

“Hope has two beautiful daughters: their names are Anger and Courage. Anger at the way things are, and Courage to see that they do not remain as they are.”
– Saint Augustine



UCM News

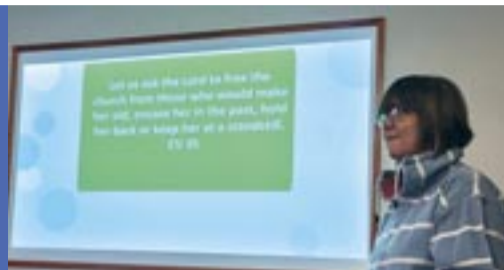
The Newspaper of the Union of Catholic Mothers

www.theucm.co.uk

Winter 2024



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Our Lady of Walsingham raised to the rank of Feast

CBEW

The Vatican has granted permission for Our Lady of Walsingham to be celebrated as a new Feast in the dioceses of England, starting this year on 24 September.

Cardinal Arthur Roche, Prefect of the Dicastery for Divine Worship and the Discipline of the Sacraments, wrote to Cardinal Vincent Nichols, president of the Bishops' Conference, in response to his request last year that the Obligatory Memorial of the Blessed Virgin Mary of Walsingham be raised to the rank of Feast:

“Given the historic importance of this shrine for the Church in England and Wales, dating back just over one thousand years, and given the growing devotion to Our Lady of Walsingham to which you attest, the Dicastery has decided that, by way of exception, your request may be granted.”

The Shrine of Our Lady of Walsingham was established in 1061, according to the text of the

Pynson Ballad, when devout noblewoman Richeldis de Faverches asked in prayer for inspiration so that she could carry out a special work in honour of Our Lady.

The Pynson Ballad says that Our Lady appeared to Richeldis and showed her in spirit the House of the Annunciation where the Angel greeted Mary in Nazareth and asked her to build a replica in Walsingham as a perpetual memorial of the Annunciation.

Cardinal Roche said he hoped that the new Feast Day would strengthen the faithful:

“May this yearly celebration be a source of renewed grace and evangelical endeavour for the Church in England and Wales, as, imitating Mary, the faithful may ever more become disciples of her Son, receive the message of the Gospel, treasure it in their hearts and reflect on it in their minds”.

The Feast will be in the National Calendar for England as the National Marian Shrine in Wales is Our Lady of the Taper.



Our Lady of Walsingham

Look to the Heavens

Brother Guy Consolmagno, Director of the Vatican Observatory, highlights our need to reconnect with the beauty of the night sky, encouraging stargazing as a daily spiritual practice that can awaken us.

As the world prepares to observe the supermoon lighting up the night sky, Brother Guy Consolmagno, SJ, Director of the Vatican Observatory, reflects on humanity's relationship with "the heavens".

While the supermoon - due across night skies on 17 October- may appear slightly larger than a typical full moon, Brother Consolmagno points out that the difference is barely noticeable to most people. “However, it has gained fame, thanks to the Internet, which loves finding special things to talk about”.

Enough phone, more sky

Speaking to Vatican News' Amedeo Lomonaco, Brother Guy stresses that "we've spent too much time looking at our cell phones and not nearly enough time looking at the heavens."

He believes that despite our technological distractions, the beauty of the night sky, and particularly the moon, are an enduring beauty and a reminder of something far greater than ourselves.

Listen to Brother Guy Consolmagno

Blinding ourselves

Reflecting on light pollution, Brother Consolmagno notes that “we humans make light so bright that we blind ourselves to God's light.”

He encourages a return to the simple practice of stargazing, which, he says, should be treated like prayer: “You can't do it just once; it's much better if you practice it every day.”

Become familiar with what is normal

By dedicating just a minute or two each evening to stepping outside and observing the sky, he explains, we become more attuned to the natural rhythms and changes in the cosmos.

“Once you become familiar with what is normal”, he concludes, “you can truly appreciate what is new and what is changing. Like the beautiful phases of the moon, which transform each month”.

By Francesca Merlo and Amedeo Lomonaco Vatican News



A "Strawberry Moon" rises behind Frauenkirche in Dresden, Germany (June 2022)

Photos, copy and distribution queries for The UCM News should be sent by email to ucmnews@yahoo.com. For further details about the Union of Catholic Mothers please contact the National Secretary at ucmnatsec@yahoo.co.uk

Congratulations

100+ BIRTHDAYS

Joan Jenkins (102yrs) Past Liverpool Archdiocesan President

90th BIRTHDAYS

Margaret Webster St Peter-in-Chains Doncaster, Hallam Diocese
Mrs Brenda Gannon Independent member, Hallam Diocese
Evelyn Kay St Mary and St Phillip Neri, Radcliffe, Salford Diocese
Geraldine Harvey St Anne's, Rock Ferry, Shrewsbury Diocese
Rita Fraser Holy Apostles and Martyrs Wallasey, Shrewsbury Diocese
Terri Thompson Holy Apostles and Martyrs Wallasey, Shrewsbury Diocese
Audrey Davis St Francis Ascot, Portsmouth Diocese
Terry Lynes Corpus Christi Wokingham Portsmouth Diocese
June Dean St Anne's Foundation, Liverpool Archdiocese
Joan Jones St Margaret Mary's Foundation, Liverpool Archdiocese
Maureen Callaghan St Richard's Foundation, Liverpool Archdiocese
Angela O'Neill St Anne's Foundation, Liverpool Archdiocese

80th BIRTHDAYS

Eileen Goodwin St Ignatius Foundation Ossett, Leeds Diocese
Doreen Rushworth St Ignatius Foundation, Leeds Diocese
Judy Riley St Francis Ascot, Portsmouth Diocese
Kathy Turner Corpus Christi Wokingham, Portsmouth Diocese
Molly Hargreaves St Aelred's Foundation, York, Middlesbrough Diocese
Brenda Griffiths St Margaret Mary, Liverpool Archdiocese

PLATINUM WEDDING ANNIVERSARY

Maureen & Jacks Long St Richard's, Liverpool Archdiocese

DIAMOND WEDDING ANNIVERSARY

Irene & Geoff Dorrett St Edward & St Mark's Windsor, Portsmouth Diocese
Betty & Tony Murray St Ignatius Foundation, Ossett, Leeds Diocese
Sheila & Frank Brereton Holy Apostles and Martyrs Wallasey, Shrewsbury Diocese
Jessie & Arthur Whitfield St Joseph's, Liverpool Archdiocese
Madeleine & Phillip McDonald St Margaret Mary, Liverpool Archdiocese
Barbara & Frank Dickinson St Anne's, Liverpool Archdiocese

50th WEDDING ANNIVERSARY

Lorne Fry Fareham foundation, Portsmouth Diocese
Marie & Eddie Ryan St Margaret Mary's, Liverpool Archdiocese

40th WEDDING ANNIVERSARY

Cathy and John Hill Corpus Christi Wokingham, Portsmouth Diocese

FOUNDATION ANNIVERSARIES

60th Anniversary St Edwards/St Marks Windsor, Portsmouth Diocese
75th Anniversary Corpus Christi Wokingham, Portsmouth Diocese



**Submitting copy for
next issue**

**The deadline for articles and photos for
the next edition of the UCM News
is 4th February 2025**

Please send copy to ucmnews@yahoo.com

Thank you

(GDPR) General Data Protection Regulation

Anyone sending photos to be published in the UCMnews newspaper, it is your responsibility to make sure you get permission from all in the photos.

Editorial

As we come to the end of the year there are many things to ponder on and worry about. The quote at the top of the front page resonates with me. What do we see around us that we can help to change for the better. Small actions to show we care are perhaps all we can manage but each act of kindness ripples in unknown ways. So, whether we help in person, donate or raise money for good causes or pray for God's help know that we are all doing our bit to make a difference in the world.

Whilst preparing this edition it became noticeable that many enrolments have taken place. Checking back through this year alone there have been **49 enrolments** so far, a wonderful testament to your dedication and prayers for our continued presence. **This is the UCM.**



Urgently Required - Vacancies

Applications are invited for the following:

2 National Vice Presidents

Start date National Council 10th May 2025

These are elected Positions; elections will take place at National Council October 2024 and successful candidates will start posts at close of National Council 2025. Opportunities to work shadow and for training are available. Please send CV's with completed Nomination Forms to ucmnatsec@yahoo.co.uk as soon as possible.

Please seriously consider putting your name forward for these positions. Job Descriptions and Nomination Forms are available from your Diocesan President or Secretary or National Secretary Mrs Cath Lydon ucmnatsec@yahoo.co.uk. Opportunities to work shadow and for training are available. If you require further information please contact National Secretary as above or any member of the National Committee.

Pope to young people: Be restless, take risks

Stay restless, take risks, and never lose your sense of wonder.

That was Pope Francis' advice to participants in a meeting organised by the Toniolo Young Professional Association on Friday morning.

Members of the Italian organisation – who the Pope thanked for their "service and commitment" – have been assisting the Holy See's work with the United Nations.

'Short thought'

Pope Francis began his address by warning against "what some call 'short thought' (pensiero breve)".

'Short thought', he said, is "made up of a few characters, and burns quickly; a thought that does not look upwards and ahead, but at the here and now ... a thought that does not look back at history."

"Faced with the complexity of life and the world," the Pope stressed, "this short thought leads to generalisation and criticism, to simplification and the distortion of reality, in the pursuit of one's own immediate interests instead of the good of others and the future of all."

Risks, restlessness, wonder

How can 'short thought' be resisted? Pope Francis suggested three strategies: restlessness, risk, and amazement.

"Do you dream?" Pope Francis asked the young people. "Do you have restlessness in your thoughts, in your hearts? Are you restless or are you 'retired' young people already? Do not forget: restless dreaming."

He also encouraged them to "not be afraid to risk".

"Please risk, risk" the Pope urged. "If you do not risk, who will?"

Finally, he also recommend "astonishment" as an antidote to 'short thought'.

"Think about it," he suggested: "Have I lost the capacity to be amazed?"

"When a young person loses the capacity to be amazed, loses astonishment, they are already retired."

Life is made to be given away

The Pope also stressed that "Life ought to be given away, not managed."

"A quest that fascinates you, a prayer from the heart, an enquiry that shakes you, a page that you give to others, a dream to be realised, a gesture of love for those who cannot reciprocate... This is style with which God made the world, the style of gratuitousness, which gets you out of the logic of 'I do in order to have' and 'I work to earn'."

Source: Vaticannews.va





FROM THE NATIONAL PRESIDENT

Dear Friends in UCM,

Thank you for the love, friendship and support that you have shown me as I have joined with you during my visits to foundations, diocese and at National Meetings. It has been a pleasure to be able to meet you all.

I have been privileged to lead our UCM Prayers on many occasions but most especially during tributes at the Requiem Mass for Jean Longley. She has been a very special friend for over forty years, and I have been privileged to take and share Holy Communion with her on a regular basis.

I make no apologies for sending out the SOS to you all, but we do now have a volunteer for the Walsingham Administrator position. We have also had enquiries about National Vice Presidents positions. There is still, however, a need for more help at all levels, National, Diocese and

Foundation.

It is sad that after another twelve months we still need to pray for peace in the Holy Land and Ukraine. Please God for a stable peace so that they can rebuild their lives, homes and neighbourhoods.

As we prepare for the season of Christmas may I wish you all a Holy and Happy Christmas and a prosperous New Year.

With my love and prayers

**Joan Hodge
National President**

TOWARDS IMPACTFUL YOUTH MINISTRY AND OUTREACH

**UCM Study Days, June 18-19-2024
Wistaston Hall, Cheshire**

" I felt that although the research was good and useful I wouldn't be able to transfer that knowledge into meaningful transferable learning for others. I wanted more tangible information. Learning with others was positive and it was good meeting with others."

" The Study Day was enlightening - it fulfilled all my expectations. The approach that Sue and Anita took to the content and delivery proved they had planned really well - the Retreat Centre and surroundings provided a very comfortable background for my first Study Day."

Two very different but in their way encouraging responses to this year's Study Day, held in June as the original date in February was cancelled due to circumstances beyond our control.

We decided to concentrate our Study on how the UCM can better understand the role of young people and adults within the Catholic church, and therefore better support and encourage them. The days were co-facilitated by Sue McDonald, Director of Youth Ministry, Hallam Diocese, and Anita Motha, CEO of Million Minutes (Catholic Youth Agency) and were synodal in delivery.

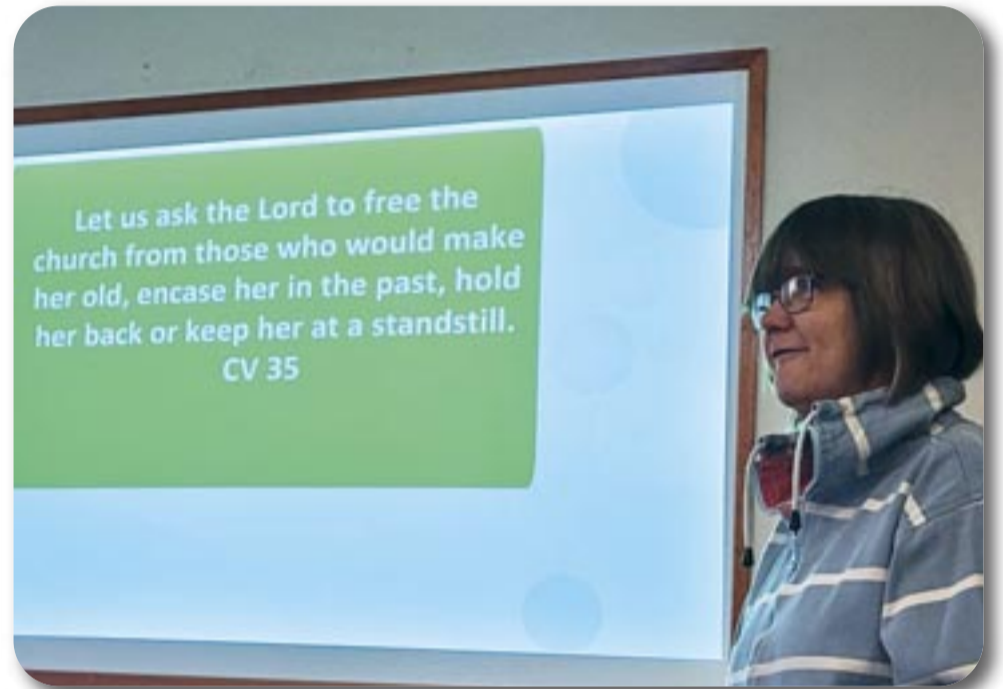
Having established where members of the UCM felt they met young people, Sue and Anita invited us to move into small groups and, using the method of Conversations in the Spirit, to reflect on the direct

and indirect relationships we hold with young people, and on what motivates us to work with them, or indeed de-motivates us.

We are certainly not the only group to be exploring this topic, and Sue and Anita provided anecdotal and researched evidence of this throughout the conference, using powerpoint slides and video presentation, as well as providing links to other material. Some of the video clips we watched were from Christus Vivit-Christ is Alive -A Breakdown (youtube.com) by Tom Baptist of NCDYS. Another link is The Bradford Aunties – BBC iPlayer, an example of intergenerational community outreach.

Pope Francis has emphasised that we should meet young people where they are at, and we had an interesting session thinking about all the significant events which occurred between 2006 and 2024, that is the lifespan of young people under 18 today. This a very good exercise to stretch the little grey cells, but it really helped to understand that what has shaped the lives of young people may be very different from our own experience.

Whilst we recognised and celebrated existing youth ministry work, we moved deeper into what systemic changes might be required to create further opportunities for young people. Where could the UCM assist, beyond Mass, catechesis and the liturgical year? These do not have to be front line, but rather support existing Youth Ministries, for example meet and learn about CYMFED. No I had not been aware of them either, it means Catholic Youth Ministry Federation. Step one is probably to find out



exactly what your own Diocese is offering in the way of Youth Ministry.

We finished the Study by reflecting on and filling in the gaps in the following sentence:

**We....xxxx....young people....because...
xxxx....**

I hope you will have your own study sessions and come up with your own ideas, so I will keep the ones we came up with for another time.

Thank you, Sue and Anita for a most thought-provoking Study, and thank you all the delegates who participated so fully.



St Aelred's Union of Catholic Mothers welcome a distinguished visitor

Last September we had a new Parishioner at our evening Mass before our UCM meetings on Tuesdays. He soon introduced himself as Dercio Macondzo from Mozambique and told us he likes coming to evening Mass as he is living on York University Campus close by and he wanted to see what a Catholic Parish in the UK is like.

He has attended many of our meetings, heard a variety of speakers, and he has accompanied us on some of our UCM outings. He came with us to the Bar Convent on St. Joseph's Day, to visit Bishopthorpe Palace, home of the Archbishop of York, and to Mass at the St Margaret Clitherow shrine in the Shambles, joining us afterwards for that most Yorkshire of experiences, a fish and chip supper at Drakes of Petergate. At our summer Strawberry Party, he plucked up courage to entertain us with his guitar and singing.

I was very honoured when he asked me to act as his sponsor for his Confirmation, and having joined our Parish preparation course he was confirmed by Bishop Terence Patrick at Our Lady's Church in Acomb.

Dercio was selected to come to study as a Chevening Scholar at York. These are scholarships for young people from all over the world to come to the UK to study for a master's degree for one year, funded by the British Government for "the kind of people who have the passion, ideas and influence to provide the solutions and leadership needed to create a better future". While here they are expected to experience UK culture, to network and to build lasting positive relationships with the UK.

It has been a great pleasure to meet him and to get to know a little more about his home and family. We wish him all the best for the future when he goes home in September, and we do hope he will stay in touch with us. He has been a delightful visitor to our Parish and our UCM.

Sarah Sheils, Secretary, St. Aelred's UCM foundation, Diocese of Middlesbrough



A simple movie about God's providence and dogged determination

Source: 2024 Carl Kozlowski CWR

Arthur the King turns a true-life story of a man and a dog into a tale that teaches viewers about against-all-odds inspiration and the incredible value that God places on even the most downtrodden.

Sometimes the simplest movies can offer the most profound life lessons. The new movie *Arthur the King*, starring the devoutly Catholic Mark Wahlberg, is a prime example: it turns a true-life story of a man and a dog into a tale that teaches viewers about against-all-odds inspiration and the incredible value that God places on even the most downtrodden.

The movie follows the story of Michael Light (Wahlberg), who is a die-hard competitor in adventure racing in some of the roughest terrain on the planet. Adventure racing is a sport that goes way beyond Iron Man triathlons that focus on running, biking and swimming to include climbing, kayaking and, in this case, the most nerve-wracking zip-lining you can imagine.

Michael has never managed to become #1 in the world, and his consistent Top Ten finishes for his teams tear at his confidence and spirit. After a 2015 race in Costa Rica in which he and his team wound up getting their kayak hopelessly stuck in mud, his team member Leo (Simu Liu) humiliates him worldwide with embarrassing videos of their predicament across social media.

Mike tries to leave the sport behind and settle into working as a realtor for his father, but he feels utterly crushed—especially as he considers his father's much-heralded military past. Three years later, he convinces his wife to let him try again; he sets out looking for sponsors to cover the great expense of travel and training for his four-person team en route to the Dominican Republic for the latest race.

They only manage to get half the budget they'd hoped for, but the team vows to make the most of it. But while they're getting ready to kick off the race, viewers are also shown a bedraggled dog living without love and human care on city streets in the nation's capitol.

Michael and his team, which also includes navigator Chick (Ali Suliman) and Olivia (Nathalie Emmanuel), an expert free climber whose dad is dying of cancer, run into difficulties at nearly every stage of the race. Yet Michael is also noticing that the dog is improbably appearing everywhere they go, from lowlands to mountaintops.

When the dog saves them from a harrowing near-disaster, Michael decides to adopt the dog as a team member and names him Arthur the King. As they race against time, endurance and past injuries, Arthur provides inspiration again and again.

Arthur the King was reportedly shot using no CGI special effects, which makes its most dangerous segments utterly astonishing. Director Simon Cellan Jones particularly stuns with a sequence in which the racers zipline far above the jungle while having their bicycles strapped to their bodies.

When Olivia gets stuck and dangles for dear life, Michael has to figure out a way to save her—and it sucks viewers into feeling the danger at hand. As a diehard fan of the "Mission: Impossible" series, this scene is more impressive than anything I can recall in that series.

I don't want to give away any of the other many impressive action sequences, but the movie has some downsides. At 93 minutes, the movie could easily have added 15 to 20 more minutes to allow more needed character development and maybe an idea of how Arthur keeps miraculously showing up.

But perhaps the real-life Michael had no idea where Arthur came from either, and its guiding presence may very well have been a miracle of God and a stirring example of God's providence and



A scene from "Arthur the King," starring Mark Wahlberg. (Image: www.arthurtheking.movie)

gentle hand on our lives at our most troubled times.

While *Arthur* isn't a classic (more on its weak spots in a moment), it sticks with you when it's over. The next morning as I tried to discern the film's messages, I realized that this tale of love between man and animal is a reminder of St. Francis of Assisi's devotion to animals and the profound way that God has bonded humans and canines throughout history.

Arthur also reminds us to keep our eyes, hearts, and spirits open to helping and showing love to the most downtrodden in society. Scenes that reveal the sad and lonely life that Arthur has endured before meeting Michael are very touching.

As mentioned, the movie has a few problems. Aside from Wahlberg and Liu, the human cast is one-note—a fault that lies with screenwriter Michael Brandt (adapting a memoir by the real-life Michael,

Swedish racer Mikael Lindnord). Too much of the race is also described rather than shown, with over-the-top exposition from a TV sports announcer.

At the end, the movie shows a strong family that lovingly engages in prayer together. But there is one red flag that, unfortunately, is all too common in Wahlberg's movies: foul language. There are some uses of strong vulgarity and other milder swearing throughout.

Arthur the King bombed at the box office upon its debut last weekend, but audiences (as of this writing) have given it an extremely rare and amazing favorable rating of 97% on Rotten Tomatoes. Just like Arthur the dog himself, this overlooked movie is beloved by those who give it a chance.

If you don't catch it in theatres, make sure you bring this lovable dog story into your home when it streams later.

US Viewpoint: We are dangerously close to nuclear war

Tony Magliano

Source: Making a Difference

The nine nuclear-armed states - United States, Russia, United Kingdom, France, China, India, Pakistan, North Korea and Israel - "continued to modernize their nuclear arsenals 2023."

This alarming statement from the Stockholm International Peace Research Institute's recently released 'SIPRI Yearbook 2024,' should serve as a wake-up call that nuclear-armed powers have no intention to dismantle their nuclear arsenals, despite the UN 'Treaty on the Prohibition of Nuclear Weapons' which 70 nations have ratified - while irresponsibly the nine nuclear-armed countries refuse to sign onto.

According to the Bulletin of the Atomic Scientists we are at "a moment of historic danger." They have set their sobering Doomsday Clock to 90 seconds to midnight - signaling how close we are to global destruction!

'SIPRI Yearbook 2024' estimates that globally there are 3,904 nuclear warheads deployed with missiles and aircraft. And that approximately 2,100 of these deployed warheads are kept at high operational alert on ballistic missiles.

Before his passing, Dr Bruce Blair, a former military officer responsible for 50 Minuteman nuclear missiles in Montana, and co-founder of Global Zero (www.globalzero.org) - an international organization dedicated to eliminating all nuclear weapons - shared with me a highly dangerous little known fact: Both the United States and Russia each have hundreds of nuclear warheads still aimed at each other.

And what's even worse, these weapons of mass destruction are programmed at launch ready alert -

otherwise known as hair-trigger alert - meaning they are fully armed and ready to be launched - thus able to reach their targets within just 30 minutes of a perceived nuclear attack. And US and Russian nuclear-armed submarines can deliver catastrophic blows in approximately 15 minutes.

According to the Union of Concerned Scientists: "The warheads on just one US nuclear-armed submarine have seven times the destructive power of all the bombs dropped during World War II, including the two atomic bombs dropped on Japan. And the United States usually has ten of those submarines at sea." And the Russian fleet is comparably destructive.

With the war between Russia and Ukraine/NATO showing no end in sight, and with the first dozen of US F-16 jets soon to be shipped to Ukraine that can strike inside Russia, and with Ukrainian drones already hitting targets in Russia, this very deadly conventional war could easily devolve to nuclear war.

According to the Bulletin of the Atomic Scientists, the world is at "A moment of historic danger: It is still 90 seconds to midnight" due to ominous events that could result in global catastrophe.

I strongly recommend that all adults and teenagers (not children) watch the still highly relevant, chilling 1983 movie 'The Day After' which realistically portrays how an escalating set of events could quickly lead to an all-out thermonuclear war, with its horrific aftermath (link to movie: <https://bit.ly/3ijEy8v>).

Everyone throughout the world, needs to urge President Biden to act in the spirit and example of Jesus - to be a nonviolent peacemaker as his, and our, Catholic faith teaches. Please email him at: www.whitehouse.gov/contact/.

And please contact your national government



Trinity First nuclear explosion - Wiki Image

representatives, asking them to contact Presidents Biden and Putin with the urgent appeal to back away from the nuclear precipice, declaring an immediate cease-fire and to fully commit to a negotiated peace agreement.

And most of all, let us storm heaven with our personal and liturgical prayers!

In the days leading up to President Putin's decision to order invading Russian troops into Ukraine, Pope Francis, in an apparent effort to jolt the conscience of the Russian leader, as well as the consciences of all of us, made this appeal: "Let us not forget: war is madness." And he lamented:

"Those who wage war forget humanity. How sad it is when persons and peoples think about waging war against each other."

To all this madness the Holy Father boldly declared: "Put down your weapons! God is with the peacemakers, not with those who use violence" (see: <https://bit.ly/3Kb7zP0>).

Tony Magliano is a US-based internationally syndicated Catholic social justice and peace columnist. He is available to speak at diocesan or parish gatherings. Tony can be reached at tmag6@comcast.net.

NOTTINGHAM DIOCESE

St Mary of the Annunciation



Our Foundation President Dorothy Hutchings organized an almost full 53 seater coach to take members, parishioners and school children on our annual pilgrimage. As always, we were joined by many of our Filipino community. Although the weather was not kind to us we still managed to enjoy the day. Of course, the Holy Mass is the real highlight of the day with some of us joining the choir, a first for some. School children from St Mary's Primary School Loughborough joined our pilgrimage this year, this is what they had to say:

"Thank you for letting us go in the pilgrimage. We really enjoyed outdoor mass with showers of blessing and holy frogs from Our Lady. We liked looking at the UCM banners. We had lot of lovely chats with Bishops, priests and the ladies who carried the statue of Mary. When we had our ice lollies, a apple came from heaven to Julia's feet, luckily it didn't fell on her head. We liked the slipper chapel and seeing the relics and the pictures. We liked our green badges too. It was nice to take part in benediction. From the gift shop we bought statues, medals and fridge magnets. We did a liturgy to the whole school about Walsingham. Next year, we are going to take more children from each class to show how lovely it is. Kerayah"



Pauline Hallam Foundation Secretary

Three New Members



Liz Abell, Andrea Ragg and Samantha Edwardes with Fr David.

On the 15th of April at 6:30 Mass our foundation welcomed the enrolment of 3 new members, Fr. David Jones our spiritual advisor presiding. We also welcomed Christine Kelly who has moved to our parish from York. There was a celebration held in the parish hall afterwards and we were joined by family and friends. Membership increased to 15 – Deo Gratias!

Pauline Hallam Foundation Secretary

CLIFTON DIOCESE

St Joseph's Portishead



St Joseph's Portishead UCM, Clifton Diocese held a renewal and enrolment Mass with Parish Priest Fr Frank Wainwright and Deacon Didier Delaplace. Photo after the Mass with our new member Dot Lewis and other members.

Marie Williams, Diocesan President

HALLAM DIOCESE

New Diocesan Media Officer



On Saturday 8th June at the Diocese of Hallam Pastoral Centre, we were blessed with a visit from our National President, Joan Hodge who travelled up and back in a day from Surrey. During that meeting, Emma Green, of the Holy Rood Barnsley Foundation, took on the role of Diocesan Media Officer, taking over from Dorothy Anderson. Our thanks go to our retiring Media officer Dorothy Anderson. Photo shows Dorothy between the National President Joan Hodge and Emma Green

Emma Green Diocesan Media Officer



£1.80 provides a child with a meal every weekday for a month
 Donate Now at www.reachfoundationuk.org
 THE REACH FOUNDATION UK

ARUNDEL & BRIGHTON DIOCESE

Merstham Foundation Celebrate their 60th Anniversary

On Saturday 13th July 2024, A&B Merstham Foundation celebrated our 60th Anniversary at St. Teresa's Church in Merstham. Our church was completed in 1956, funded entirely by the local community. Two of our current members are the original founding members, Jean Longley and Audrey Langley, both in their 90s and Audrey was able to join us on the day. The 60th Anniversary is an occasion to give thanks and to honour the legacy that our founding members initiated for us. They have dedicated their vision to provide opportunities for local ladies to come together to celebrate faith, fun and friendship. The day began with mass at 12:30 where our spiritual adviser, Canon Tom Trehern celebrated mass of the day with us. He mentioned how through the scriptures, God speaks to us in a special way. The impression that stood out from the reading was

boldness "Here I am, send me!" In the Gospel when Jesus sent out the "Twelve", he told them: "Do not be afraid...!" Canon Tom also mentioned St. Teresa and her "Little Way" and to have the boldness and courage to speak out. He also referred to Mary our Mother and her words: "Behold I am the handmaid of the Lord. May it be done to me according to your word." Mary helps us to be true disciples of her son. Before the final blessing, our Foundation member and UCM National President, Joan Hodge, presented our Foundation President, Janet Franklin with the 60th Anniversary Certificate. We then continued with the celebration lunch in the hall. We were honoured to have our new Diocesan President, Eileen Harris MBE cutting the anniversary cake for us. Her speech started by addressing our National President Joan Hodge, past Diocesan President

Anne Ager and many National and Diocesan Committee members. Eileen was encouraging us to consider having more meetings at perhaps every two weeks, especially foundations that only meet once a month, since this would help to bring out more undiscovered talents and friendships for ladies who are by themselves and would love the fellowship of the UCM, and she promised to keep us in her prayers. Following on, our President, Janet Franklin led us in raising a glass for the occasion, where she thanked everyone for coming and mentioned individual representatives of the groups that we had invited. We had officers from different foundations: from Hove, Trish Longley (President), from Hollington, Judy Harkins (Diocesan Secretary) and Susan Mulligan (Diocesan Secretary Elect), Sue Petriz from National Board of Catholic Women, Theresa Lloyd from Local Churches Together. From Merstham Foundation, Joan Hodge (National President), Vivienne O'Byrne (National Welfare), Anne Ager (Diocesan Deputy President / Walsingham Committee), Patricia Wilding (Diocesan Treasurer) and Cecilia Thuy Cameron (Diocesan Media).

As a foundation we are proud to hold many officers' roles at National and Diocesan levels, and we hope that this dedication may be an example in encouraging more members to take office, so that the UCM can continue to support our parish communities and beyond.

A big thank you to our Parish priest, Fr. Tony Bridson for his support to us and to everyone who has made this special occasion so memorable. We also thank those who could not make it but



Eileen Harris MBE (Diocesan President), Janet Franklin (Merstham Foundation President), Joan Hodge (National President), Canon Tom Trehern (Spiritual Adviser).
Photo: Cecilia Thuy Cameron

contributed towards food and other preparations. And last but not least, we thank Vivienne O'Byrne for choosing the hymns and preparing the Order of Service, and Pat O'Byrne for leading the music. We would also like to thank our menfolk for their support of us over the years.

As said by our Diocesan President, Eileen Harris MBE: "May you continue from strength to strength."
Text by Cecilia Thuy Cameron (A&B Media / Merstham Foundation Secretary)



A&B Merstham Foundation – 60th Anniversary
Photo: Eileen Harris MBE

Pilgrimage to the Shrine of Our Lady of Consolation –



On the 12th September 2024, Arundel & Brighton Union of Catholic Mothers and the Knights of St. Columba met at the Shrine of Our Lady of Consolation in West Grinstead, West Sussex for their Annual Pilgrimage.

There was the usual social gathering over coffee and tea in the garden before going into the church for a reflection on Prayer from Canon Tom (our Spiritual Adviser), in which he referred to the writings of Cardinal Basil Hume. This was followed by Holy Mass. We then had lunch in the sunshine in the garden and some members and visitors were given a visit to the priest's bolt-hole and secret chapel. Just as lunch finished it started to rain, so after UCM and Knights prayed in the church, we all remained in the church for the Rosary and Adoration. The day ended rather wet, but we departed feeling happy to have shared this spiritual gathering together.

Janet Franklin and Cecilia Thuy Cameron
Photo by Sean Harkins



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ARUNDEL & BRIGHTON DIOCESE

A&B Pilgrimage to Walsingham



A&B UCM members - Photo Gerry Ross

This year at our annual UCM Pilgrimage to Walsingham, we were honoured to have our new Diocesan President, Eileen Harris MBE accompanying us on this special occasion. It was both lovely and spiritual to spend time together amongst our fellow UCM members from around the country. I personally had the opportunity to put faces to the many names that I was finally able to meet. Although we did not gather at the Abbey grounds this year, something about the event made us feel very together.

We departed the following morning, feeling spiritually refreshed and able to share such an experience with our foundations upon return, as we look forward to the next pilgrimage.

Cecilia Thuy Cameron

Induction of New Parish Priest

On Friday 21st June 2024, the parishioners of St Peter's Hove, were delighted to attend the induction of our new parish priest Canon David Parmiter. It was a moving occasion with wonderful music and visiting priests from the Deanery, including the very familiar face of Fr. Jerry O'Brien, our old parish priest who was visiting from Ireland. The occasion was made all the more special as Canon David's mother was present to support her son. The celebratory mass was followed by a small celebration in the hall with delicious food and drink. Whilst as a parish, we have all pulled together to keep the parish ticking over since January, we are grateful and appreciative to have a new parish priest and look forward to working with Canon David for many years to come.



Text and photo by Trish Colley (Hove Foundation Secretary)

60 Years Celebration



On 11th June 2024, Haywards Heath Foundation celebrated 60 years in the parish of St. Paul's. The Mass of Thanksgiving was celebrated by our Parish Priest, Father Raglan Hay-Will. National President, Joan Hodge, presented a framed certificate to the Foundation President, Yvonne Eldon to mark the occasion. This was followed by a buffet lunch and guests included A&B Diocesan President, Eileen Harris, MBE, her Deputy Anne Ager, Secretary Judy Harkins and Minuting Officer Sue Mulligan. Our only founder member, Vera Keating, was present with her husband, John. It was a most enjoyable and happy occasion.

Text by Mary Hogan (Haywards Heath Secretary)
Photos by (Judy Harkins A&B Secretary)

75th Wedding Anniversary

Congratulations to founder member of Haywards Heath Foundation, Vera Keating, and her husband, John, who celebrated their 75th Wedding anniversary on 24th June.

Text & photo by Mary Hogen (Secretary - Haywards Heath Foundation)



Reflection on good year

At the Hove Foundation, we have closed for the summer break and decided it is a good time to reflect on the great year we have had. There have been some wonderful activities, including talks given by members - ranging from Tudor Women and Life Stories to musical evenings, poetry readings and even a birthday party, causing much merriment. We hope to have a restful and relaxing summer holiday and look forward to the new term with anticipation.

Text and photo by Trish Colley (Hove Foundation Secretary)



Visit our
website at
www.theucm.co.uk

LEEDS DIOCESE

New Diocesan Treasurer



Left to right :Canon Laurie,Liz Bleek,Margaret Chambers, Diocesan President and Pam Watkins, St Ignatius President

Leeds diocese UCM held our Spring Get-together at St Ignatius foundation in Ossett. During the meeting we voted in our new Diocesan Treasurer. Catherine Simpson came to the end of her tenure and Liz Bleek was elected to take on the role. Liz is a member of St.Ignatius Foundation and is a very experienced treasurer as she held the post for our local SVP for several years. Canon Laurie Hulme, our chaplain, did the honours handing over the badge after blessing it. As usual this was followed by tea and cakes.

Eileen Goodwin Diocesan Media Officer

Prayerful Day in Walsingham



On the way home from a lovely prayerful day in Walsingham, Mothers from Leeds Diocese together with Canon Lawrie Hulme our chaplain made a welcome coffee stop. We were joined at the cafe by Mothers from Middlesbrough Diocese who were facing a much longer journey than us. We said our goodbyes promising to see them next year.

Eileen Goodwin Diocesan Media Officer

Our Lady and St Joseph



Left to right: Diane Charnock, Mary Barrett (Treasurer) Moira Smith (Chair), Alison Barker (new member) Margaret Abbott, Helena Harrington, Wendy Davis (Secretary).

20th June 2024 - We were pleased to celebrate Alison Barker's enrolment at mass offered for our Foundation, Our Lady and St Joseph Aire Valley, followed by our AGM and then lunch out at a local bistro.

Eileen Goodwin Diocesan Media Officer

Twins Galore



Left to right: Lyn Utting,Sandra Murray (she has an identical twin sister) Lesley Senior-Watson (the mother of twins) Annette Vickers and Christine Woodhouse.

St.Ignatius foundation has 16 members and unbelievably 4 members each have a twin sister and a fifth member is the mother of twins.

Only one set of twins is identical and the mother of twins has a boy and a girl.

Eileen Goodwin Diocesan Media Officer

PORTSMOUTH DIOCESE

Portsmouth Diocese News

Our foundations have been busy during the hot summer months thinking of others and progressing our Bishop's vision for the Diocese. Due to the shortage of priests, we are being prepared to work together in groups that will eventually become one large parish. Two of our foundations have begun the process already. The Windsor Foundation met with St Francis, Ascot and enrolled three new members at their joint meeting. St Edward/St Marks have been busy with their new members, raising £640 for Thames Hospice selling cakes after the Sunday Mass. They hope to enrol a further four members to their Windsor group when they celebrate their 60th Anniversary in December.

Fareham Foundation have helped with funding for two young members of their Parish to do conservation work in Africa with World Challenge. Bethany went to Malawi and came to their meeting to tell them all about the work she did there. She had a wonderful time learning about bats and other animals. She also learned about the relationship between hyenas and the people - because of deforestation the hyenas were coming into villages and killing the villagers' goats which made them want to kill the hyenas. World Challenge was trying to find a compromise and educate the villagers. On her return from Malawi, Bethany presented the foundation with a nativity set hand carved in a small log.

Our newest foundation, Sacred Heart Hook, have also been fund raising. They raised around £780 from a Nearly New Sale in the parish for a village school in Sri Lanka. The photos of the school were posted in the parish hall on the UCM notice board. They had a great time sharing the workload and getting ready for the sale. Jill, Hook's President, would just like to mention one of their members. "Mary Bone passed away in July this year. Mary was one of the first parishioners of Sacred Heart Church even before the present church was built. She was very active in the parish and worked with the children, doing Children's liturgy into her nineties. She also belonged to the Flower arranging group right up until a few weeks before her death. A lovely lady, may she rest in peace.

Maureen Meatcher (Portsmouth Diocesan acting Media Officer)



Bethany receiving a cheque from Pauline Williams, Fareham's treasurer

MIDDLESBROUGH DIOCESE

Filey Foundation benefits from time together on retreat

Over the last year, members from St Mary's Filey Foundation have been building a meaningful spiritual connection with Ampleforth Abbey. We began with a three-day silent retreat in September 2022, have since returned for a one-day retreat in April, and are planning another one-day visit in the autumn. Some members have also visited Ampleforth independently in the meantime, for guided retreats and for quiet time as individuals. The rhythm of life and prayer at the Abbey was described by one retreatant as "a flowing river into which we temporarily step and are refreshed, renewed". Another member refers to the Abbey as "a great magnet, which draws together all of the scattered fragments of self". There is something powerful at work when we are there. Each visit changes us a little. Members spoke of finding peace, tranquillity, and inspiration. Fr Richard Field has led our retreats with great kindness and insight, offering encouragement and fostering our growth in spirit. We are growing also as a group through our time at Ampleforth. Spending time together outside of our parish

community, away from our tasks and roles, allows relationships to deepen and brings peace where there can sometimes be stress. A retreat in this beautiful setting, where one is cared for so very well, can bring much needed peace on many levels. We step outside of daily routines and can focus on God, on prayer, and find quietness. This is, for many of us, a much-needed element in our lives. Beyond that though, we have encountered the Rule of St Benedict and witnessed just a little of the fruit of its wisdom. Ampleforth is, to me a place of rigour and yet of joyfulness, a place to teach me humility and tenacity. I have learned to better face my daily challenges by the example of its community. Although we return to our daily life and pressures, we take with us memories of a state of mind and of spirit. I think of these as reset points to return to and find a core of peace and stability. In the photo we have Hana Harris (a friend from the Scarborough Foundation), Sheila Taylor, and the late Mrs Maureen Steed.

By Petra Micklethwaite



Hana Harris (a friend from the Scarborough Foundation), Sheila Taylor, and the late Mrs Maureen Steed

50 years Membership of the Union of Catholic Mothers

Two members of the St. Aelred's Foundation, York, have received their 50 years membership certificate. Maureen Moisley and Anne Lawrence who were enrolled in 1973. The first thing they volunteered for was 'Rota for the Repository'. During intervening years, they have been extremely supportive members. Reading past minutes, it is too difficult to identify just how many events, UCM meetings, Daily Mass scheme, Diocesan Meetings, Area Masses, Walsingham Pilgrimages, and Hospital visiting. During this time, they have been very good friends, and their families have shared many holidays together. Anne has also supported the parish as a Special Minister, Representative on the Parish Council, Prepared Intercessions for our Masses. Anne is a member of the SVP. Maureen has supported everything in the foundation and the parish and when we had a Brownie Pack, she and Anne were Snowy Owl and Tawney Owl. Unfortunately, due to illness Maureen was unable to join Anne when the certificates were presented by Fr. Bill Serplus.

Kath Stubbs, St. Aelred's Foundation York



Filey Foundation Hosts Day of Reflection

A day of reflection dedicated to St Margaret Clitherow was held at St Mary's parish church in Filey on Thursday 29th August. The day was organised and led by members of the Filey Foundation of the Union of Catholic Mothers. It was also attended by members from the Scarborough Foundation and parishioners. Our morning began after Holy Mass and included an introduction to St Margaret Clitherow's life story, time for silent prayer and a shared lunch.

In the afternoon there was a talk about the annual pilgrimage for St Margaret Clitherow and the Martyrs of York, which took place on Monday 26th. Our UCM Foundation President took part in the pilgrimage, which went from the Bar Convent, via the Shrine of St Margaret in The Shambles, to St Wilfred's Oratory. She found the experience very beautiful and, after hearing about the pilgrimage, more of us resolved to take part in 2025.

After that was a reflection on martyrdom, focusing on how the lives of martyrs can inspire us to greater faith, hope and love. The fourth and last session, a contemplation of Mark 13:32-42, brought us to a sharing of our personal responses. It was a moving experience to be a part of a day dedicated to St Margaret Clitherow, to share our time in prayer and friendship.

Petra Micklewaite Diocesan Media Officer



Fire Safety in the Home

The Holy Name of Mary UCM, Middlesbrough recently had an excellent talk about Fire Safety in the Home given by Russell and Gary from Cleveland Fire Brigade. They will visit groups in the Community and will visit your home for a Safety Check and supply smoke alarms and extension leads as required. We learned - That the groups most at risk of a fire in the home are the elderly, young people, drug users and alcoholics. That appliances should be switched off at night, particularly toasters, kettles and microwaves. They gave advice on establishing a safety routine at bedtime and an escape route should a fire start. That the fire service operates a winter warmth service to help you if your heating system breaks down. And much more.

We all felt that the talk was very useful, informative and interesting. Jean Rigg



SOUTHWARK DIOCESE

Diocesan Pilgrimage to Aylesford



President Sharon Bishop with Joanne Pavitt Southwark Media Officer and Penny Curran SE Area Leader and Justice & Peace Officer holding the Southwark Banner.

On Saturday June 1st, 2024, Southwark Diocese held our annual Pilgrimage to Aylesford. Our Diocesan President Sharon Bishop welcomed everyone, and the Mass was led by Archbishop John Wilson assisted by our own Spiritual Advisor Father Doug Bull. We had a glorious celebration, it was quite breezy, the sun shone at times but thankfully it didn't rain, the Archbishop said the breeze was the sign that the Holy Spirit was among us. Archbishop John gave the most wonderful, moving homily based on his own Mother and the phrase 'I Love You' it was very thought provoking and brought a tear to our eyes. The day was very well attended by our Southwark Foundations, our Diocesan area leaders organised coaches to get as many members to Aylesford as possible. A special mention for Hythe Foundation who led us beautifully in the singing of our Hymns. We are all very much looking forward to next year's Pilgrimage.

Joanne Pavitt Southwark Diocese Media Officer

Walsingham Pilgrimage



Southwark President Sharon Bishop and Sheppey Foundation members Christina Wells, Dorothy Cripps and Cheryl Crane and Jean Cheesbrough.

Our Lady of Walsingham Pilgrimage this year marked the first time that four ladies of Sheppey Foundation attended, and was particularly special as Southwark Diocese hosted this wonderful event and our own very dear Sharon is the Diocesan President. We had also been invited to be Holy Communion Stewards which was a great privilege and a memorable pleasure.

What a wonderful time we all had!

The UCM friendship was evident from the moment we joined the minibus on the Monday morning with ladies from Hythe, Canterbury and Walderslade and continued throughout until the Tuesday evening. The Service of Light on Monday evening was moving, especially seeing UCM members bearing the statue of Our Lady of Walsingham to the alter resplendent in beautiful flowers. Sadly, we were unable to hold the Torchlight Procession because of the heavy rain but we did sing a resounding Ave Maria on the coach back to our accommodation. The next morning bode well with the weather and after a hearty communal breakfast we completed the Silent Procession along the Pilgrim Way and led by Bishop Philip Moger. We were able to enjoy the beautiful countryside whilst reflecting on our own intentions and thoughts. On arrival at the Shrine of our Lady of Walsingham we had time to enjoy the spectacular surroundings and in particular, The Slipper Chapel, and to make our personal prayers and intentions, and to light candles for those dear to us. Some pilgrims were also able to receive the Sacrament of the Sick.

The afternoon service began with our National Officers, together with the Clergy, and including banner carriers processing along road and into the Shrine grounds – the path lined by all Stewards. There followed prayers, addresses, Benediction and Blessing of the sick.

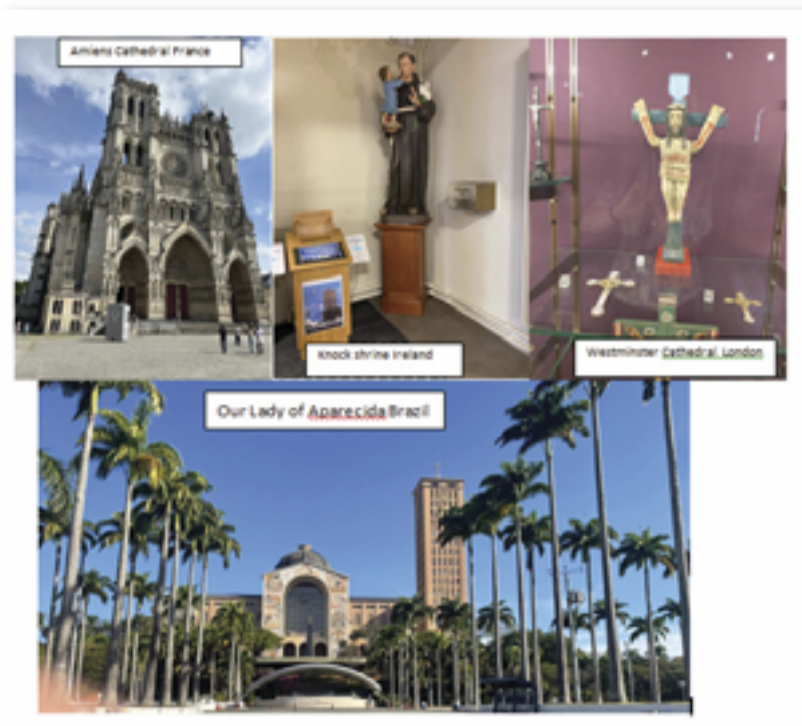
The whole pilgrimage experience was emotional, beautiful, memorable and at times overwhelming – in fact, words really can't explain the effects it has and lasting memories it makes. I truly would encourage anyone who can to attend next year, especially as Philip Moger reminded us all that 2025 is the Year of the Pilgrimage and he encouraged us all to take part and to invite our family and friends to share the occasion with us.

As I said in the beginning and I repeat here –

What a wonderful time we all had! Thank you and God Bless.

Jean Cheesbrough Sheppey Foundation

Keeping in Touch



UCM Anerley like to keep in touch throughout the long summer break .

We share stories and images of churches near and far where prayers have been offered up for all the Foundation members.

Here are a few of the churches that were visited during the holiday.

Penny Curran enjoyed her visit to Amiens Cathedral, France.

Mary Naughton Lang was on her annual pilgrimage to the shrine at Knock, Ireland.

Kate Boyle visited the Crucifixes Exhibition in Westminster Cathedral, London.

Vera Ferreira made us all smile with her photos, prayers and generous gifts from the wonderful Church of Our Lady of Aparecida, Brazil.

Marie O'Gorman, Media Officer, Anerley Foundation

Catford Foundation 80th Anniversary



In September the Catford Foundation celebrated their 80th Anniversary at Holy Trinity Church, Catford. It was a joyous occasion the mass was said by our UCM chaplain Father Doug Bull and our Parish priest Father Anthony. We were delighted to welcome our Southwark Diocesan President Sharon Bishop, Diocesan Secretary Mary Piper and Southeast Area Leader Penny Curran. Sharon presented 3 of our members with long membership awards Phyllis Cahill 50 years, Pauline Maton 40 years and Prema Louth 25 years. We also unveiled a beautiful, framed presentation plaque to commemorate our deceased members. In true UCM celebratory fashion following the mass we enjoyed a delicious buffet and celebration cake.

Joanne Pavitt Southwark Media Officer

Sutton Foundation Outing

Sutton UCM and friends recently visited the Museum of the Home - formerly known as the Geffrey Museum. The building was formerly the almshouses of the Ironmongers Company, but now contains wonderful room displays in which we can see how our living rooms have changed over 400 years, from the 1630s to the present day and onwards even - to a concept of a living room of the future. The rooms have recently been refurbished and now include seven new rooms to reflect the communities of East London. It is situated in Hoxton, East London, right next to the station. We enjoyed a lovely lunch afterwards in a nearby restaurant. It is a little known museum but well worth checking out. We all found it really interesting and would certainly come again!

Joanne Pavitt Southwark UCM Media Officer

SOUTHWARK DIOCESE

Summer Spectacular



Sheppey UCM President Sue Jarvis and Sheppey Welfare Officer Dorothy Cripps and Chris Wells, husband of one of our members, the bear.

On Saturday 3rd August the Sheppey Foundation took part in the Sheerness Freemason's Summer Spectacular held at the grounds of a local school on the Isle of Sheppey, Kent. It was a fantastic charity event for all the family attended by over 8000 people. There was so much to see and do Stunt Bike Shows, the Southern Golden Retriever Dog Display Team, Classic Cars display, live music, children's rides and many local and national charity stalls. Our UCM ran a stall serving tea, coffee, water, soft drinks, homemade cakes, plants, Guess how many sweets in the jar and Guess the name of the bear? We raised over £650 which will be donating to various charities.

Joanne Pavitt Southwark Media Officer

Sutton Foundation Summer Outing

Sutton Foundation members and friends assembled at Tower Hill Underground Station just before Kate arrived. Kate led us to several sections of the original Roman wall which still survive but which are hidden away in the back streets of the city. We also visited an excellent display in Vine Street of a recently opened section of the wall. As new buildings continue to be constructed, more areas of Roman remains are uncovered! We were all very appreciative of the breadth of Kate's knowledge of the history of the city. At the end of a most interesting morning, we thanked Kate for her talk and were able to hand over £210 for her charity in Brazil. We left her then to go to for a lovely lunch in Spitalfields market.

Joanne Pavitt Southwark UCM Media Officer



Maggie Carr handing Kate Boyle £210 which we donated for her charity in Brazil.

NORTHAMPTON DIOCESE

10 Year Anniversary

Revd Charles Duncombe has celebrated his 10 year anniversary of being ordained to the Diaconate on the 20th July, at St Ambrose's Catholic Church in Kidderminster. The parishioners and UCM helped him celebrate after Sunday morning mass with tea in very special cups and cakes, one of which was made by his lovely wife Danuta and ladies of the UCM. He was presented with cards and presents also, surrounded by parishioners. Charles had this to say: "I struggled on my journey to the Diaconate to start with, however ultimately it was spiritually fulfilling, I have had much support, not only from my wonderful wife Danuta but also from the parishioners, the UCM and of course the parish priest Canon Douglas Lamb".

Miriam Cunliffe Diocesan Media Officer



Rosary Rally

Northampton Diocese annual Rosary Rally and day of prayer, held at Our Lady Christian Help and St Lawrence. A beautiful Roman Catholic Church in Olney Buckinghamshire. UCM National Treasurer Sue Bickerstaff came all the way from Liverpool to join us. It was such, as always, a spiritual prayerful day.

Mariann French National Vice President



New Members



On 15th May 2024 at St Edwards Church Kettering there was a Mass for the Union of Catholic Mothers who welcomed two new members Janice Thorpe and Deborah Reed.

We congratulated them on being enrolled and members also renewed their vows and Fr Gregory blessed our badges.

Sue McGrenaghan, St Edwards Kettering

Much Valued

Elaine Yates is a much valued member of Kidderminster foundation, as well as preparing the flowers for church and special occasions, she's also a talented musician as well as being a school governor for 36 years and chair for 22 years. Her hard work and dedication as a governor, has been recognised with an award from the Diocese, the first of its kind for "Exceptional contribution to Catholic Governance". She was nominated by staff at the school and the Emmausmac Academy. Elaine said, "It came out of the blue". She was presented with the award by Canon Veasey and Steve Bell Director of Education at a special mass at St Teresa's Coleshill, different academies came together on the night.

Miriam Cunliffe, Media officer



Tim Yates and Elaine Yates (holding the award)

Creative Gardens

On 9th June 2024 six ladies enjoyed a very nice Sunday afternoon exploring 14 delightful gardens from large and formal to small and intimate around the historical town of Oundle.

We stopped for coffee and cake at the beginning and end of the day.

Sue McGrenaghan St Edwards Kettering Foundation



SALFORD DIOCESE

St Hilda's Tottington, Bury



In August, 37 ladies and gentlemen travelled to Holehird gardens in Cumbria. After setting off in the pouring rain, the sun shone brightly for our visit. Holehird gardens is run by volunteers, the views over Windermere are spectacular.

We had a great afternoon; we took a picnic as you can only buy hot drinks. Throughout the gardens there are many places to sit and rest and eat your picnic and view this amazing gardens.

In September 19 ladies and gentlemen enjoyed a tour of the Winter Gardens in Blackpool. A building steeped in Victorian grandeur. We were joined on the trip by some of the UCM of Guardian Angels. After the tour we went to Seniors in Poulton for fish and chips.

Kim Fletcher, Foundation President

WESTMINSTER DIOCESE

New Members



At Mass in July 2024, we were pleased to have 5 new members enrolled: Supatra, Balqees, Maria, Ella and Joaquina.

Also, at the Mass Parish Priest presented Special Certificates to Amy Burns 50 years and Pat Tinker 25 years of membership and service.

Celebration party afterwards in the parish centre with food, games and raffle. We were joined by Parish Priest Fr Damian-Mary Moneke, family and some parishioners.

Sylvia William, Media Officer from Hounslow UCM Foundation

Whitton Foundation



Left to right: Kathy Begley; Sabina Fernandes; Rosemary Parsons (Diocesan President); Fr. Jonathan Stogdon; Patricia Moloney; Leslie Smith; Pat Mingham; Maura Hogan.
Elizabeth Bottomley Westminster Media Officer

On Thursday Whitton foundation had a special Mass for UC members and during which 6 new members were enrolled.

A lovely celebration was held in the Church Hall afterwards.

Elizabeth Bottomley, Officer Westminster

MacMillan Coffee Afternoon



A photo of our ladies preparing to host our MacMillan Coffee Afternoon this October. Many cakes and raffle prizes had been donated, so we raised £160 to go towards the Macmillan nurses.

Mildred D'Amore, Media Officer Salford

St Hilda's New Members

On Thursday 27th June 2024 we held an enrolment mass at St. Hilda's Tottington. We had not had an enrolment mass for a very long time, definitely pre covid, we had ladies who had held office for many years and ladies who were new to our group. Salford Diocese President Kathleen Playfair Henderson attended along with her new Diocesan secretary. Father Paul said Holy Mass, the readings were chosen by Virginia Naylor



and Pauline Roe wrote some beautiful bidding prayers. All the hymns were chosen by members, we had spent one afternoon in full voice singing the hymns at one of our meetings.

We wish our members who received their badges attached to a yellow gerbera will wear them with pride.

We were joined at St. Hilda's by many parishioners and the ladies from the UCM at Guardian Angels.

Afterwards we caught up with friends in the hall to share food, relive memories and catch up on friendship. A beautiful afternoon

Kim Fletcher, Foundation President

St Mary & St Philip Neri New Members



On October 9th we at St. Mary and St. Philip Neri in Radcliffe were very pleased to welcome our two new members. The photo shows our parish priest, Father Brady, the two new members with their posies, and our treasurer, president and secretary. The enrolment took place during the evening mass, and was followed by a small celebration with cakes and wine.

Mildred D'Amore Diocese of Salford

Pat Spurgeon – 60 years membership

Pat was both surprised and pleased to receive the certificate during our meeting, and the presentation was greeted with applause from the rest of our members.

Photo shows Pat Spurgeon, holding her sixty years membership certificate, along with myself, our foundation president, and Iris Riley, our treasurer

Mildred D'Amore, St. Mary and St. Philip Neri, Radcliffe



LIVERPOOL ARCHDIOCESE

News Around the Foundations



I can't believe most of us have only returned to our foundations a couple of weeks ago after the summer break but have managed to do so much.

In July we celebrated the ordination of four seminarians James Finnegan Martin Fyles Peter Ross and Lister Tonge in the Metropolitan cathedral. it was the first time the Archdiocese of Liverpool saw four ordinations at the same time since 2012. There were over 150 Priests around the altar, and around 2000 people at the congregation it was a lovely day.

St Margaret Mary began with a coffee evening to raise money for MacMillan cancer charity and apart from baking some lovely cakes to sell they raised £170.

The following week there was a talk from a group of volunteers from The Bloom Appeal They talked about the different varieties of blood cancer, and how their organisation helped people financially also care for them and their families during this difficult time. They brought lots of gifts for us to buy as tombola and beautifully knitted baby clothes which they sold. £200 was raised for this charity. I would recommend them if you were looking for someone for talks.

St Anne's hosted a fashion show by EWS to raise funds for the church roof and they made £684.

We also had the 2 ladies from St Margaret Mary's UCM. Maureen Finnegan and Philomena Armstrong did the Camino Walk of St James's to Compostela Santiago this was 120kms through forests and woodland with many steep hills. they walked 10miles a day for 7 days and it rained everyday with strong winds, but they never gave up. Well done ladies.

A week later Fr Cooper celebrated Mass for 5 ladies who had reached 50 years membership into the UCM. This is a wonderful achievement for the ladies and St Margaret Mary's UCM which started in 1934. After Mass, the celebration continued with tea and strawberry scones. I wonder if any other foundation has been this busy. Please let me know as I am sure all our members would like to read about it

Maria Pimlett Media Officer Liverpool Diocese



SHREWSBURY DIOCESE

Shrewsbury Diocese AGM



Mrs Paddy Roberts pictured here with Mary Dearden Diocesan President and Father Roberts Dykes Diocesan Chaplain was presented with a gift in recognition for her work over the past 10 years with the National Walsingham committee and National Holiday and Rest Home service .
Jean Clarke, Shrewsbury Diocese

New Members for St Peter and St Raphael's



St Peter and Raphael's foundation Stalybridge enrolled two new members in April at the monthly meeting, Samantha Peddle and Dianne Cosgrove are pictured here with Father Philip Atkinson Parish Priest after the UCM Mass. The two new members brings the total to a healthy 66 paid members for this foundation.
Jean Clarke, Shrewsbury Diocese

St Anne's Long Serving Member



Mrs Marie Stormont, is a long standing and much-loved member of St Anne's, Rock Ferry Foundation, Diocese of Shrewsbury.
Marie was in Lourdes in September where she received an honour for over 40 years of Diocesan, Jumbulance and Oblate service to Lourdes. Also in the photo is Eamon Walsh retired bishop of Dublin.
Sheila Morrison, Diocese of Shrewsbury



**Submitting copy for
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Another attack on Britain's Christian heritage: Don't say 'Anglo-Saxon' Catholic

Thomas Casemore – October 9th 2024

Catholic Herald

In case you hadn't heard, the term "Anglo-Saxon" is now racist. It's another sign, among a long list, of why we must resist the erasure of Britain's Christian heritage.

This was brought home to me when I spent this summer doing something rather enjoyably nerdy – studying the Anglo-Saxons.

Aside from it being fun, it was eye-opening. The Britons, scared and weak after the withdrawal of the Romans, were invaded by the people they thought would help them – the Frisians, Angles, Saxon and Jutes, or simply "Anglo-Saxons".

Romano-Celtic Christianity was pushed out by their arrival; through slaughter, marriage and migration, the Christianity that had emerged under Roman rule was stamped out or pushed to Celtic lands. These Celtic strongholds then maintained the faith of their founders, SS. Patrick, Columba and David, and eventually returned it to England.

The Anglo-Saxons were pagans, but saints such as St Aiden brought the distinctly Celtic faith to Northumbria, whilst St Augustine and others brought a Latinised Catholicism to the Southern Anglo-Saxon Kingdoms.

Over the course of several centuries, through overcoming great difficulty, the martyrs and prayer, Britain became a Christian nation. By the time of the Viking invasions in the mid-8th century, most Anglo-Saxons were baptised.

The saints that emerged in these decades were Anglo-Saxon too: SS. Wilfrid, Æthelthryth, Edmund and St Bede, with the last being the first to term the people of this land – a people of Brittonic, Celtic, Roman and Anglo-Saxon descent – "gens Anglorum" or "English".

So why am I telling this story? Well, there are

some who would like to see it erased or rebranded – see "Anglo-Saxon" being deemed racist, and increasingly being sidelined in favour of a new term, "Early English". As such, we therefore must all fall in line if we do not wish to be termed white supremacists.

In itself, "Early English" is not particularly problematic. As mentioned, St Bede in c.730 refers to them in a similar way. However, it is the motive that causes concern here.

Recently, Cambridge University Press changed the name of its Anglo-Saxon Journal to "Early Medieval England and its Neighbours" with much self-righteous virtue signalling.

Nottingham university proudly announced it was removing the term "Anglo-Saxon" from its English curriculum in an effort to "decolonise it". It is now seeking, according to reports, to "emphasise black communities" instead – presumably because acknowledging the existence of historically distinct ethnic groups is only positive if they aren't white.

In 2020, Jack Durand wrote in Cambridge University's Varsity student yearbook that the university's prestigious ASNC (Anglo-Saxon, Norse and Celtic) Department must change its name in an effort to make the university less racist. His point is summarised in the final lines of his article:

"Just as women's or African American studies courses inevitably attract students from corresponding backgrounds, so too will the study of Anglo-Saxon, Norse and Celtic. However, while the former seeks to recover the institutionally suppressed voices of their respective communities, the latter perpetuates an image of early medieval studies as a field of racial and ethnic exclusivity."

The message is clear. If the study is white, it's exclusivist racist oppression. If it's non-white, it's an inclusivist celebration of the oppressed.



EGBERT,
KING of the WEST SAXONS,
First Monarch of all ENGLAND.

This is all part of the neo-liberal Marxist drivel of measuring everything, including the study of history, in terms of power. These Marxists-types cannot help but measure everything this way, even joy!

I study Anglo-Saxon history because it is part of my history, but I feel joy at seeing the work of God in it. Many others find joy in studying their own histories.

It is hard to imagine an academic re-educating an Egyptian for celebrating his country's history; even though it enslaved and oppressed people. Or maligning a Mongolian who enjoys the study of Genghis Khan, based on how the latter conquered and subjugated a sizeable portion of Asia, pillaging and raping as he went. Or castigating a Comanche for studying his history because his ancestors scalped and slaughtered neighbouring tribes.

We, as Brits, whether white or black, recent arrival or native, can find intrigue, joy and lessons in our past. This doesn't mean it can't be criticised, but we shouldn't erase it either.

Erasing parts of British history erases parts of our identity. To be specific here, by using "our", I don't mean white; I mean British.

There were not likely any black Anglo-Saxons (despite what Disney or Netflix may wish to reimagine), but that does not stop someone who is not white sharing in this heritage. While if we remove parts of our history because they upset a small number of academics, we remove the opportunity for understanding, and ultimately unity, between the different elements comprising what it means to be British.

This summer, British society saw during the riots what many already knew. Under the façade of boosting Gross Domestic Product and the likes of "Clap for the NHS" and "Diversity is our Strength", our country is crumbling. Why? Because we have lost the unity of our shared history, culture and values.

This isn't just because of uncontrolled immigration and lack of integration, although these certainly play a role. But even those calling themselves British, whose families have lived here for centuries, are not sure what this means anymore.

This is the result of a long line of attacks on the British soul – not a "white" soul, but a British one – with the removal of the term "Anglo-Saxon" the latest attack.

What is the purpose of this erasure? I think the answer is twofold, the first being related to so-called "white culture", with the term "Anglo-Saxon" being

seen to promote a racist white culture of supremacy.

However, I remember whilst growing up being told by both black and Asian peers that white people have no culture. This has been further emphasised by neo-liberal types that don't want white people to have cultures.

So, which is it? Either "whites" can be mocked for not having a culture, or they do have a culture; but then it's racist if they have one?

The problem is that, for many centuries, British "white culture" was Christian. This is the truth that sends them into a screeching rabid rage, which is the second reason for the erasure of the Anglo-Saxons. Denying Anglo-Saxon history allows the denial of our Christian origins.

As a nation, our shared values were once rooted in the Christian heritage beginning in Anglo-Saxon times. We once shared the common ideals found in the Scripture that was first brought to those people.

Initially a pagan people, the Anglo Saxons of this land became a deeply Catholic nation. Out of Anglo-Saxon England emerged a core national identity which was Christian. A nation over which God, not virtue signalling, was supreme.

Now we chase neo-liberal ideals and self-centredness and wonder why we cannot define Britishness beyond the likes of drinking tea, queueing, or our historic evils.

By removing the Anglo-Saxons from history, you remove our Christian origins. You remove the powerful stories of God's providence in shaping our land to conform to his will. Most of the time Britain was not perfect, often it wasn't even good, but at its heart was Christian life.

The Anglo-Saxons are the origin of our national Christian identity, the origin of our now forgotten values. This part of our history is one of our few remaining vestiges of Christianity.

If the likes of neo-liberals and "anti-racist" activists can hack these off through accusations of racism, they will be able to proceed more easily with other agendas – ones which are in blatant opposition to our formerly Catholic Anglo-Saxon values.

Photo: Image of King Egbert of Wessex (775 – 839), and of the West Saxons, who in 829 was recognised as the supreme ruler of all Anglo-Saxon kings and the first monarch of all England. (Photo by Hulton Archive/Getty Images.)

Thomas Casemore teaches RS and is pursuing a master's degree in divinity, researching St Bede and early British ecclesiastical history and spirituality.

ADVERTORIAL

Stella Maris brings true Christmas joy to seafarers and fishers

Imagine seafarers and fishers, working at sea on Christmas day, thousands of miles from home.

They won't get to church or sing any carols. They might not even have a single gift to open. Christmas can be a lonely and tough time of year for seafarers and fishers.

"Seafarers can find it tough, no matter how long they've been at sea. It's common to hear that a seafarer has not had Christmas at home for four or five years, or even longer," says Charles Stuart, Stella Maris Regional Port Chaplain for Southampton and Southern Ports.

Throughout December, Charles, as well as other Stella Maris chaplains and their teams of volunteers all over the United Kingdom, will be visiting dozens of ships in ports across the country.

They will take with them Christmas presents to give to seafarers and fishers they meet, who will be at sea on Christmas Day. These can be simple gifts like woolly hats, socks, phone cards, and chocolate.

Sometimes, Stella Maris chaplains bring seafarers to Mass when their ship is berthed in port. "Some manage to attend but not many. We will help with lifts where we can," says Charles.

Seafarers often improvise Christmas decorations on board their ship, and Charles has seen Christmas trees made from plastic water bottles.

"The cook will prepare a special meal, and the shipping company may give an extra allowance for this. People of all faiths will come together to celebrate a feast day. Some that have time and can afford it will buy festive food and drink from the supermarket.

"Our gifts add sparkle to the table and offer a link to the world from which seafarers and fishers are so often isolated, and they will remember us

for this. One ship master told us we seem to be the only ones who care. I also heard from another master of a tanker who told me his company offered only a chocolate bar for each crew member. He said he had them in his cabin, but he was too embarrassed to give them out. It's hardly believable," said Charles.

Charles explains that Stella Maris in Southampton and Southern Ports run a Christmas appeal with all the local parishes and some schools, and the response is marvellous. "People organise well in advance and are very generous. Without this support we would struggle to contribute," he says.

Charles says that because ships are often out of sight, many people are unaware of how important seafarers are to their daily lives.

"People know there is a port, but they cannot see the detail the work seafarers do or appreciate the lives of seafarers. We work to make the public more aware."

If readers would like to find out about the work of Stella Maris and opportunities to volunteer or donate to support it, go to www.stellamaris.org.uk. Let us also pray for seafarers and their families at this special time of the year.



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Filey Foundation
St. Aelred's Foundation, York
St. Aelred's Foundation, York

Eternal rest grant unto them O Lord

Your memories linger, Your smile that cared, Your listening ear Your goodness shared. In God's deepest love. In God's gentlest care This is my prayer.

Tribute to Jean

A&B - Jean Longley (RIP)
– Merstham Foundation
Past Foundation, Diocesan President and at National level as Public Service Officer. Co-ordinated the Holiday and Rest Home Service for the South.

We would like to pay tribute in remembrance of Jean Longley, our dearest friend in faith and friendship through the UCM.

We give thanks for the life of service that she has given to others. She was our Founder Member, not only of our UCM Foundation but also our Parish Church of St Teresa of the Child Jesus in Merstham. Jean passed peacefully away on Thursday 5th September, at the age of 99 and she will be greatly missed by many. Her funeral will take place in St

Teresa's Church on Friday 4th October.

Jean was a stalwart in the Church and UCM, having served as Foundation President, Diocesan President and at National level as Public Service Officer and was very involved in the work of the Holiday and Rest Home Service for the South (in her day it was divided into North and South). She and her husband, Ken, were awarded the Papal Medal in 1975 for their service to the Church.

A few recalls from friends and parishioners, Jean was very involved in local community projects, such as coordinating play link volunteering from the Catholic community, Churches Together Events, taking books from the library to the elderly and housebound, where she was older than some of the elderly she delivered to. Jean always looked out for newcomers at our church and made them very



Jean Longley - Photo Janet Franklin

welcome. Her kindness, wisdom and intellect were much appreciated and respected.

We continue to keep Jean and her family in our prayers. Rest in peace Jean as we hold dear your memories...!

Janet Franklin, Cecilia Thuy Cameron and Liz Braines



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Rome to be spruced up in time for Year of Jubilee, Mayor Gualtieri tells Pope Francis

Source Catholic Herald

ROME – In a half-hour audience with Pope Francis on Friday, Rome's Mayor Roberto Gualtieri reported that more than 1,400 public work sites are open across the city in preparation for the Jubilee Year of 2025, and vowed that the city will be "not only cleaner and more presentable, but also more supportive and inclusive" during the year-long Catholic festival.

Gualtieri presented Pope Francis with a book illustrating 184 principal projects for the Holy Year which, he said, will "change the face" of the city.

"We're working without pause," Gualtieri said, acknowledging that preparations for the Jubilee Year got off to a slow start because of the collapse of the former government of Prime Minister Mario Draghi in late 2022, which, he said, caused a 7-8 month delay in approving the necessary legislation.

Nevertheless, Gualtieri said, the city is scrambling to catch up, including authorizing overtime for crews to work on some projects overnight, from 9 pm to 6 am, in part to speed up completion and in part to ease traffic burdens created by the work sites.

Gualtieri acknowledged that the various constructions projects across town are creating no shortage of disruptions, adding to the city's already notoriously congested traffic situation, but said that "without work sites, there's no future for the city."

In terms of specific improvements anticipated for the Jubilee Year, Gualtieri cited five projects in particular in the vicinity of the Vatican.

- The transformation of the Piazza Pia, located at the end of the Via della Conciliazione, into a large pedestrian area connecting the Vatican with the nearby Castel Sant'Angelo and with a view of the Tiber River, which Gualtieri said will be a "jewel."
- Conversion of the Piazza Risorgimento, roughly ten minutes by foot to the north of St Peter's Square, into a pedestrian zone on the Vatican side with underground parking spaces and an underground passage to lead pilgrims to the Vatican.

The Via Ottaviano, a street that runs from St Peter's Square to the closest metro station, will become a pedestrian zone, with a widened pavement surface used exclusively by trams and emergency vehicles, and a new lighting system will be installed along the route.

- Enhancement of a path called the Passeggiata del

Gelsomino which presently leads from the Stazione San Pietro, the closest train stop to the Vatican, across the Via di Porta Cavalleggeri in order to arrive at the entrance to St Peter's Square by the "Holy Office," meaning the headquarters of the Dictastery for the Doctrine of the Faith.

• Cleaning and expansion of an underground passageway that presently connects the Via Gregorio VII, the main artery that leads towards the Vatican from the west of Rome, to St Peter's Square.

In each case, Gualtieri vowed, the result will be "a qualitative leap in terms of beautification and use of the area."

In addition, Gualtieri also sketched improvements in other areas of urban life he anticipates being in place by 2025, including city-wide 5G internet coverage, as well as enhancements in public transportation such as the addition of 400 new buses and 120 new electric trams. He also promised improvements in ancillary services, noting that in 2021 an estimated 25 percent of the escalators in the city's metro system didn't work, a share now believed to be at ten percent, and which he said will be at five percent when the holy year opens.

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Pilgrimage emphasised by Vatican as opportunity for indulgences during Jubilee 2025

Elise Ann Allen/ Crux Catholic Herald

ROME – The Vatican has issued guidance on how to obtain the traditional plenary indulgence during the upcoming Jubilee of Hope, placing a special emphasis on individual and group pilgrimages to holy sites.

The Jubilee of Hope is set to start on 24 Dec. 2024 and will formally close on 6 Jan., the Feast of the Epiphany, in 2026. Its theme is "Pilgrims of Hope".

Indulgences, which involve the full remission of the temporal consequences of a person's sins after they have been absolved, are a special feature of Jubilee years, and are a way, according to the Vatican, of "discovering the unlimited nature of God's mercy".

In a set of guidance points, known as norms, issued 13 May and signed by Cardinal Angelo De Donatis, former vicar of Rome and Major Penitentiary of the Apostolic Penitentiary, the Vatican outlined the usual conditions under which a person can receive an indulgence, saying they must be "truly repentant and free from any affection for sin" and "moved by a spirit of charity".

Catholics wanting an indulgence must thus go to Confession, receive the Eucharist, and pray for the intentions of the Pope. It was also specified that indulgence, as usual, can be both applied to the individuals who obtain it, or it can be offered for souls in purgatory.

To this end, the Vatican outlined three main ways to obtain an indulgence during the Jubilee year: by making pilgrimages to any designated Jubilee sacred site as an individual pilgrim or as part of a group of pilgrims, making a "pious visit" to any other sacred place in the world, and by conducting works of mercy and penance.

In terms of pilgrimages to Jubilee sites, the Vatican said that the faithful can receive the indulgence by participating in Mass, or by participating in a special Mass for the conferral of the Sacraments of Baptism, Confirmation, First Communion, or the Anointing of the Sick.

An indulgence can also be obtained by participating in various prayers at these holy sites, such as the Liturgy of the Hours, the Via Crucis, the Rosary, the Akathist hymn, a celebration of the Word of God, or a penitential celebrating ending with individual confessions.

The indulgence can be obtained in Rome by making a pilgrimage to at least one of the four papal basilicas: St. Peter's, St. Mary Major, St. John Lateran, and St. Paul Outside the Walls.

Pilgrims can also obtain the jubilee indulgence by visiting one of the three basilicas in the Holy Land: The Basilica of the Holy Sepulcher in Jerusalem, the Basilica of the Nativity in Bethlehem, or the Basilica of the Annunciation in Nazareth.

The Vatican said pilgrims unable to visit these places can also receive the indulgence by visiting a cathedral or other sacred place designated by the local bishop.

Faithful Catholics can also receive an indulgence if, either individually or in a group, they visit a jubilee site and participate "for a suitable period of time" in Eucharistic adoration and meditation, concluding with praying the Our Father, making a profession of faith and reciting a Marian prayer.

Other than specific Jubilee sites, pilgrims can also obtain an indulgence by visiting a slew of other holy sites throughout the world.

In Rome, other destinations where pilgrims can obtain an indulgence include the Basilica of the Holy Cross in Jerusalem; the Basilica of St Lawrence at the Verano; the Basilica of St Sebastian; the Sanctuary of Divine Love; the Church of the Holy Spirit in Sassia; and the Church of St Paul at the Tre Fontane, where St. Paul was killed.

Pilgrims can also receive the indulgence by visiting the catacombs in Rome, as well as the Basilica of Santa Maria sopra Minerva; the church of St Brigid at Campo de' Fiori, the church of Santa Maria della Vittoria, Trinità dei Monti, the Basilica of Saint Cecilia in Trastevere, and the Basilica of Sant'Augustine in Campo Marzio.

Those who make the traditional "seven churches" pilgrimage in Rome can also obtain the indulgence.

Outside of Rome, other pilgrimage destinations where an indulgence can be obtained include the papal basilicas of St Francis and Our Lady of the Angels in Assisi; the Cathedral of Santiago de Compostela, the pontifical Basilicas of Our Lady of Loreto, Our Lady of Pompeii and St. Anthony in Padua, among others.

It can also be obtained by visiting any minor basilica, cathedral, co-cathedral, or Marian shrine designated by the local bishop or eparch, as well as national or international sanctuaries indicated by local bishops' conferences.

For those unable to make a pilgrimage due to reasons of age, health, caregiving, or being confined to a cloister or a prison, the Vatican said they can obtain an indulgence, under the usual conditions, by reciting the Our Father, making a profession of faith and offering other prayers "in conformity with the objectives of the Holy Year" from their homes, hospitals, nursing homes, or prisons, while offering up their own suffering.

Catholics, the Vatican said, can also obtain a Jubilee indulgence if they participate in mission trips, spiritual exercises or formation activities based on the documents of the Second Vatican Council and the Catechism of the Catholic Church, and which are held in a church or another similar place.



Though traditionally only one indulgence can be obtained per day during the Jubilee, the Vatican said that those faithful who complete an act of charity on behalf of the souls in purgatory and receive the Eucharist for a second time that day, can obtain a second indulgence that is only applicable to the deceased.

Indulgences, the Vatican said, can also be obtained by carrying out corporal and spiritual works of mercy, such as feeding the hungry, visiting the imprisoned, burying the dead, or giving counsel to the doubtful, comforting the afflicted, forgiving offenses, and bearing wrongs patiently, among other things.

In this spirit, the Vatican said, the faithful can obtain an indulgence if they visit "for an appropriate amount of time", those who are in need or who are facing difficulty, such as the elderly, disabled and prisoners.

Visiting these people implies making "a pilgrimage to Christ present in them" and thereby in accordance with the usual conditions for the reception of an indulgence, the Vatican explained, adding that the faithful can make these visits daily and acquire an indulgence each time.

An indulgence can also be obtained, the Vatican said, by carrying out acts of penance "in a concrete and generous way", such as observing the penitential nature of Fridays, including by abstaining "from futile distractions" such as social media.

This spirit of abstinence also implies refraining from "superfluous consumption"; donating "a proportionate sum" of money to the poor; supporting religious or social works, especially those in defence of life; and supporting the quality of life of abandoned children, youth in difficulty, the poor, elderly and migrants.

An indulgence can also be obtained by dedicating "a reasonable portion of one's free time" to volunteer work in service of the community, or other similar forms of personal commitment, the Vatican said.

Bishops and eparchs were also encouraged to hold, at some point during the Jubilee year, a Mass offering the faithful a papal blessing with the attached indulgence.

Pastors were also urged to designate specific cathedrals and churches for the jubilee year, and to increase opportunities for the faithful to go to confession, including during Mass.

Those assigned to hearing confessions at cathedrals and churches specifically designated as destination points for the Jubilee year were also granted special permission to offer subjective forgiveness of sins typically restricted to the hierarchy of the Vatican.

In this spirit, the Vatican also granted all priests who lead or accompany pilgrimages outside of their dioceses the faculties to celebrate the sacraments wherever they are for that pilgrimage.

Bishops were invited to explain the norms and guidelines to their faithful clearly, taking into account the specific circumstances, cultures and traditions in each local context.

They were also urged to hold "a catechesis appropriate to the socio-cultural characteristics of each people", saying this would "propose the Gospel and the entirety of the Christian message effectively, rooting more deeply in people's hearts the desire for this unique gift, obtained through the mediation of the Church."

In the official Bull of Indiction for the Jubilee of Hope, titled, *Spes non confundit*, or "Hope does not disappoint", which was presented in St. Peter's Basilica last week, the Pope said the plenary indulgence has "an even more important meaning" in the context of a world facing brutality and violence.

In addition to its mission to provide independent journalism that supports and defends traditional Catholic culture and values, the Catholic Herald has for a number of years organised and run pilgrimages to offer its readers and supporters the opportunity to experience the power and mystery of pilgrimage.

Photo: Two pilgrims walk toward Santiago de Compostela. (Photo credit: ERIC CABANIS/AFP via Getty Images.)

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