheila now rest in eternal peace.

And...be of good heart, Father, some of us do listen.

Pauline McSherry



A Cotswold Mystery - Part 2 - *by John Cairns*

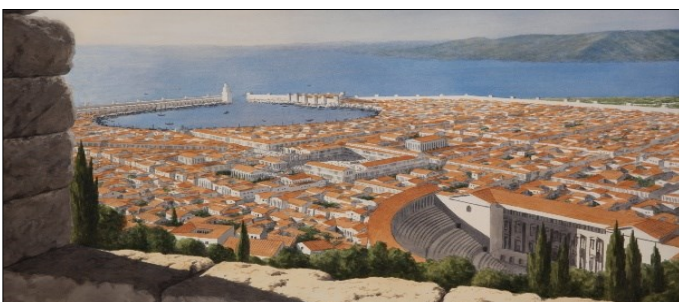
Summary of Part 1: The events in my story took place in the Cotswolds, at Chipping Campden, in the early 1660s. It involves the disappearance of the 70-year-old William Harrison, unreliable witness accounts trying to explain his disappearance and happenings regarding which no satisfactory explanation has ever been found.



The Perrys were telling the truth. About a year after they were hanged, William Harrison returned to Chipping Campden alive and well.

Where had he been in the two years? He claimed that he had been robbed and kidnapped by two men on horseback. As he struggled to escape, Harrison claimed he was stabbed in his thigh and side.

After this, he says he was sold for £7 to a group who dealt in human trafficking. Placed aboard a ship for six weeks, presumably be sold into slavery, he was nursed back to health on the voyage. However, the slave ship was attacked near North Africa by Turkish pirates, who took Harrison and everyone on board and sold them into slavery. Harrison claimed he was sold to an elderly doctor in Smyrna (modern day Izmir, Turkey).



His time as an assistant to the doctor was not long. After about a year his new master died. After his death, he claimed that he used a silver bowl his master had given him to buy his passage on a Portuguese ship. Arriving in Portugal, he met a fellow Englishman who took pity on him and gave him money for his food and voyage back to England.



While this sort of kidnapping was not unusual, the idea of someone choosing to kidnap a man about 70 years old is generally considered rather suspect. Certainly, the rent money he was carrying would have been worth the robbery, but the trouble and additional risk in transporting and selling him as a slave would hardly have been worth the £7, they supposedly got for him.

Because of this, it is thought that perhaps he simply left Campden with the money he had been collecting for his master, leaving the bloodied items behind to make people think he had been killed. However, Sir Thomas Overbury, who tried the Perrys, notes that this seems unlikely given the elderly Harrison was reasonably well-off already. He also had not taken with him any of the money he had accumulated over his own lifetime. Besides, he was well respected and had a good reputation in the area around Campden. He always seemed happy in his job, even up to his disappearance.

Sir Thomas Overbury speculated that someone may have hired the kidnappers to attack Harrison, which might explain why such an elderly person was kidnapped. Sir Thomas thought the prime suspect in that scenario would perhaps have been Harrison's son, hoping to get Harrison's job, though even this stretches belief given the known facts of the case.

Intriguingly, a couple weeks before Harrison's disappearance, John Perry reported being attacked along the road by two men wielding swords, but he eventually managed to escape. However, during the interrogation for Harrison's murder, he changed his story and said he had concocted the story to remove suspicion from himself and his family.

Whatever really happened, despite Sir Thomas Overbury noting that some at the time thought Harrison's story farfetched, there does not seem to be any evidence of anyone interrogating Harrison further about events. Moreover, he was given his old job back and he resumed his duties.

There was a public outcry that the justice system had executed three people for the murder of William Harrison when he had not been murdered at all. It is often stated that, because of this injustice, the English courts brought in a new criminal rule 'No body, no murder' - a law that supposedly stayed in place for about three centuries.

However, there is no such record of any such specific 'no body, no murder' law being instituted and there are certainly plenty of cases of people being convicted of murder in England when no body was found. Any such law would also have created a huge loophole to allow criminals to get away with murder - they would have just needed to hide the remains, which would not have been difficult.

John Cairns

To be continued



PAGE FOR/BY THE YOUNG

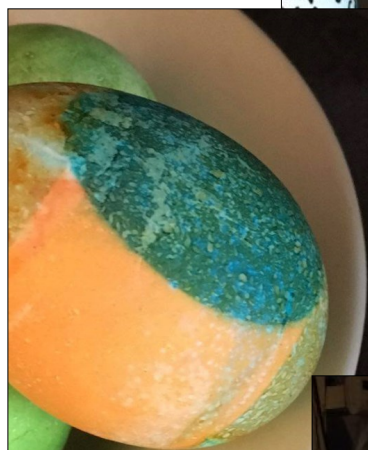
FRANZ- FRANZ-FRANZ-FRANZ-FRANZ-FRANZ

Random picture



FRANZ-FRANZ-FRANZ-FRANZ-FRANZ-FRANZ

EASTER EGG PAINTING COMPETITION



From Pauline's iPad

I have a very nice story of a seven-year-old's own very thoughtful efforts to help the children of Ukraine:

Hi Mum and Dad,

A heart-warming story from today:

Joshua was playing in a football cup semi-final today and I was refereeing. Noah was left to his own devices as Helen is away so he watched the game and was generally amusing himself with the subs and manager. He found two practise cones in the training gear bag that were yellow and blue and realised they were the Ukrainian flag colours.



At the end of the game, he came over and said that he had taken the cones around the spectators and asked for donations to help the people of Ukraine. He raised an impressive £2.28 and was thrilled to bits. He had since added £30 of his own money and managed to get another £80 out of family and friends. I asked him what he wanted the money to go towards and he said that he wanted to get the Ukrainians some weapons. That wasn't the answer I was looking for but nevertheless I was impressed with his enterprise and thoughtfulness. There is nothing much wrong with most kids, it's the adults that are messed up.

Love from Tim. XXX

P.S. 3pm Sunday 6-3-22 update: So far, he has raised £750!!! xx

Here is a link to donate:

[https://www.justgiving.com/fundraising/noahukrainechildren?experiments=donate now track click&successType=StaticDonateButtonClick](https://www.justgiving.com/fundraising/noahukrainechildren?experiments=donate%20now%20track%20click&successType=StaticDonateButtonClick)



HAPPY

EASTER!

Carlos Acutis

*was a Catholic Italian,
15-year-old teenager
who died in 2006
and was beatified
October 10, 2020 in Assisi.*



‘From a young age, Carlo seemed to have a special love for God. Already as a young child, Carlo loved to pray the rosary. After he made his First Communion, he went to Mass as often as he could, and he made Holy Hours before or after Mass. He went to confession weekly. He asked his parents to take him on pilgrimages — to the places of the saints, and to the sites of Eucharistic miracles.’

‘He was also a programmer, and built a website cataloguing and promoting Eucharistic miracles. On the site, he told people that "the more often we receive the Eucharist, the more we will become like Jesus, so that on this earth we will have a foretaste of heaven." He died from leukaemia. He offered his suffering both for Pope Benedict XVI and for the Catholic Church, saying: "I offer to the Lord the sufferings that I will have to undergo for the Pope and for the Church."’

<https://www.ncregister.com/features/carlo-acutis-always-lived-in-the-presence-of-god>

The Role of Youth in Modern Era

Youth is joy. Youth is a phase in which children have come out of their protective shells and are ready to spread their wings in the world. Youth means to cherish hope. It is a time of development. It is the time for growth and change. The young play an important role in the development of our society. They have the potential to learn and adapt to the environment. They have the capabilities to bring social reforms and improvement to society. Their idealism, enthusiasm and courage cannot be matched with any other segment of society.

Role of Youth

Every person grows and develops most in their youth. People go through times of joy, hardship, worry but at the end of the day, we all become better. Youth has to be the most important part of everyone’s life, considering just how much one person can develop during these years. These years do not only offer opportunities for growth but also help in getting a better understanding of ourselves. This understanding of oneself is an unending process. It marks its beginning in our youth and continues to be a major part of our lives in the future. We grow as people, learn how to develop relationships and understand the people around us much better when we reach out to the young.

As kids, we take many things for granted. We take our friends for granted, we sometimes take our blessings for granted and it makes sense because the only thing that children are focused on is living. We don’t care about anything else and just want to live a fulfilling life as children. When we reach our youth, we become more goal oriented. We prioritise our time and become more focused on what we want in life. No matter what happens or what age you reach, one must always keep the inner child alive. The child that wants to live life to the fullest. The child that wants to cherish some of the most amazing moments that life has to offer. The child laughs and giggles at the silliest things. Oftentimes, as adults, people tend to forget to enjoy life and have a good time. And that is why it is essential to continue to be that child throughout the entirety of your life.

Youth is the time in which we learn to make decisions and start making reasonable choices for our betterment. Our youth builds our character and is a very crucial part of our development.

Youth is the time in which our character is built and shaped. The morals and responsibilities that we take up and learn in this period of our life shape our future. The kind of choices and decisions that you make start having a consequence in this period. Young people are energetic, enthusiastic and filled with a lot of passion. The young spirit that every leader talks about refers to the same thing. The passion and the energy in this period of our lives, when put to something very creative and useful can easily lead to developing our skills and leading us to a bright future right away.

Youth’s Roles and Responsibilities in Today’s Era

Youth and life indeed itself flash by in the blink of an eye. That is why you need to ask yourselves what you can do for society and the country. God has vested all power in the hands of the young so that they can perform their duties effectively. They should start thinking positively and creatively. They must develop the spirit to refute what is wrong in society. They must realise that now is the time to take action.



Youth should not seek an easy, comfortable path. No one develops in a pampered environment. The following are some key responsibilities the young should learn to master:

Value Of Time:

It is the responsibility of the youth to understand the importance of time. Every moment is crucial for them to take action so punctuality is a must.

Discipline:

Youth has to understand the necessity of discipline in life. Youth is full of passion. Without discipline, the youngsters cannot work passionately.

Thinking Before Taking Action:

Youth must not be impulsive. It is very important to think before taking action. This is how the youth will be able to create a thoughtful society.

Character Driven:

Character builds up a nation. The young people need to be morally strong, reflective individuals and dedicated which will drive them to take corrective actions for the nation.

Fearless:

The young must be courageous in taking action. Fearless youth can fight injustice.

Goal-Oriented:

The young need to be focused on the goals that he wants to accomplish. When the young are goal-oriented, then their vision and mission become very clear.

Zealous:

The young have to be energized, full of vitality. With the attribute of zealousness, the youth can help to protect the national security and interest of a country and ideological position.

Role of Youth in Building a Nation

National development is now in the hands of the young generation. The older generation has passed on the baton to the youth. The young generation has more concurrent dreams, passion and hopes. Youth in any country represents the future of the nation.

For the development of the country, the young people have to be hardworking in any field they get involved in, be it teaching, farming, mechanic or any other field. Today the youth is facing challenges in employment opportunities, drug abuse, HIV/AIDS but there are chances to overcome some of these challenges. They need to take up any job opportunity that is available until they get what they are aiming for. The young generation has to be very responsible and say NO to drugs. Youth empowerment can eradicate poverty from the country. They play an important role in the constructive process of building social cohesion, economic prosperity and political stability of a nation in an inclusive and democratic way.

The young of a country count as its most important asset. The young are the chance for the entire nation to leave a mark on the entire globe. By making sure that the young continue to grow in excellence with each passing day and end up achieving some of the most brilliant things, that can lead to recognition and admiration throughout the world.

Having fine young people assures success for not only the existing generation but also for the upcoming generation. Therefore, there is no denying the fact that a country can become much better with the support of the young they have.

Role of Youth for the Change in the Society

Youth is the future of society. The young generation simply needs to renew, refresh and maintain the current status of society. When the youth contribute their ideas and energy to resolve social issues, they become capable leaders and can also make a difference in the lives of others. They must have the courage to resolve the mournful contradictions that are plaguing society and boldly take on great challenges without shunning the subsequent problems and difficulties that they will inevitably face.

Conclusion

Nothing can equal the splendour of the youth. To be young --- that in itself is to possess a treasure of infinite worth far greater than any person of power. It is the responsibility of the older generation to provide them with the right resources, guidance and a good environment so that they become strong change-agents in the community. They say that the strongest force is the power of the young. And it is true because the power and the strength that the youth of a nation possess is unmatched and does bring a chance to grow and develop not only for them but for the people around them also.

Joe Rodriguez

TRUSTEE TREASURER for KING'S LYNN FOOD BANK

Vacancy: Trustee Treasurer
Post Type: Voluntary
Date Required: ASAP
Post Outline: Kings Lynn Foodbank are urgently seeking a new Trustee "Treasurer".

As a Trustee Treasurer you will be required to maintain an overview of the organisation's financial affairs focusing on maintaining the organisations financial viability and ensuring that proper financial records and procedures are maintained.

Responsible to:
Chairman and Trustees

Responsibilities:

1. To manage finances and to ensure all accounts are up to date and accurate.
2. To monitor, record and assign restricted funding to applicable charity expenditure.
3. To file receipts/invoices against charity expenditure.
4. To bank money received from any source promptly and monitor donations.
5. To present a financial update to each meeting of the Trustees/Management Team.
6. To ensure the annual accounts are examined and, once approved, filed with the Charities Commission.
7. To work with other Trustees on future developments and forecasts of expenditure.

Skills Required:

The treasurer does not need to be a qualified accountant. However, some bookkeeping experience would be of use. Anyone taking on the role would need to dedicate 1-2 hours per week to foodbank matters with some busier periods requiring additional time. In the course of their duties the post holder will need to communicate with the Bank, the charities commission and HMRC and may need to interpret and act on guidance provided by these organisations.

Support in the Role:

We work with a local accountancy company who support us with any question pertaining to financial matters. The same company also processes our payroll, pensions, examination of accounts and charity submission.

You will be working with a fun, friendly, team who are all passionate about combating food poverty in Kings Lynn. Recently we have reduced the responsibilities for the Treasurer role. Pensions and Payroll have been outsourced and we use Sage Online for balancing accounts.

If you are interested in this role, please email our chair Richard Pennington at richard@kingslynn.foodbank.org.uk



(This picture shows a homeless person sitting in the rain, crying.)

Foodbank

Trussell Trust are pleased to share with you a new church engagement activity that will be running during Lent - "Give up 10". Trussell will be asking people through social media and other communications to give up just 10 minutes of their day to reflect and then act on stopping UK hunger. Each day, for 40 days, they will be emailing those who sign up with a daily dose of Christian inspiration to help them spread God's compassion throughout Lent as well as small, powerful acts they can undertake to spark change. The reflections will come from various people, TT staff, food bank managers and church leaders.

If you'd like to find out more, here's the link:

[Give Up 10 - The Trussell Trust](#)

Busy times ahead at the Foodbank?

As you might expect, King's Lynn Foodbank has been busy during the winter months as people who are already struggling to make ends meet find their income stretched even further. The number of clients that we see usually peaks in December and then settles down again by Easter, however this year we're bracing ourselves ready to be busy throughout the coming year.

The country is currently facing the perfect economic storm. From April, National Insurance contributions will increase and the energy price cap will rise by £693, which is a 54% increase. The Resolution Foundation forecasts that energy bills will become unaffordable for 27% of households, and the poorest households may have to spend half their income on energy.

In February inflation levels were put at 5.5% - the highest in nearly 30 years. However, this doesn't reflect the massive increases in food prices of the cheapest food items. Jack Monroe is an author who has used Foodbanks in the past and has followed food prices in close detail for the last ten years. She recently laid out how the prices of "value" product ranges in supermarkets had soared - rice in her local supermarket had increased in price from 45p for a kilogram bag last year, to £1 for 500g, a 344% increase - and how the number of value products has shrunk dramatically. More and more we're seeing people who are working hard but finding that prices are outpacing their income.

So where does this leave us now? What of the future?

Our vision of the future is one where there is no need for a Foodbank. As Archbishop Desmond Tutu said:

"There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in."

Whilst the first ten years of King's Lynn Foodbank was focused almost entirely on 'pulling people out of the river' by simply providing them with food, recently we've turned our focus to also figure out and do something about why they're falling into the river in the first place. For the last year we've employed our own CAB worker so that we can ensure that our clients have quick access to benefit checks and get referred to organisations for debt advice and other issues which may be causing their crisis. Of those referred clients, only 10% have returned for further food parcels.

This year we're looking to employ our own signposter to add to this work and ensure that nobody gets missed. We're also hoping to employ someone to do more in depth research into the drivers of poverty locally so that we can work ever more closely with the Borough and County Councils to ensure that there is help in place to prevent people falling into crisis. As always, we can't do this without the continued support of our local community through prayer and other practical support.

Thank you for all you do to help the Foodbank - it really does make such a difference to local people.

Helen Gilbert

Bishop Alan launches Synodal Pathway online survey

Published by [Keith Morris](#) at December 3, 2021



Bishop Alan Hopes launched the online survey of the Diocesan Listening Project, 'The Synodal Pathway' on Sunday November 28. Angela Wilson, part of the Synodal Pathway Team, explains.

The Synodal Pathway, which began in the Diocese of East Anglia on Sunday October 17, has taken another step along the way with the launch of the online survey by Bishop Alan.

We are being asked specifically to explore ten main themes, which cover a lot of issues, but there is one unifying theme: how can the Church better fulfil her mission of offering hope to ALL people? Each person's contribution will be valued, but you do not need to answer every question posed, they are there to guide the discussions.

Pope Francis is using this worldwide listening exercise to prepare for a Synod of Bishops in Rome in 2023, so the responses from our Diocese will go forward to the worldwide Synod, but will also be used in our own Diocese as part of a pastoral plan of renewal.

Parishes are invited to gather in small group meetings to discuss these questions with each other and then to respond individually via the online survey, which can be found on the rcdea.org.uk website and linked on parish websites.

It is not so much a matter of sharing opinions; it is much deeper. We are being invited into a process of personal renewal and of listening to God with humility, as disciples of Jesus on a pilgrim journey through life, both as individuals, but also as part of God's family.

So we are not only listening to the Holy Spirit speaking to us in our hearts, but also speaking to us

through our brothers and sisters. Respectful, attentive listening to their insights will strengthen our bonds of charity. As we journey together, we are walking on the path with Christ, who reveals to us the truth of our lives and who gives us life in Him. Every Christian shares this prophetic office with Christ and each of us shares His mission, the mission of the Church.

At the heart of the listening process are three words which Pope Francis has chosen as the theme of the Synod:

Communion, Participation, Mission

As sons and daughters of the one Father, we are in **communion** with each other. We are members of the Body of Christ, Jesus, and we are temples of the Holy Spirit.

Participation means our participation as missionary members of the Church. Each member of God's family needs to discern how they can contribute to building up the Church.

Mission is the purpose of the Church. Jesus died to take away our sins and bring us to eternal life. New evangelisation involves re-proposing the Gospel to a society that has been profoundly influenced by Christianity, but whose members have fallen into indifference and scepticism.

The Synodal Team hope that our Diocesan family will take this opportunity to be part of the renewal that began with Vatican II, and which continues to shape the Church in the 21st century.

Responses from participants should be submitted by Tuesday March 8, 2022 to be included in the responses which go forward to the Bishops' Synod in 2023.



The ten questions are to be considered by parishes as the Diocese embarks on the Synodal Pathway are:

- 1 How welcoming is our parish?
- 2 How good are we at listening?
- 3 How good are we at communicating?
- 4 How well does the Church's liturgy inspire a deeper encounter with the Risen Lord?
- 5 How well do I understand and participate in the mission of the Church?
- 6 How well do we engage with the wider world?
- 7 How good is our relationship with other Christian traditions?
- 8 How well do we work as a team in our parish?
- 9 How open are we to the will of God and the guidance of the Holy Spirit?
- 10 How well do we hand on the faith?

You can contact the Synodal Pathway Team at: synodal-way@rcdea.org.uk You can find the diocesan survey for individuals by clicking [here](#).



Churches Together Lent Offering:

Bill Vyse is organising meetings for Lent. The following ministers will host Lent meetings at their places of worship, in person and on Zoom: Ola at the Church of the King's Glory, 27 Bryggen Road, North Lynn Industrial Estate, King's Lynn, PE30 2HZ at 7pm on Thursday 3rd March; Fr Adrian at All Saints, Hillington Square, PE30 5AE at 7pm on Thursday 10th March; Joella Nash at the Cornerstone Baptist Church PE30 5JS on 31st March at 7.30pm. Paula Harvey at 7pm on Thursday 7th April at the Quaker Friend's Meeting House PE30 5AB;

On each Thursday during Lent, Revd Robert Roberts from the Methodist Church in King's Lynn will be following a course on Zoom "Following Christ in the footsteps of the Saints"; starting at 7 pm and lasting approx. 45 minutes. ID 994 5863 1489; passcode 091834; join by phone 0131 460 1196 / 0203 481 5237 / 0203 481 5240.

Pastor Oladapo Adegoke has been developing his new building into the multinational Church of The King's Glory; <http://www.thekingsglory.org.uk/> He has been doing the building work himself, and the church is now finished. The address is 27 Bryggen Road, North Lynn Industrial Estate, King's Lynn, PE30 2HZ. Ola is now planning to undertake community work. The Kings Glory Church members have been doing prayer walks, and they have reached out to and been in contact with members of the North Lynn Methodist Church.

This year's World Day of Prayer service will take place on Friday, 4th March at 11.00 am in South Lynn All Saints' Church, Hillington Square, PE30 5AE. This is an ecumenical service and EVERYBODY is welcome.

The Good Friday Walk of Witness on 15th April will start at 10am at St Faith's Church and goes via Highgate Methodist Church and St John's to stop outside the Minster at 11am.

There will be readings and hymns at each stop. Then, after walking through the town centre with 3 stops the walk ends in the Minster at about 12 mid-day.

Foodbank:

King's Lynn Foodbank Project Manager's Report:

What's happened this year?

2021 was another busy year, although thankfully not as busy as 2020! We fed over 4300 people over the last year and although we've had peaks and troughs, they have not been quite as marked as 2020. In January and February, we fed well over 500 people. However, things settled down and our average

between April and October was 273 per month and then rose again to a peak of 485 in December.

Anecdotally, the lower numbers seem to be due to the £20 uplift to Universal Credit, implemented at the beginning of the first Covid lockdown, and the support that families received through Free School Meal support during the school holidays. However, once the uplift went, combined with a rise in energy prices, we've seen an increase in numbers again which we expect to continue in the coming months.

This year, we have had the support of our own CAB adviser to whom we can refer Foodbank clients for support in resolving their crisis with the aim of ending their need for Foodbank parcels. Of the clients that have been referred directly by us, only 10% have returned for further food parcels which shows the impact that this has.

What of the Future?

The Trussell Trust has fully moved to a vision of ending the need for foodbanks in the future. The work that we've done with our CAB worker has fit into this vision well and we are now looking towards either buying in services from other organisations and/or employing our own sign-poster in order to ensure that our clients are able to access the support and guidance needed to work themselves out of crisis and end their need for Foodbank support.

It feels as if King's Lynn Foodbank is at a key point in its history. 2021 marked the 10th anniversary since the foodbank opened its doors and the focus has hitherto, rightly, been on ensuring that people in financial crisis are fed. I believe that the next ten years will focus on ensuring that whilst people continue to be fed, that the causes of their crises are resolved so that we can end the need for food support.

"There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in." — Desmond Tutu

Finally, I would like to thank everyone who supports King's Lynn Foodbank – without your support through prayer and through donations of food and money, the foodbank simply would not be able to serve the people of King's Lynn. Thankyou.

Debt Centre - Report:

CAP Kings Lynn Debt Centre has 2 Debt coaches providing in-home appointments to people in Kings Lynn and surrounding areas- Emily and Laura. We are starting to see more clients reach out for help as we enter into January. If you know of anyone

struggling with debt, we encourage you to have them call our freephone number **0800 328 0006**. We are continuing to see clients go debt free, and it is particularly encouraging to see clients who have been on their journey for 3+ years on a Debt repayment plan now go debt free. It is such an achievement for them to finally reach the end of their journey after faithfully paying off their debts. We will get to celebrate with them when they get that Debt Free phone call.

Volunteer Teams: We have been focusing on increasing our volunteer teams. We are promoting 2 teams: **Visits team** for those who come along to appointments with Emily & Laura. We aim to encourage and befriend the clients we are meeting as they progress through their journey out of debt. We run different courses throughout the year: The well-being journey, Alpha, Jesus is_____.

Our other **volunteer team** is our course team. Volunteers on this team attend the course with clients, help with refreshments and encouraging our clients. If anyone in your congregations is interested in joining our volunteer teams, contact Emily 07495 017364. We hold a monthly prayer gathering if anyone would like to join us to pray into the work of the debt centre, we hold this on the 2nd Wednesday of every month at The King's Centre from 12-1pm. Our next prayer meeting is Wednesday 9th March.

Thank you,

Emily Hart, Centre Manager -

Kings Lynn, Christians Against Poverty
07495 017364.

Current Working hours: Tuesday to Friday 9am-2pm.

Christian Aid: The Christian Aid group have had a good response to the sale of their recipe books and have covered their costs. 2 weeks ago, they showed the film 'Thanks for the Rain'. The film was shot in Kenya and is about climate change.

Christian Aid Week this year will be Sunday 15th - Saturday 21st May. The Christian Aid Quiz will be held on Friday, 6th May 2022 at the London Road Methodist Church.

Night Shelter: As of 4th January, 19 guests had been welcomed, including 4 women (for comparison we welcomed 23 guests over the 5-month season in

2020-21). Of the 10 who have moved out, 6 have gone to supported move-on accommodation, 2 to private rentals, 1 has returned to rough sleeping, 1 to sofa surfing. There has been one eviction of a guest who subsequently returned and is making good progress. On 4th November the Night Shelter was fully occupied with no waiting list of rough sleepers, though a number of individuals are known to be in other temporary accommodation e.g., B&Bs.

As of 28th December, 63 people had presented at the door for food, shelter or other assistance or support, of whom 14 were seeking accommodation. All people asking for accommodation are referred to BCKLWN (Council) Housing if the Night Shelter does not have space. There has been a noticeable change in response from Housing in being willing to offer alternative emergency accommodation since an individual, a veteran from the armed forces, who had approached us for help and been referred to Housing was very sadly found deceased on 14th November sleeping rough in St John's churchyard.

The Night Shelter continues to support all guests to resolve homelessness and liaises closely with a number of partner agencies. The Council is again this winter operating the 'Pods' in addition to B&Bs as parallel emergency accommodation; the hope is for the most vulnerable individuals to come to the Night Shelter. This, though, can be complicated since some Night Shelter guests need to stay for extended periods of time due to a number of barriers to housing, including substance misuse, immigration status or other complex needs.

We were pleased to hold two further volunteer recruitment evenings in January, and hope to hold a further evening in the early spring. Enquiries about volunteering are always welcome.

Call the Midwife: A very successful 'Call the Midwife' event at the Guildhall on Saturday 15th January raised £4493.27 for the Night Shelter. The Night Shelter is holding a fundraising day at the Bishop's Garden in Norwich on Sunday 22nd May, 1pm-4:30pm - friends from Churches Together especially welcome.

In early December 2021 the Night Shelter received an excellent rating after an inspection by Housing Justice on 1st November.



Volunteering with Citizens Advice

Citizens Advice are in need of volunteer advisers to help in their King's Lynn office on Mondays and Thursdays, and a receptionist to help on Mondays. Susan, who runs the King's Lynn branch, is fantastic and they support the work of the Foodbank brilliantly, but they're very stretched at present.

The information is all below for anyone who might be interested.

Thanks again
Helen Gilbert

www.citizensadvice.org.uk



Anyone wanting to apply should do so online - clearly making the form King's Lynn or Hunstanton.

King's Lynn is seeking advisers (Monday & Thursday) and a Monday Receptionist - 9.30am - 2.15pm (approx)

Hunstanton - advisers

Application process is on the Norfolk Citizens Advice website

<https://www.ncab.org.uk/i-want-to-volunteer>

This link gives more info:

<https://www.citizensadvice.org.uk/about-us/support-us/volunteering/about-volunteering-with-citizens-advice/volunteer-roles/>

We can all face problems that seem complicated or intimidating and it can be difficult and stressful trying to work things out alone. At Citizens Advice, we have 18,800 highly trained volunteers who are invaluable to delivering our service and helping people find a way forward with the problems they face, and campaigning for changes to unfair policies and practices.

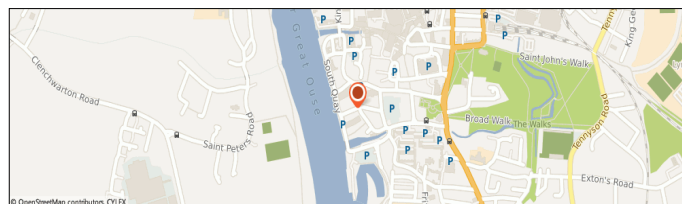
Management of Covid using a pulse oximeter.

Those people who will require hospitalisation with Covid may not realise how ill they are because a low oxygen percentage saturation level in the blood (normal range 95-99%) may not initially make a person feel unwell. It is recommended that people who test positive for Covid should check their oxygen saturation using a pulse oximeter, see the following NHS information sheet:

<https://www.norfolkandwaveneyccg.nhs.uk/documents/220-covid-isolating-at-home-safety-netting-leaflet/file>

The pulse oximeter which Jane bought from Boots was £15 and called the AZ Europe Pulse Oximeter. You have to add batteries and it fits on your finger.

I hope that this is helpful, best wishes, Peter
01485 518191. Mob: 07771623893.



Centuries-old Marian icon offers solace, protection amid horror of war



As Ukrainians turn to their faith amid the ongoing tragedy of Russia's invasion of their nation, many who follow both the Orthodox and Catholic traditions will look to an unusual icon of Mary as a symbol of the solace they seek.

In some news photos, clergy are seen holding the icon, which depicts Mary holding a long piece of fabric in her outstretched hands.

This sacred image is known in Ukraine and many other East European nations as the "Pokrova," or the Intercession of the Theotokos, "mother of God" in Greek, a title for Mary used in both Eastern Orthodox and Byzantine Catholic churches.

The Pokrov icon has its origins in a 10th-century Marian apparition that occurred in Constantinople, according to Sarah Cahalan, director of the Marian Library at the University of Dayton in Ohio.

Orthodox tradition states that on Oct. 1 in the year 911, Mary appeared to St. Andrew the Fool for Christ during a vigil held at the city's Church of St. Mary of Blachernae Church.

The saint said he saw Mary spreading her cloak — some accounts say it was her veil — over the congregation as a symbol of her protection. At the time the city was under attack and according to tradition, after Mary's appearance the attacking armies withdrew.

After the Pokrov apparition, the image of Mary holding her veil or cloak became associated with protection from war and natural disasters among Eastern Christians, and Prince Yaroslav the Wise placed Ukraine and its people under the protection of the Pokrov in 1037.

Cahalan noted the Pokrova is one of many Marian icons significant to Ukrainian Christians, both Catholic and Orthodox.

Devotion to Mary is an intrinsic part of both Orthodox and Catholic spirituality in the Ukraine, according to Father Silviu Bunta, an Orthodox priest from Romania and professor of Scripture at the University of Dayton.

He said churches of the Orthodox Church, the most common form of Christianity in Ukraine, have many titles for Mary, ranging from "Theotokos" to protectress and champion for people on earth.

"We Orthodox call her by many titles, including 'More Honorable than the Cherubim' because to us, she is the greatest person who ever lived and will ever live," Father

Bunta told Catholic News Service.

"She's the ultimate mediator for us in times of trouble because she was 100% human like we are and now can mediate for us in the heavens," he said. "We in the Orthodox Church would immediately go to her in any time of distress."

Father Bunta said the Pokrov icon can often be seen on display in both Orthodox and Byzantine Catholic churches, and Orthodox churches throughout Eastern Europe celebrate a feast day associated with it on Oct. 1, with special prayer services and processions.

The Pokrova icon, because of its origin in a time of siege and war, would be a natural one for Ukrainians to contemplate during this difficult time, Father Bunta said.

He said the icon would likely also be on display at any Orthodox or Catholic churches in the nation that might offer a special Eastern-rite service for people in crisis and distress called a "Service of Paraklesis."

Cahalan said the Pokrova is just one example of devotion to Mary in a country or culture after she has intervened during a time of strife. She noted that during World War II, there were accounts of Greek soldiers who reported seeing Mary holding a protective veil, an echo of the Pokrov apparition.

When immediate victory is not possible, Mary also is a vital source of solace and hope for those who are suffering, partly because she experienced so much suffering during her own life in having to experience the persecution and crucifixion of her Son.

"She offers protection and, when protection is not possible, she offers comfort to the persecuted and the marginalized," Cahalan said.

As examples, she described photos in the library's collection of rosaries confiscated from migrants at the border between the U.S. and Mexico, who had carried them in order to have a source of prayer and a sign of their faith as they travelled.

She also mentioned the apparitions of Mary at Kibeho, Rwanda, which many of the faithful believe predicted the genocide that tore apart that nation in the 1990s and since has become an important devotion for Catholics who are part of the Rwandan diaspora.

Mary is a comforter in difficult times because she is both an intercessor and has a perspective on our human struggles because she lived life on earth and experienced the same struggles, Father Bunta said.

"We should turn to her not just as someone who intervenes, but also someone who has lived our life," he said. "Mary lived here on earth and has carried God in her womb, and because of that she contains everything in our lives."

"Even when we have a sense of abandonment, estrangement and hopelessness, we can turn to her because through her life she has contained everything and can offer comfort like no one else."

Christina Lee Knauss

THE CATHOLIC PARISH OF KING'S LYNN

CHURCH OF OUR LADY OF THE ANNUNCIATION
AND
HOLY FAMILY CHURCH

THE GRAPE VINE PARISH MAGAZINE

YOUR NEXT EDITIONS WILL BE ON

5TH JUNE 2022

5TH SEPTEMBER 2022

5TH DECEMBER 2022

PLEASE LET MRS LOTTE GABERLE HAVE YOUR MAGAZINE ARTICLES AT LEAST 3

ANNOUNCEMENTS

End of year Celebration of St Joseph. Enjoy the KSC St. JOSEPH Celebration Derby. Its Race night + fish and chip supper + a bit of bingo. It's on Saturday 19th. March. Venue - St Martha's School Dinning Hall @ 7.15 pm TICKETS = £10 each OR £18 for 2 tickets. Reserve tickets at echomicz2@yahoo.co.uk or francisp.martin@btinternet.com or with KSC Brothers for printed tickets, when available.

LENT COURSE: The Thursday Talks (TTT) will be returning for Lent and will be livestreamed from Our Lady's Church on Thursdays at 7pm. Taking a cue from the preparations for the Synod of Bishops we will be exploring some of the historic meetings of the Church. 3rd March The Council of Jerusalem—10th March The Council of Chalcedon—17th March The Council of Ephesus - 24th March Lent Station Mass with the Bishop - 31st March The Synod of Whitby 7th April The Synod of Westminster

SECULAR CARMELITES: The Secular Carmelite group, Our Lady of Walsingham, will be meeting every third Saturday of each month from 10:30am to mid- afternoon.

The next meetings will be 19th of March, 16th of April, 21st of May and the 18th of June. For further inquiries, contact: Tim Burton [email: carmel@kinabra.net](mailto:carmel@kinabra.net)

Jane Nicholson, Secular Carmelite from our King's Lynn group, writes: '.....so sad and a tragic situation in the Ukraine. I leave for Romania tomorrow as the charity has opened 5 centres for Ukrainian refugee families. Let us pray for peace.

125 CELEBRATIONS

Our Lady's Church is celebrating her 125th anniversary this year.

125 Celebrations

Dear Miriam.....It was a truly memorable start to 125 Celebrations and well done Miriam and team for the success of the occasion. Good to see Fr Henry again though I wouldn't jump on the next bus to attend a Latin Mass. His heart, I am sure, is in the right place.

It was the spirit of the gathering that made its mark on me. Friendship, family and Christianity spread throughout, a momentous opening to our year ahead. And...what a feast! A miraculous banquet served not by the River Jordan but the River Great Ouse to friends from all nations. I came home happy and a little weary but spent much of the evening on the phone telling family and friends about Celebration 125.

Thanks too Miriam for transport home, so glad I didn't have to walk. God bless and love to you both,

Pauline McSherry



FLOWER FESTIVAL

As part of the 125th celebrations in the Parish, we are planning a flower festival from Friday 5th June till Friday 10th June at Our Lady's Church. If you are part of a parish group, or an individual who would like to take part in the festival, please contact me, **Jane Belfield** on 07850591196 or email me at janebelfield5@gmail.com and I'll send you all the details.

On the Road to Emmaus (Luke)

¹³ Now that same day two of them were going to a village called Emmaus, about seven miles^[a] from Jerusalem. ¹⁴ They were talking with each other about everything that had happened. ¹⁵ As they talked and discussed these things with each other, Jesus himself came up and walked along with them; ¹⁶ but they were kept from recognizing him.



The Ascension of Jesus (Luke)

⁵⁰ When he had led them out to the vicinity of Bethany, he lifted up his hands and blessed them. ⁵¹ While he was blessing them, he left them and was taken up into heaven. ⁵² Then they worshiped him and returned to Jerusalem with great joy. ⁵³ And they stayed continually at the temple, praising God.



The Holy Spirit Comes at Pentecost (Acts)

When the day of Pentecost came, they were all together in one place.

² Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting.

³ They saw what seemed to be tongues of fire that separated and came to rest on each of them.

⁴ All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.



THE GRAPE VINE

PARISH MAGAZINE

EASTER 2022



The Knights of St Columba
Our Lady of Walsingham Council No. 319
King's Lynn
Support this publication.

Bro. Peter Martin. KGSJ.

This magazine was formatted by
Joe Rodriguez
of

St Joseph's Family Society
People helping people
(A Catholic Family Society and Charity)



29 Sutton Court
Werrington
Peterborough
PE4 6GG

Telephone : 07854 113429
Email : contact@stjfs.org.uk
Website : <https://www.stjfs.org.uk>