



**GRAPE VINE**  
**King's Lynn**  
**PARISH MAGAZINE**



**SEPTEMBER 2021**

# **THE GRAPE VINE**

## **Parish Magazine**

### **Editor**

Lotte Gaberle,  
Church Cottage,  
17 Church Road,  
Magdalen.  
King's Lynn.  
Norfolk. PE34 3DG.  
Tel : 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**

#### **FRONT COVER PICTURE**

St. Nicholas Chapel, King's Lynn  
The venue of the First Holy Communion Service  
Sunday, 5th September 2021

# **Our Lady of the Annunciation and Holy Family Catholic Parish**

## **Clergy:**

The Very Rev Canon Peter Rollings  
*Parish Priest and Dean*

Rev. John Belfield – *Deacon*

Rev. Martin Le Strange – *Deacon*

Rev. Shaun Morrison – *Deacon*

Rev. Fr. 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](mailto:parishpriest763@btinternet.com)

**Web Site:** [www.catholicparish-kingslynn.org.uk](http://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/>

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*Emília Urbaníková – Harvest Fruit, Still Life*

## EDITORIAL

Dear All,

**A**utumn is with us. Our fields, harvested clean to the last stubble, are resting; there is a hue of holiness in the clear, almost monastic simplicity that exposes the flat, sometimes slightly undulating features of the Fens. The low sunbeams at dawn and dusk, typical for this time of year, flood the land with rose-golden light and the first mist has already been here.

“This was a good year,” a local farmer says. - Whoever lives in the country will have stories to tell about harvesters of such outrageous size that one doesn’t know where to stop one’s car safely on a small windy country road with a ditch on either side to let them pass. Every encounter is an adventure and it ends by both drivers waving to each other with a smile of relieve.

From our Hymn Book we sing: *‘Praise God, from whom all blessings flow; Praise Him, all creatures here below; Praise Him above, ye heav’nly host; Praise Father, Son and Holy Ghost!’*

We thank God that our churches are open again, that we can visit each other again and that activities are resuming. I want to bring to your special attention the news that the Elders Group are meeting again on the 21<sup>st</sup> of September after the long Lockdown period. To support the group, I created a ‘Page for the Elderly’ that is hoped to become the podium for the members to announce their events and to share thoughts and experiences. The invitation also goes to any parishioner who would like to send us a contribution.

A fact to rejoice in and to be immensely grateful for is the great number of baptisms we have had in the period of about three months. 16 children have been baptised. I don’t think that we have seen such an increase in a long time.

May I urge you to read carefully the pages about the Foodbank, Cafod, Churches Together and the Catenian Circle. These groups supply the hands-on help and support that are the backbone of our lived charity.

I want to end this letter by sending you the first verse of the poem *Autumn Day* by Rainer Maria Rilke: *‘Lord: it is time. The summer was immense. Lay your shadow on the sundials and on the meadows let the winds go free.* God bless you all, Lotte

## Louis Smith – Obituary – by Pauline McSherry



Louis Smith died peacefully on July 6th. Lou and Mary had moved to Stroud in Gloucester to be near their family. On the afternoon of July 6 and surrounded by his loving family Lou's long and good life came to its close. Lou will always be remembered in this our parish for his devotion and service to his Lord. For many years he was organist at Holy Family. In February 2020 he was awarded a Diocesan Medal for his devoted and accomplished contribution to the music of the liturgy for over 40 years. In his own words Lou spoke of his retirement. "At my age now it is the time to listen rather than lead."

Our deepest sympathy to Mary and her family and our thoughts and prayers for our dear Lou. May he now rest in peace eternal.

### **From Helen Winchester**

Mary Smith and family wish to say a sincere thank you to all of their friends who sent Mass cards and messages of sympathy at the time of Louis' death. Your kind words were much appreciated.

Lou Smith died peacefully at home on 6<sup>th</sup> July, after a short illness. His Requiem Mass took place at the Church of the Immaculate Conception, Stroud, and his ashes will be interred at Woodchester Priory.

Please continue to remember us in your prayers.  
Mary and family.

## Stuart Mc Pherson R.I.P

27 May 1952 – 23 Aug 2021

+

A tribute to a good friend usually begins with some background of childhood stories. With Stuart I can tell you very little, what I know has been told to me by Jim Harrington and Eamonn who were true and loyal friends to dear Stuart.

Stuart was born in Pakistan in May 1952 and baptised in St Patrick's Cathedral Karachi the same year. He was one of four children and no! I didn't teach him. He was educated at St Ignatius college in Enfield, London and was, I am told, a highly intelligent student. I hope he was a Spurs supporter.

Family life was not easy, Stuart's health gave problems and for some unknown reason he began a new life in King's Lynn. Stuart had great devotion to Our Lady, perhaps it was Walsingham that brought him to Norfolk. He did, however, keep in contact with his two sisters and his Uncle David, with us today. One sister has died and the other is in a care home. Stuart always remembered their birthdays.

For as long as I can remember, when Father Shryane was our parish priest, Stuart was a prominent and corpulent parishioner in this church, everyone's friend. He simply gave himself to the good Lord and his parish.

Who folded the newsletters every week?

Who arranged the papers at the back of the Church?

Who had the brass candlesticks gleaming like the setting sun?

Who received more Christmas cards than any else in the parish?

Who received many outsize jumpers?

Yes you've got it was our Stuart.

In his more active days and as a member of the Knights of St Columba Stuart enjoyed all parish activities. SVP pilgrimages to Walsingham Stuart was always there, willing to give a helping hand, carry a chair or just join in with anyone's picnic.

Stuart made more than one pilgrimage to Lourdes with Pat Harrington. God rest her soul Pat, like many others was there to give a helping hand. Stuart joined our Northern Saints pilgrimage with Abbot Aidan, our spiritual leader, guide, historian and parish priest, we, his eleven saints spent five memorable and happy days together. Abbot – Fr Peter was always there to give Stuart the help and support he needed. Well! I think we were all there for each other and that continues.

When life got difficult Stuart moved from his flat in London Road to Docking to a care home, which became his home. He was never forgotten. Friends

continued to see him and to write. I must specially mention Eamonn Campbell, Jim Harrington and Trish from St Cecilia's who took him Holy Communion. Many more continued the friendship. Jim was usually handed a lengthy shopping list. Stuart lost many pens but never lost his faith.

Stuart's last days were back in King's Lynn. Just two weeks earlier, Trish had taken him Holy Communion. In the Q.E hospital Father Gordon was with him and Stuart received the Last Rites. A blessed end to a good life.

Thank you, Stuart, for all you gave us.

May God in his mercy now give you a safe lodging, a holy rest and eternal peace.

Good bye dear friend  
Rest in peace

+  
Pauline McSherry (*and thank you to Jim and Eamonn for all the help you have given me.*)



## **PLEASE PRAY FOR**

### **Parish Sick list:**

<i>Jane Lindley</i>	<i>Caroline Glazebrook</i>
<i>Susan Young</i>	<i>Maria DeRosa</i>
<i>Renee Thomas</i>	<i>Helen Seaman</i>
<i>Stephanie McAllister</i>	<i>Mark Griffiths</i>
<i>Eileen Griffiths</i>	<i>Beryl Green</i>
<i>John Green</i>	<i>Ann Hemming</i>
<i>Debbie Roper</i>	

*and for all those who are ill and not listed by name but known to us.*

*Please pray for Greg Endaya and his family whose father, Crisanto Endaya, died in the Philippines very unexpectedly on Wednesday September 8<sup>th</sup>.*

### **Parish:**

*Please pray for our clergy and our volunteers.  
Please pray for the children as they are going back to school, especially the ones that are moving to another school.*

## BAPTISMS



*Olivia Anna Arun  
Antonio Jose Binil  
Rebeka Pauluskaitė  
Adrija Stasuinaite  
Matas Trumpa  
Leija Stasiunaite  
Zoella Deon Romero Paras  
Aiden Vale Toledo-Romero  
Daniel Janis Lizunovs  
Aronas Moloscakias  
Rafael Dos Santos  
Nell Parish  
George Parish  
Elaine Mary Mathew  
George Jacob  
Esther Martin*

## DEATHS



*Helena Blankson  
Frances Meehan  
Megan Martin  
Maria Rham  
Elizabeth Tunnard  
Rose Ann Walker  
Stuart McPherson*



*Eternal rest grant unto them O Lord,  
and  
let perpetual light shine upon Them.  
May They Rest in Peace.  
Amen.*

## PAGE FOR THE ELDERS

**Maria McGovern** is passing on this message from **Jane**:

**“The Elders are having a meeting on the 21<sup>st</sup> of September at Holy Family Church”.**



When I asked some elderly people what advice they could give me for keeping well, I was surprised about the number of replies.

**Anna Bishop, 89**, wrote:

“My legs are giving me trouble but I do go out, rain or not, and walk my two dogs every day. I walk them around the block, just once. That’s for fresh air. Then, when taking my shower in the morning, I always end it with a very brief shock of cold water. Oh my! That wakes you up and it gives you lots of energy. It also helps to avoid a cold when the colder season comes. And then, naughty me, I like a glass of wine in the evening. Good company. I read and watch television – that keeps me company too.

**M.C. wrote:**

I just celebrated my 95<sup>th</sup> birthday and I got loads of cards and gifts and flowers. The card that I liked best came from my great-grandson. He wrote: ‘Dear Great-Granny, Thank you very much for everything you ever told me. On the whole I thought it was very good stuff and it helped me in many situations to stay on top of trouble. BUT, I think it’s time to tell you that it’s time that you learn to listen to the young. You know, I have learned so much from you, there isn’t much you can tell me anymore. I have done it all and it was really good. Now, you must learn from us young ones. If you learned to use your mobile phone properly, I would set you up with WhatsApp. That would be great fun for you. And then I would learn you to use the camera so that you can send us pics of what’s happened in your life, like we do. And it’s fun, I can tell you that!’



**Herb S. wrote:**

When my wife died about 8 years ago, I was really down. But my friend Bob picked me up again. He brought me to the Golf Course at Hunstanton. I had played golf before, but not so much when the wife was so poorly, and, yes, I still had my complete golf set, trolley and all. So, off we went. That set me straight again.

Often we had a drink after playing golf or went down to the beach. And when I started to get my positive thinking back, I bought myself a red sports car. I wanted a red car because it's such a positive colour and then – well – men like cars and so I thought why not go for a sporty outfit.

So, that's my secret.

I am also attending church regularly.

That's my other secret.



**Norman:**

I don't know why, I don't feel like an Elder. I feel younger than I did when I was a lad.



## HARVEST 2021

Since the foodbank opened its doors in 2011, we have been overwhelmed by your support and the community's kindness and generosity. Over the pandemic this generosity has been staggering, so much so our warehouses are bursting with food, as quickly as we are giving the food away our warehouse is being filled, thank you.

With Harvest approaching we are asking you to consider, instead of collecting to food to take up a financial collection. One of the services we have been able to provide clients and are hoping to continue is help with gas and electricity costs, through a small gift added to their prepayment meter. This makes a huge difference to people in the winter months; however, we need funds to keep this service going.

If you prefer to collect food for us at your Harvest Festival, that is also appreciated but please could you ask your congregations **not to** donate beans, pasta, soup, sanitary towels, nappies or baby food as we have huge volumes of these. However, **small bottles of squash, UHT juice, small jars of coffee, tins of vegetables, toilet paper and small packets of biscuits** would be helpful.

Once again thank you for standing with us and supporting us over the last ten years and especially through these uncertain times, without you we could not have provided for so many people.

Abundant Blessings

All at the King's Lynn Foodbank.



**Jane Crone writes:**

Please join our regional planning meeting for CAFOD supporters and volunteers on Saturday 4 September from 10.30am – 12.30pm, doors open at 10am. Booking is via Eventbrite.

On 8 September at 7 pm. No need to book - the Zoom link is

<https://cafod.zoom.us/j/94430369452?pwd=YVhHQVJlRlFsdFRsakRseGtPRnhTUT09&from=addon>

On 10 September at 2.30 pm. No need to book -the Zoom link is

<https://cafod.zoom.us/j/95565663733?pwd=UUxqSHVHSDY0MXdHeDNKLzAwODJWdz09&from=addon>

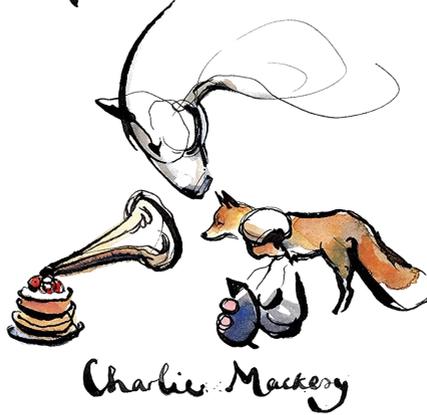
This year's Harvest Family Fast day is on 1 October and focuses on climate sharing the story of Ivanilde, who lives in a small patch of the rainforest in one of the most heavily deforested regions of the Brazilian Amazon. Her story speaks of the struggle to protect her rainforest home for the good of all creation. Funds raised this year will help us sustain the vital work of supporting communities adapt to the effects of the climate crisis and prepare the future.





# PAGE FOR THE YOUNG

*The Boy, the mole, & ☺  
the fox and the Horse.*



## **“The Boy, the Mole, the Fox and the Horse”**

By Charlie Mackesy

**A book for all ages, young and old, eight to eighty.**

This book gives me so much joy every time I pick it up and open a page, just any page!

The boy is lonely, the mole surfaces and they become friends. In their wanderings together they meet the fox and very soon after comes the horse, the biggest thing they have ever encountered. Together their adventures begin.

Read on.....

“What do you want to be when you grow up?” asked the mole.

“Kind,” said the boy.

“What do you think success is?” asked the boy.

“To love“ said the mole.

“We have such a long way to go,” sighed the boy.

“Yes, but look how far we’ve come!” said the horse.

This splendid book is all about friendship and, I almost forgot, cake.

“If at first you don’t succeed have some cake,” said mole.

“I see, does it work?”

“Every time!”

Every page, illustrated by the author Charlie Mackesy, is full of wisdom, inspirations and, of course, cake.

Read on.....

**Pauline McSherry**

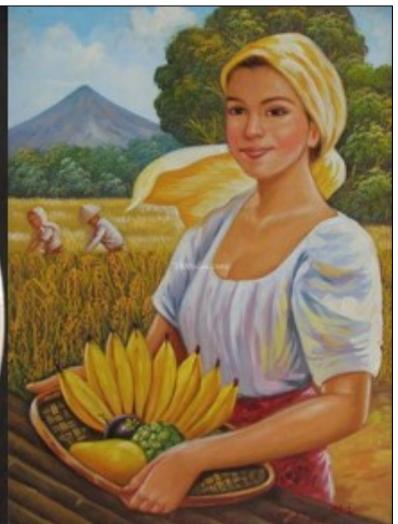


## HARVEST TIME:

Blackberries and wild apples from the Riverbank,



figs from the garden and fruits from the Philippines.





## Review of year's activities October 2020 - September 2021

Churches Together projects continued through the Covid pandemic and the following paragraphs relate to some of the activities which church members and the wider public supported and worked for in the town:

**Foodbank:** After the summer of 2020 the numbers of clients coming to the Foodbank rose but food stocks remained exceptionally high. The numbers of people being fed varied greatly day by day, but over the winter months the Foodbank fed 500-630 people each month. By January 2021 the staff and volunteers had given out nearly 56 tonnes of food over the preceding 12 months, while food stocks remained good at 33 tonnes. Between November 2020 and March 2021, the Foodbank fed 2500 people and this is a 25% increase on the numbers for the same period last year. By May 2021 monthly numbers of people being fed reduced to the usual level of about 400 per month.

Some of the developments over the year included; a move to a new warehouse; a part-time Citizens Advice Bureau adviser helping the clients 2 days a week; fuel bill assistance for clients; signposting of clients to support agencies, and closer communication with referral agencies.

The project is co-ordinated by Helen Gilbert; King's Lynn Foodbank Project Manager. Tel: 07582558143. Foodbank opening hours are 12-2pm: Mondays, Tuesdays, Thursdays, Fridays. The Foodbank is closed on Wednesdays, weekends and Bank Holidays.

If you would like to donate to the Foodbank, please check our website for an up-to-date list of items that we need, or information about how to donate financially.

<https://kingslynn.foodbank.org.uk/give-help/>

**Christian Aid:** In the run up to Christmas 2020 the local Christian Aid Support group, which consist of 14-15 members, sold Christmas cards which had been made locally. Traditional Belarusian paper cuts (Vitinanka) were created by Tatiana Halliday (Voitic) and holly and poinsettia paintings by Angela Clarke (Whiles). The project was a great success and raised £558 for Christian Aid.

An on-line quiz was hosted by the Church of the Nazarene on Friday 14th May and Joy Smith, from the Gayton Christian Aid group, set up a JustGiving Christian Aid page and collected recipes to produce an international recipe book.

During Christian Aid week (10-16<sup>th</sup> May), the volunteers were not allowed to knock on doors so they posted 4400 envelopes through front doors instead. By July, £2537 had been sent off to Christian Aid and additional money has been paid in separately, so that the total raised was over £3000. Heather thanked everyone for their efforts.

Churches Together also works with CAFOD and Caritas locally as the aims of Christian Aid and CAFOD are very similar on emergency relief and campaigning.

If any church would like to send a representative to the Christian Aid group, please contact Heather: [revberry2019@gmail.com](mailto:revberry2019@gmail.com) or Tel: 01553 764098.

Donations can be made by anyone via the King's Lynn JustGiving Christian Aid page:

<https://www.justgiving.com/fundraising/kingslynnchristianaid>

**Debt Centre:** By November 2020, Emily, the Debt Centre manager, had seen 28 households go Debt Free since opening the Centre in April 2016. During the pandemic clients were helped with over the phone appointments. Kingston Nwosu, a new debt Coach, was welcomed to the team in the winter of 2020. He attends The Kings Glory Church in Kings Lynn. A Virtual Drop-in for clients was started at the beginning of the March lockdown and Emily have also run an online Alpha course. We have merged these groups to create a CAP connect group with the goals of connecting clients to the CAP Team, to each other, to God, and to the local church. Emily runs a virtual

monthly prayer meeting on the 2nd Wednesday of every month at 12pm. We would love to see anyone who is able to join us. Please email Emily [emilyhart@capuk.org](mailto:emilyhart@capuk.org) for the link and passcode. Over the summer the Debt Centre helped to provide school uniforms, fresh food shops and furniture to some of the clients in need through the ACTS 435 charity <https://acts435.org.uk/> and CAP emergency aid. 23 Christmas hampers and 46 gifts including children's toy were donated at Christmas, so that every client received something.

By the Spring of 2021 the Centre had been open 5 years and Emily took a sabbatical. Andrew Frere-Smith became the new treasurer and the King's Centre became a partner church.

The central CAP national office underwent a major re-structuring to make them more efficient, and improve their flexibility and ease of access for clients. This is partly because the complexity of debt cases has increased.

By May 2021 Emily had taken on a volunteer Debt Coach called Laura Joslin who will be able to see new clients from July. Laura attends Kings Centre in Kings Lynn and with professional mental health experience from her previous employment will be a great addition to the team.

If you know of anyone who needs help with debt do not hesitate to pass on our freephone number 0800 328 0006 or contacts Emily Hart, Centre Manager - Kings Lynn, Christians Against Poverty, 07495 017364, [emilyhart@capuk.org](mailto:emilyhart@capuk.org) (Current Working hours: Tuesday to Friday 11am-4.30pm).

**King's Lynn Winter Night Shelter:** The Night shelter moved to St John's House, next to the station, in 2020 and extensive work was undertaken on the building to prepare for opening in the autumn. Because of the pandemic, dormitory style sleeping was not possible and this reduced the number of guests to one per room i.e., 6. Because of lockdown, the Council insisted on 24-hour opening and this required last minute changes to staffing and rotas. All potential guests had to be referred through the Council because of the need for health checks.

The night shelter finally opened with 5 guests staying on Friday 6<sup>th</sup> November 2020. The 24-hour opening did have the benefits of a greater chance for one-to-one interaction between staff, volunteers and guests and that the guests did not have to wait outside at 7pm for the shelter to open, or venture out in all weathers in the morning.

Throughout the season, the Night Shelter remained the chosen provision for those people with the highest support needs as well as those who are not eligible for other housing options or have been evicted from other emergency accommodation. By March the shelter had accommodated 23 individuals during the season and had no cases of Covid. The shelter closed on 29<sup>th</sup> March 2021.

Revd Kevan Crane, who has made a huge contribution to this project, left the trustees in July and Julian Hallett, who has been treasurer and contributed a huge amount of work, hands over the treasurer role to Sue Panks in October 2021.

The shelter is due to re-open in October with 9 single rooms for guests. The shelter will be open 24/7 until 30<sup>th</sup> June 2022, and volunteers will be recruited and trained in September this year. Currently there is an active fundraising committee and a gardening group of volunteers.

Lucy McKitterick, Co-ordinator, [nightshelter.steering@gmail.com](mailto:nightshelter.steering@gmail.com)  
Kings Lynn Winter Night Shelter [www.klwns.org.uk](http://www.klwns.org.uk)  
Tel: 01553 776109.

### **Some of the other activities undertaken or supported in the past year by churches included:**

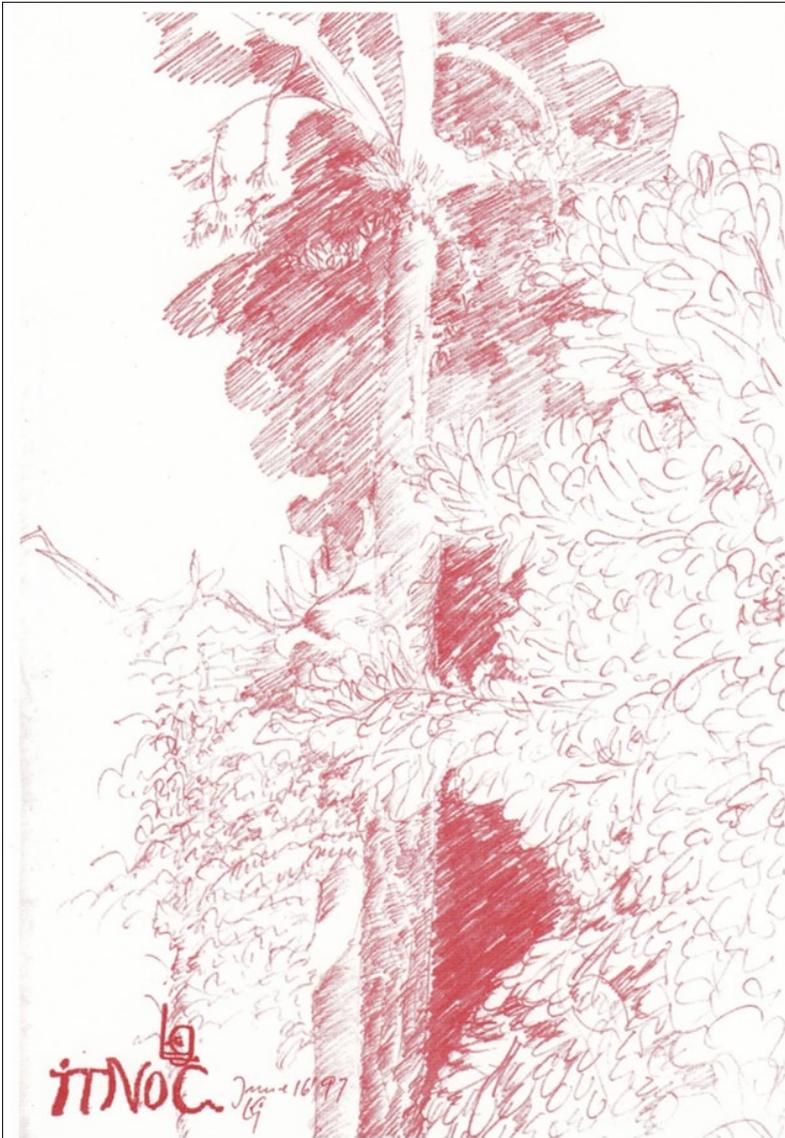
- 1 The Week of Prayer for Christian Unity which was held over Zoom.
- 2 A telephone befriending service; Good Call.
- 3 A building in North Lynn has been purchased to become the new church for The Kings Glory Church <https://www.thekingsglory.org.uk/> whose pastor is Ola Adegoke [oladapo.adegoke@gmail.com](mailto:oladapo.adegoke@gmail.com)
- 4 Revd Augustine Baah [augustbaah@hotmail.com](mailto:augustbaah@hotmail.com) , who is the pastor of the King's Lynn Church of the Nazarene, was

- welcomed onto the executive committee of Churches Together at the January meeting.
- 5 Hannah Ratcliffe, the Children’s Society Eastern Relationship Manager, has promised to give us a talk about ‘Considering the wellbeing of children and young people in our society’. This has had to be postponed because of the pandemic but we hope to re-arrange it once viral levels fall.
- 6 Revd Joshua Bell and Revd Kevan Crane left the executive of Churches Together in July and were thanked for their work. Joshua will be leaving Lynn to take up a new chaplaincy role in mid-August with the Navy and Kevan is also changing his job. Joella Nash from the Baptist Church and Revd Julie Swinton from the Church in the Woottons will be joining the executive committee to make the number up to 12.
- 7 In May a group of church members met with our MP, James Wild, to listen to the government’s plans and to ask questions about the G7 and COP26 intergovernmental meetings. We hoped for debt cancellation for poor countries but were disappointed. We continue to work with the local KClimate Concern group to lobby the Council and Parliament on climate change.
- 8 We are still hoping to organise a talk about local NHS children’s services by Michelle Walker [michelle.walker6@nhs.net](mailto:michelle.walker6@nhs.net) co-production and service user lead and Pamela Singh, Specialist Practitioner Additional Needs and Disability for Cambridge Community Services NHS Trust [pamela.singh@nhs.net](mailto:pamela.singh@nhs.net)
- 9 Edward Maxfield [Edward@accessmigrantsupport.org.uk](mailto:Edward@accessmigrantsupport.org.uk) took over as Executive Director of Access Migrant Support [www.accessmigrantsupport.org.uk](http://www.accessmigrantsupport.org.uk) the local charity which supports migrants and asylum seekers.
- 10 James Hawksworth’s very valuable youthwork was threatened due to financial constraints after the pandemic. James is part of the Church Army and has made a huge contribution to youthwork in the town over the past few years.
- 11 In July a Zoom meeting was organised by Andrew Frere-Smith to inform people about the ACTS 435 national charity which

facilitates donation of basic practical equipment to those in need.

There are many other projects undertaken by churches in King's Lynn and we pray that Jesus will bless them all. Thank you for supporting the churches in King's Lynn.

**Peter Coates (Sec) 15/08/2021**



## Habit

When I was at secondary school, I had an English teacher who used to set us essays with one-word titles, like 'nothing' or 'helter-skelter'. The boys, who wrote the best essays, had the distinction of reading their essays to the class. So now, many decades later, I am trying to write an essay on 'habit'.

Obviously, there are good habits and bad habits. So often, it is the bad habits that annoy people. We are not always conscious of our actions; we do them automatically. Habits, in fact, save time and effort. We do not have to spend time recalling how to dress or how to do each of our normal daily tasks. In fact, it is the nature of habits to become engrained.

Habits become so much an essential part of us that it is difficult to break them. They are part of our everyday life. They are our action shortcuts, part of our unconscious behaviour, whether in speech, thought or movement.

Service personnel are advised to vary their daily routine in troubled areas, so that they do not become easy targets. Service people must be careful of their habits. But we need habits to reduce the amount of thought needed each day. We tend to use our mind to resolve the more important problems encountered in daily life.

It is sobering to consider how much of our life is made up of habit. A look at each day will convince us of this. A working day can be very predictable from the moment we awake to the end of the working day. Almost everything can be predicted, from the type of breakfast we have, the route taken to work, the tasks we perform, the people we meet. How often do we forget to pick up something on the way back from work, because it is not among our usual tasks?

So, it is with our religious life. Saying our prayers is a habit, but a habit that can become automatic. Often it is worthwhile to look at the prayers we say. Are they too repetitive? Yet the Church encourages such prayer. For example, the Rosary is repetitive. The Divine Office, in many ways, is the same.

For many, the habit of going to Mass in church at the weekend has been lost. It may well be difficult to regain it. New weekend habits may have taken the place of the old ones.

What can I conclude? Maybe, we ought to visit our habits and explore them. Should we ask others about their views on our habits? That is a difficult area. It might be too revealing.

**John Cairns**

## WEST NORFOLK CATENIAN CIRCLE

Many people have not heard about the Catenian Association, which was formed in 1905 initially to help essentially middle-class Catholic men in their workplace. At that time many Catholics found it difficult to either obtain work or to progress in their career, due to their religious beliefs.

In the present economic climate, there is still a need for help in careers. Within the Association, considerable help is offered in the marketplace in the shape of an active Employment and Career Advice service, open to both members and their families, with a special emphasis on younger persons concerned about their own career.

The Catenian Association is a social organisation of Catholic men with about 8,000 members world-wide. There are active members in the United Kingdom, Ireland, Malta, Africa, Australia and Goa, India. Local branches meet on a monthly basis and with their wives and families take part in social and religious events.

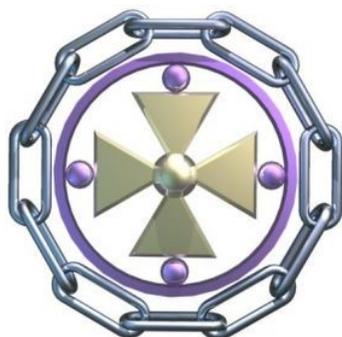
The name Catenian has its roots in the Latin catena meaning a chain. Every member is considered to be a link in a chain of support both spiritual and social. The local branches are known as Circles again showing the strong links of friendship.

The West Norfolk Circle meets each month on the Third Thursday. We are a group of men who are proudly Catholic. Our meetings always begin with prayer, and end with a sociable meal.

Our members try to serve the Church in many ways by putting themselves forward as readers, servers, ministers of the Eucharist or in many other ways. We are not a Fund-Raising Group, but each year the President of the Circle raises funds for a Charity of his choice.

There are many facets to being a Catenian and the only way to experience them is to contact our Membership Secretary to arrange a visit to our meetings.

We hope to see you with us soon. Rob Ashwell, President NW Norfolk Catenian Circle.



### *The Catenians*

Contact William O'Brien (Sec)  
via website  
[www.catenians-wnorfolk.org](http://www.catenians-wnorfolk.org)

## **MESSAGE FROM THE QUEEN ELIZABETH II HOSPITAL**

The Trust has had to adapt its restrictions around visiting inpatients and attendance at outpatient clinics, in response to a rising number of cases of COVID-19.

From Friday 3 September 2021 inpatient visits will only be permitted in exceptional circumstances. Patients must also continue to attend outpatient appointments and the Emergency Department alone.

The exceptions include:

- Patients receiving end-of-life care
- Partners attending antenatal and scan attendances, induction of labour, during labour, as well as in the postnatal ward
- Parents/guardians accompanying a child (both may attend where a family bubble can be maintained)
- Relatives or carers attendance where it is appropriate and necessary to assist a patient's communication or to meet their health, emotional, religious or spiritual care needs

In these cases, one visitor will be permitted per patient. Further special arrangements may also be made for patients who are critically ill or receiving end-of-life care. This will be arranged on a case-by-case basis with patients and relatives. All visitors will be required to wash their hands upon arrival at the hospital and ward; adhere to social distancing; and must always wear a face covering, including when entering and moving through the hospital. Anyone with a COVID-19 positive test or showing symptoms should not visit, even if these symptoms are mild or intermittent, due to the risk they pose to others. Where relatives are unable to visit in-person, we will continue to facilitate virtual visits, including via phone, video calls, and messages.

Thank you for your continued support.

# PARISH EVENTS 2021

26th SEPTEMBER  
HARVEST FESTIVAL

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17th OCTOBER  
MASS OF THANKSGIVING FOR THE NHS

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2nd NOVEMBER  
REQUIEM FOR VICTIMS OF THE PANDEMIC

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14th NOVEMBER  
REMEMBRANCE SUNDAY

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5th TO 11th DECEMBER  
40 HOURS EXPOSITION

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# **THE GRAPE VINE**

## **NEXT PUBLICATION DATES**

**Your Next Edition will be on  
5<sup>th</sup> December 2021**

### **Future Publication Dates in 2022**

**5th March 2022**

**3rd June 2022**

**2nd September 2022**

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**Please let the Editor, Mrs Lotte Gaberle  
have your Magazine Articles at least  
3 weeks before the publication date.**

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***The Knights of St Columba***  
***Our Lady of Walsingham Council No. 313***  
***King's Lynn, Norfolk***  
***Supports this publication.***  
***Bro. Peter Martin. KSJ.***