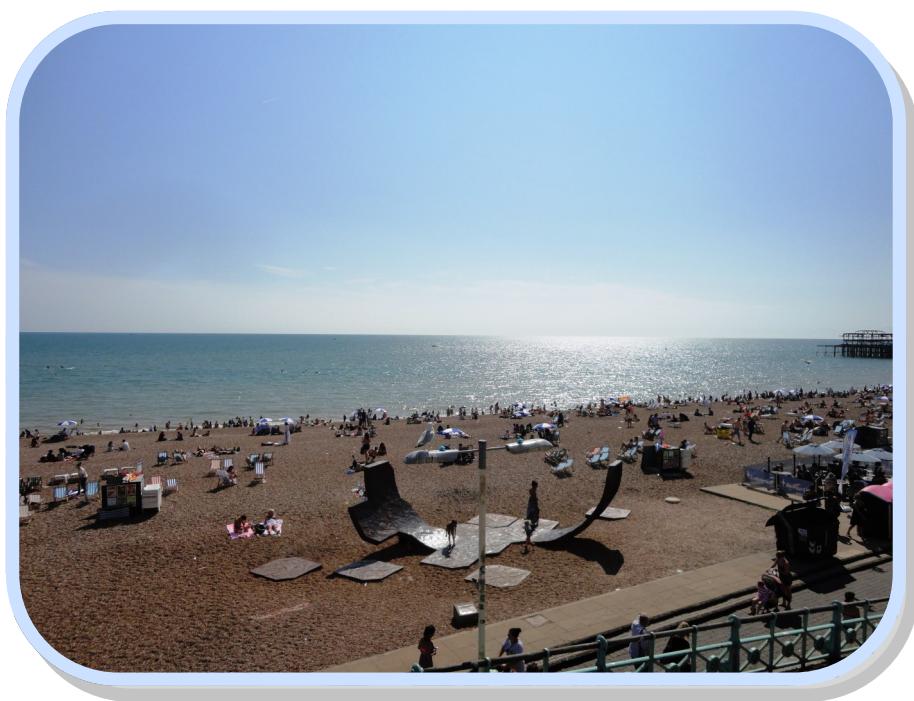


St. Erconwald's Parish Magazine

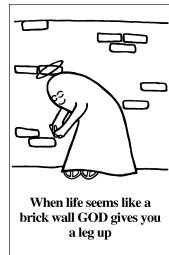


Issue No. 42, Summer 2020

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Cover Photo: Parish Summer Outing



When life seems like a
brick wall GOD gives you
a leg up

Editorial: St. Erconwald's and the COVID-19: Parish Priest's view

Welcome to the summer edition of the magazine.



Hope you and your families have been keeping safe and well. You are in my thoughts and prayers, especially during the celebration of Mass. This edition is a bit different from usual since how we worship and come together has been significantly changed by coronavirus and many of the usual activities and events have not taken pace. This will, therefore, be an edition with a focus on the impact it has had on the parish and how we have responded. As the summer approaches I wanted to share my thoughts about this with you.



2020, the year of the Golden Jubilee [*50th Anniversary of the Blessing and Foundation Stone Laying Ceremony of the present Church by Bishop Patrick Casey which took place on the 18th October 1969*] started with Bishop John's Pastoral Visitation to the parish. It was a busy but fulfilling weekend, with visits to the sick and the housebound, the blessing of the repository for Holy Oils, and the commissioning of Servers. Meetings with Parish Council and Finance Committee also took place. The registers were signed and up-to-date. A big thank you to the Sisters for providing Sunday lunch for the Bishop.

Our attention was then turned to the celebration of Lent and Easter. Unfortunately we could only celebrate the first two Sundays of Lent. On 20th March, we were asked to celebrate the last Mass in the Church, and on the 3rd Sunday of Lent we were only open for private prayer. On the next Monday the Churches were closed and the lockdown started. This meant that the celebration of Anointing of the Sick in Church and in the care-homes had to be postponed. It will not be until the Government has relaxed lockdown conditions will it be permissible to enter another person's home, to visit the sick at their homes and in the care homes.



With the closing of Churches, the decision was taken to start livestreaming Church services over the internet so that those with internet access could log in and participate in the services in that way. The first days of lockdown were rather busy putting this in place. With the help of Daniel Prasanna [ICT administrator], Andy Chance of Endeavourcom, and Church Services TV we managed to set up the system and were ready for livestreaming in time for the Triduum. Livestreaming has been such a blessing. Many people expressed their joy at being able to connect with the parish again, not to mention that it kept me focused! We will continue to livestream Mass and other Services for there will still be many people who cannot attend Mass. It is also a way of keeping in touch with the care homes.



It was a really strange feeling to be celebrating Mass in an empty Church, something that I have never experienced before! And not having family around for Easter was really difficult, as was not being able to meet up with my brother Joseph on days off.



In fact, one of the hardest things about the lock-down was that those who lost loved ones were not able to say “good-bye” to them, as they may have been restricted from being present in the hospital or at the funeral, which was also one of the hardest things for me.

Memorial Masses will be arranged for those we have lost, once the Coronavirus Pandemic restrictions are lifted. Funeral Masses can now be celebrated in accordance with government guidelines.

To show spiritual solidarity with the sick and all who work in hospitals and care homes at the time of the pandemic, each week, on Thursday [coinciding with the clapping for carers] Mass was celebrated for the intentions of NHS frontline workers and those working in Social Care, especially those in Brent and we remembered especially Northwick Park Hospital, St. Luke's Hospice, Kenbrook, Brook House, Birchwood Grange and Preston Lodge.

Having met all the requirements on the Reopening Risk Assessment, and papers documenting this having been sent to the Diocese, we were able first to open for private prayer, and since Tuesday 7th July we have been open for the Celebration of Public Mass which at present is on Sundays, Tuesdays and Fridays. As we have to keep to social distancing it is advisable that you book your place for Mass. A gentle reminder that as there is no Sunday obligation one can also attend Mass during the week. If you can come to Mass on weekdays, please be generous and refrain from coming to Sunday Mass so that those who are busy during the week can attend Mass too. A big thank you to those who helped with the reconfiguring of the Church, the Stewards and Cleaners, without whom the Church cannot stay open.

Because of the pandemic, the celebration of Sacraments had to be postponed until such time that the public health advice is that congregations can gather safely. Perhaps, the way we prepare for the Sacraments will have to change - Baptism preparation, First Holy Communion, Confirmation, adult formation. We have now reached the stage where many of the Sacraments can be celebrated as long as social distancing and Covid-19 hygiene protocol is observed. For the present the Reconciliation Room will remain closed.



I'm sure that a number of people will want to receive the Healing Sacraments of Anointing of the Sick and of Reconciliation [again reflecting the Jubilee idea of forgiving debts, declaring an amnesty etc.] We hope this will be possible and, please God, we will have more information about the celebration of Sacraments when we return in September after the Summer holiday period.

The way we raise funds will have to be looked at. People would still want to give money to the Church on a weekly basis but against a background that some would have been furloughed or lost jobs. We will also have to consider how we collect, count, and bank any money if we have collections in Church. At the moment there is a collection box at the entrance of the Church: please put Offertory Envelopes and donations in this as you enter the Church to facilitate the one way system. Please no coinage at this time. You can also visit: <https://parish.rcdow.org.uk/wembleyprinstonroad/donate/> One can also donate through Virgin Money Giving by visiting: <https://parish.rcdow.org.uk/wembleyprinstonroad/donate/>

We also need to re-think the use of the Parish Hall: like everything else it needs a fresh approach. There are other points like the Repository and gifts to "The Larder" and other charitable organizations: CAFOD, "The Passage" – perhaps our young parishioners can get involved in some of these?



As we continue getting out of lockdown, we need to be prepared in a pastoral way in our parish for the day when we will be able to return to worship together. At the moment we have a golden opportunity to re-evaluate our understanding of what being a Church means. Our lives will never be the same again, time and experience have moved us on. We need to be a Church of renewal, of hope, healing and comfort. We should pause and think what we have learned as a result of these recent experiences.

One of the things which is evident to me is the importance of and sense of community. In his report Bishop John commented: "I have always been struck by the warm welcome and strong community spirit of the parish." Have we maintained this during the lockdown? [It is important that we keep the Parish Records updated regularly. Sometimes it has been difficult to contact people because we do not have the right contact number!]

Please do contact the parish if you have any suggestions, they will be greatly appreciated. Do visit the parish website: www.erconwald.org.uk where you can find all the information with regards to the parish.

I hope that when we will gather again we will be better and stronger, even if perhaps different people. As this for us is a Jubilee year, I hope that when we open the doors again, it will be like opening the “Jubilee Door” in a Jubilee year.



Perhaps the “Calming of the Storm” [Matthew 8.23-27; Mark 4.35-41, and Luke 8.22-25] reminds us that Jesus was in the sinking boat too! He is with us in all our trials, and especially as we celebrate this Jubilee Year together.

COVID 19 still presents many challenges to us all. It can seem, at times, overwhelming. We can all play our part by continuing to wash our hands, wear a mask when out and about, practising good respiratory etiquette and watching out for each other. Despite all the restrictions let us be thankful that we can once again gather together, despite social distancing, as God’s people. Let us rejoice and be glad.

Thank you for all that you are doing and let us pray that the Holy Spirit guides us as we move forward. Please do feel free to share as best you can the information in this magazine with other members of the parish with whom you have contact, consistent with the guidance on social distancing etc. We all hope that these regulations will be temporary. So thank you for the kindness, patience and consideration you are showing. We are in this together, let us help one another. Keep safe.

Like everything else, because of COVID there will be no Summer outing this year which always proved to be very popular especially with families, but please do try to find time to rest as best you can.

With prayerful best wishes.

F. Anthony





On Saturday the 11th January 2020 we were both privileged and delighted to receive Bishop John Sherrington of the Diocese of Westminster.

The Bishop was on a Pastoral Visitation to St. Erconwald's RC Church, and Fr Anthony Psaila invited the Bishop to Kenbrook.

Bishop John Sherrington celebrated a Service with Anointing of the Sick and Communion with us at Kenbrook then spent a considerable amount of time chatting with our residents and eating their home made cake.

Bishop John was warm & friendly, very down to earth and all who met with him were delighted and appreciative of the time he gave out of his very busy schedule!



First Reconciliation

Bernie Gillen and Bernie O'Reilly



On Saturday 29th February, the children preparing for First Holy Communion took another step on the path to their First Communion itself by receiving the Sacrament of Reconciliation for the first time just before the lockdown and the closing of Churches.

The children had worked hard in their classes over the previous few weeks to prepare for this special Sacrament.

As well as learning what would happen during the Sacrament and how to make a simple Act of Contrition, the children spent a lot of time discussing and thinking about good and not so good choices, what it really means to be sorry, as well as the things they wanted to tell Fr. Anthony they were sorry for.



Fr. Anthony and the catechists had talked to the children to explain that when they made their confession, anything they had told the priest was taken from them and forgiven; they were reconciled with God.

On the day the children were all well prepared, and showed a high level of maturity and reverence, even if a little nervous about remembering what they should do or say. Having made their Reconciliations, the children were delighted to have received another Sacrament.

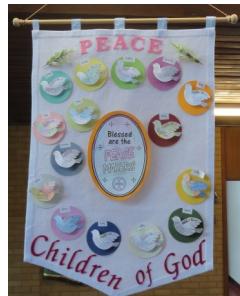
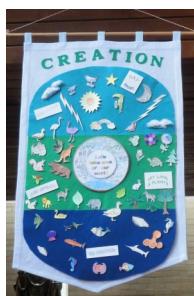
The parents were also given the opportunity to receive the Sacrament of Reconciliation. While Fr. Anthony heard the children's First Confession, Fr. Joseph Okoro was in the Confessional, hearing the parents' confessions.



On Sunday 1st March the children met to discuss how they had felt before and after their reconciliation. Their comments were lovely to hear: “*I felt really scared.*”, “*I thought I would forget what to say*”, “*nervous*” and “*shy*”, and “*happy*”, “*light*” and “*blessed*”. At the 11.30am “Link Mass”, the children read the readings and the prayers and brought the gifts to the altar during the Offertory Procession. After Mass, they were presented by Fr. Anthony with their First Reconciliation Certificates and a lovely gift to help them remember the Sacrament as well as a reminder that this was their first but by no means last reconciliation with God.



The children’s work from their classes is displayed on banners around the Church, which is part of the work they do in their preparation for their First Communion. We are hoping that the children will be able to make their First Holy Communion in late September once the preparation is completed and in accordance with the “Guidelines for Celebration of First Holy Communion”.



Please keep the children who were due to make their First Holy Communion the weekend of 6th/7th June in your prayers:
 Jayden Aboagye, Layren-Rose Anderson, Ashley [Jnr] Keith Anderson, Christabel C. Chukwu, Ethan Da Costa, Ivica Frantina Dias, Sapphira Harry-Ukpaukure, Connor Michael Hoban, Adelia Yah Ting Leong, Callum McGahern, Aaron Ngan, Elisa Pereira, Jakub Svoboda, Star Scarlett, Dwight Wandgi Tchakainang, Gwen Jordane Fanyu and Aleks Zugaj. Please also remember in your prayers their families and their catechists.





What a Year 2020 has been so far! A year when the unbelievable happened and the normal happenings didn't. Sadly many will remember this year for the loss of loved ones, in some cases families denied the chance to spend their last moments with their relatives, the only consolation being that they were comforted and afforded human affection by the caring NHS Nurses, Doctors and Medics to whom we owe a great debt of gratitude and thanks. May your loved ones rest in peace, and we pray that the Lord will console you in your loss.

Unbelievably, Churches and other places of worship closed their doors. We couldn't celebrate Mass as a Christian Community and our greatest feast "Easter" was celebrated behind closed doors. As Catholics we have had to form a closer personal bond with God, reading our Bibles and making our own prayer plans. Many of us became "livestream" or "face book" addicts as we followed our Churches as one after another they all joined the big internet "Mass" family. I personally found this a godsend, attending Mass at least once if not twice some days. I attended on line Pilgrimages, Masses from all over the world, got captivated by all the different Church websites and all the wonderful links for Retreats, Stations of the Cross, or simply to pay a Visit to the Blessed Sacrament for a while in a Church. This I found very comforting and something positive from all the negativity. I felt the Church I belonged to had expanded for me and I hope others feel the same. Of course not everyone has the internet, but we humans always try to find ways and means. Some joined in Mass by listening to it broadcast on radio, others actually held phones by their laptops so other Parishioners could hear Fr. Anthony Celebrate Mass livestreamed.



On a Parish level we didn't get the chance to gather together like previous years. Just before lock down, the St. Patrick's Day Committee made the decision to cancel St. Patrick's Bacon & Cabbage Celebration. At the time we did wonder if we were overreacting but as it turned out Covid-19 was already among us. Later we also learnt that Brent was one of the worst effected Boroughs in London.

At that time it would not have even crossed our minds that we would not even celebrate Easter together in the Church. Likewise there was no Pentecost or First Communions, nor the normal celebrations that go with them such as the International Day and First Communion Celebrations.



However there is the faintest light at the end of the tunnel. It was with joy we opened for Private Prayer, and even greater joy when we had our first Public Mass on 7th July. As we can't celebrate Mass without

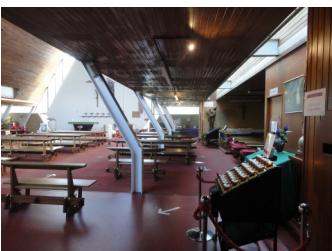
Stewards and Cleaners, we are indebted to the Cronin Family, Selwyn and Agatha Ferriao, Patricia O'Reilly, Karon Steills, Bernie Gillen, Mary Owen, Malachy & Agnes McGirr, Canisia and Caneho Moloi, Jessica De Souza, Mary Cribbin, Pauline Lane and Bernie O'Reilly. May God Bless you all. Please contact us if you can help with these ministries.



Here in St. Erconwald's we are doing all in our power to keep you safe but that can mean that some may find the experience of attending too controlling. Our only aim is to celebrate the Mass in a way that will ensure the safety and wellbeing of all present. Thank you to those who have attended for putting up with my many requests; some might say orders! Poor Fr. Anthony feels the same way! Let me just mention that on pages 13-15 there are some frequently asked questions.



After each Mass we do a deep clean of all benches, touch points, floor, and the carpet is vacuumed. Entry to the Church outside of Mass times is strictly controlled so we can be certain all is as hygienic as possible. If you have any concerns about returning to Church please do not hesitate to contact us in the office on 020 8904 6031 opt 2 or email: wembley3@rcdow.org.uk



Please God we will get to the end of this time of trial soon. God Bless and keep safe.

New Testament Bible Quiz



1. What is the common name given to the first four books of the New Testament?
2. Who wrote most of the books in the New Testament?
3. Who wrote the Acts of the Apostles?
4. Which book comes last in the New Testament?
5. What does the word gospel mean?
6. Who was the king of Judea at the time of Jesus' birth?
7. Which gospel records the fewest of the miracles performed by Jesus?
8. In what water was Jesus baptized?
9. What miracle did Jesus perform at the marriage in Cana?
10. Who was the tax collector that climbed up a tree so that he could see Jesus?
11. Which two Old Testament characters appeared with Jesus at the transfiguration?
12. How did Jesus reveal the one who would betray him?
13. Where was Jesus crucified?
14. For how many days did Jesus appear to his disciples after his resurrection?
15. Who went with Paul on his first missionary journey?
16. On what island was Paul shipwrecked as he made his way to Rome?





FREQUENTLY ASKED QUESTIONS



Is there Mass every day?

No. Presently we have Stewards and Cleaners only for 3 masses. **Tuesday 9.30am, Friday 9.30am and Sunday 10am.** Mass will generally be of 30-minute duration. Church doors will open to Parishioners 30 minutes before the start of Mass. Please arrive early for Mass as we will not be able to admit people once Mass has started.

Do I need to reserve a place at Mass?

Yes. As places are limited it is best to book. You may do this by booking on line via our Website <http://www.erconwald.org.uk> using the booking link provided in the welcome box or if you do not have internet access please phone the Church 020 8904 6031 picking opt 2. Please leave a clear message stating your full name and contact number along with the number of places you require. Do speak slowly and clearly.

Can I go to Mass on a weekday instead of Sunday?

Yes. There is currently NO obligation on the faithful to attend Sunday Mass. You may like to choose another day during the week. If you are free during the week please do this as it will leave a space free on Sunday for someone who works during the week.

Can my children come to Mass with me?

Children who are able to sit throughout Mass are welcome to come along. If your child needs to move around, it might be best to follow Mass on the webcam. Please note there are NO toilets, Crying Room or Baby Changing Facilities available at the moment.

What happens when I arrive at Church?

You will be asked to remove any gloves you are wearing and sanitise your hands. We recommend you wear a face covering. A Steward will be on hand to guide you to your seat.

What else should I know?

Benches are marked to show where you can sit. If you have a Missal please bring it as there will be no Mass Books, hymns, offertory or collection during Mass. Please touch as little as possible whilst in Church. Communion will be brought to everyone, so remain in your seat.

Why do I have to sit at the end of the bench and why can't I kneel?

To preserve the 2 metres social distance. If two individuals sit one each end of the bench, the distance between the two is exactly 2metres. This is also the distance between the seat of the person in front of you and your seat, therefore if someone kneels, they are breaking the distance. We have also got 6 pews which will accommodate families and five small pews which can seat couples. Maximising the space but keeping social distancing.

Can I receive Communion on my tongue?

NO. Communion can only be received on the hand. Please unhook one side of your mask when Fr. Anthony or Eucharist Minister comes to you. Stretch out your arms as far as possible, palms flat facing upwards, left palm on top of right palm. Communion is done in silence, neither Father nor Communicant say anything.

How do I get a Mass card or other purchases from the Repository?

For the moment we cannot open the Repository. If you require something please ring the office and speak to Elizabeth. If no one is in the office please leave a message clearly stating your Name and telephone number and what your requirements are and Elizabeth will ring you back asap.



**THE TIME IS ALWAYS RIGHT
TO DO WHAT IS RIGHT.**

- MARTIN LUTHER KING, JR.

Do I have to wear a face covering?

Face coverings are currently mandatory on public transport, in hospitals and clinics, and in shops and supermarkets. People are also strongly encouraged to wear face coverings in enclosed public spaces where there are people they do not normally meet, such as a Church.

How do I give my offering?

Preferred way is by Standing Order this can be done on line, visit: www.erconwald.org.uk. You can also visit:

<https://parish.rcdow.org.uk/wembleypréstonroad/donate/> or donate through Virgin Money Giving by visiting:

<https://parish.rcdow.org.uk/wembleypréstonroad/donate/>

Donating in this way would reduce the need for collecting, counting and queuing at the bank and avoid dealing with cash which can transmit Covid-19.

For those who can't give by the aforementioned methods, at the moment there is a collection box at the entrance of the Church. Please put Offertory Envelopes and donations in this as you enter the Church to facilitate the one way system. Please no coinage at this time.



From the Parish
Comings and Goings
Please remember in your prayers



We welcome and congratulate those who have been baptised here recently, and their families: Lorenzo Brian Millen-Rendon and Gwen Jordane Yamtcheu Fanyu.



Of your charity, please keep all the sick and housebound in your thoughts and prayers during this Summer.

May the Lord Jesus bless, console and strengthen all the sick, and may Mary, health of the sick, intercede for them.

Has it been tough and challenging for you during lockdown? All of us will have had our lives disrupted but as difficult as it has been for us for many of our brothers and sisters in this country and abroad it has been a lot worse. For some there has been no shelter, no food, no medicine, no safe space, no community to help and support.

Caritas Westminster promotes parish-based social action in several ways including supporting new and existing parish-based social initiatives (www.caritaswestminster.org.uk). Following the “Love In Action” program they ran in our parish the charities which our parish particularly supports in helping those in need have had to face the twin challenges of increased and extended demands for their services and their usual channels of fundraising and donations being disrupted. So what are the challenges they are facing and what are they doing and what can we do to continue to support them?



The Larder (a charity which until recently was known as St Laurence's Larder) is there to provide a warm welcome and fresh food for those who struggle to make ends meet in our community. It provided a three-course meal, had clothes washing facilities and offered a shower as well as a clothes bank. The support from our parish was primarily through donations of clothes and food.

The onset of the pandemic meant that *The Larder* had to suspend these services, perhaps at a time when the need for them was even greater, but it used its facilities to support those both needing its services and wanting to donate food to other providers who could assist. What it also enabled was for the Larder to develop its ability to deliver take-away meals in addition to providing its meal sessions on Tuesdays and Thursdays.

The Larder is now preparing to re-open to serve take-away meals once a week as from 17 September and is currently seeking donations to help it to do this. Prior to the lockdown it was serving some 300 meals per week. Details about the Larder, its work and donating can be found here <https://www.laurenceslarder.org.uk/>



The Larder is planning to be there to cater for new guests after the lockdown. It is grateful for the ongoing support from St Erconwald's and looks forward to this continuing after the lockdown ends so that it can continue its work of helping to feed and support those in need.



The Passage is a London based charity with the aim of providing homeless people with support to transform their own lives.

They achieve this by running a wide range of services, including the UK's largest voluntary sector resource centre for homeless and vulnerable people, helping up to 150 people each day, three residential projects providing accommodation, street outreach, and a number of homeless prevention projects. The support from our parish was primarily through the *Advent Giving Tree* gifts and financial donations. Some parishioners generously give their time as volunteers. The opportunities for volunteering are limited at the moment and The Passage will send through a further update at the beginning of September.

Since the beginning of the Covid-19 outbreak, The Passage has been working hard to keep homeless people safe and fed. One of the key services that they have offered is a food hub, providing nutritious food parcels (including a hot meal) to over 300 homeless people in emergency accommodation each day.



Passage caseworkers have also played a critical role in keeping their clients safe over the past 12 weeks by carrying out daily assessments to ensure that everyone housed in emergency accommodation has access to the right emotional and practical support needed to stay well and away from harm.



The Passage is starting to move back towards the format of its pre-pandemic operations. At the moment the resource centre has opened on a limited basis only Monday to Friday and clients come in for advice on an appointments basis. Although they provide some of the clients coming in for advice with basic services such as showers, laundry, clothing store and food and drink, these services are not available on a drop in basis.



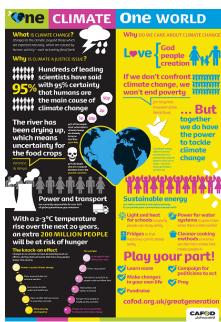
Much is being done by telephone contact to support those brought in off the streets at the beginning of the pandemic. The key question they are seeking to address is how to prevent the hundreds of homeless people that have been helped off the streets during the pandemic from returning to the streets once the crisis subsides.

The Passage would like to say a big thank you for helping The Passage to respond and adapt quickly to the crisis! Details about The Passage, its work and donating can be found <https://passage.org.uk/>



CAFOD is the official aid agency for the Catholic Church in England and Wales who reach out to people living in hard-to-reach places, in war zones and those who are discriminated against.

Their experts provide long-term aid to equip people with the skills, tools and opportunities to live with dignity, support their families and give back to their communities. The challenges they seek to address often through their local partners, include poverty, conflict, climate change, inequality, hunger, thirst and homelessness. When an emergency occurs they support teams of experts who can respond quickly providing food, water and shelter for people who have lost everything. They are then there in the months and years that follow, listening and helping people rebuild their lives and prepare for whatever the future holds. CAFOD is supported by the prayers, donations and actions of its volunteers such as campaigning, educating and fundraising and living simply, and all of these are areas our parish is involved in.



The impact of Covid-19 on many of the countries where CAFOD operates has been immense, since they do not have the infrastructure and resources to enable them to respond to the pandemic as well as other countries. CAFOD has been using its resources to offer assistance and recently has joined with the UK Disasters Emergencies Committee to help millions of people whose lives are at risk, as coronavirus spreads across refugee camps and countries suffering conflict.

CAFOD thanks everyone for their support to date which has helped to change lives positively, but there will be an on-going need to continue its work as before, and also coping for many years with the impact that the coronavirus is having. It will continue to need the prayers, donations and active support of its supporters here, and you can donate at cafod.org.uk/coronavirus to help CAFOD scale up its coronavirus response through the global Church family or use CAFOD's Summer of Hope fundraising ideas with your family and friends, to transform lockdown and raise money for the appeal: cafod.org.uk/summerofhope. You can also find out more about CAFOD's work by signing up for weekly online talks at <https://cafod.org.uk/Volunteer/Online-talks> to keep informed of the Global situation. Thank you for this ongoing support.



Children's Liturgy: If you are looking for a way to engage your children in the gospel from home, join **CAFOD** for our virtual children's liturgy of the word at 10am GMT this Sunday. Register now to take part here:

<https://attendee.gotowebinar.com/register/5095942131288155403>

CARDINAL'S APPEAL: YOUR SUPPORT IS STILL NEEDED



The Cardinal's Appeal has been supporting hungry, isolated and homeless people throughout the coronavirus crises. With many families under unprecedented financial pressure, the Appeal continues. Please will you help with a gift today? Visit:

www.CardinalsLentenAppeal.org.uk

Thomas Francis Gardens
Design. Build. Maintain.

07504195525
work guaranteed
full insurance cover
thomasfrancisboyne@hotmail.co.uk

Richards Travel

229 Preston Road, Wembley, Middlesex HA9 8PF
Telephone: 020 8904 5235 Fax: 020 8908 2501

David Wentworth
Email: davidwentworth@hotmail.com





If you told me at the start of the year the Wembley Dementia Carers Support Group would have only met 3 times so far, I would have ignored you!

For family carers the inability to meet up, get a small break and share their stories (including the opportunity to "get things off their chest" so to speak) has not been available because of lockdown, making their lives even more difficult than they are already. Therefore, I have been keeping in regular contact with all the carers and others I know via both email and telephone.

This includes keeping them up-to-date with latest guidance published by respected researchers and others I know. Therefore, I thought I would share with you one such document produced during lockdown entitled "5 Key Messages for Carers", which I consider is applicable to all of us.

It provides some simple tips – under 5 separate headings – which are aimed at helping you to make things more manageable. And because everyone's situation is different some of the tips may be more helpful to you than others, and these follow below.

Stay safe and well

The most important thing is to keep yourself and any person you support safe and well. Think about who you can talk to if things become too much, whether that's friends or family. For example, I have spoken to many carers over this time providing an outlet for them in respect of any questions they may have or just a listening ear.



Stay connected



Keep in regular contact with friends and family, and help anyone you support to stay in contact through phone calls, letters, email or video calls. For example, I have now become an accomplished user of online virtual meeting platforms (such as Zoom), which I have used to great effect in supporting researchers and others with their work.

Keep a sense of purpose

Make a list of jobs and pleasurable activities and create a daily routine that you enjoy. This could be keeping up hobbies or rediscovering old ones. As for me all those DIY jobs I had in the back of my mind are now being realised, and my list keeps on getting longer!



Stay active



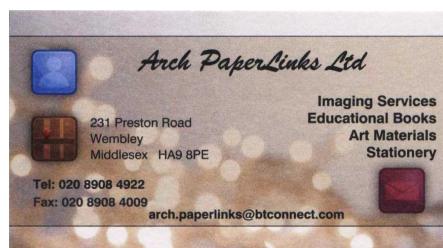
Stay active in ways that you enjoy, ensuring you get enough exercise whether indoors or outdoors. I am one of the lucky ones in that I have a back garden and am now enjoying the fruits of my labour with herbs, rhubarb and blackberries in season, with raspberries and pears on the way.

Stay positive

The current situation and the frustrations of not knowing what is next can make life difficult, but now more than ever you need to try and stay positive. I know this is easier said than done but don't try to struggle on alone. Ask for support if you need it, and try to make time for yourself.



If you would like to know more about these tips and/or other information helpful to family carers please feel free to contact me (email frankj.arrojo@gmail.com or mobile 07867 903917). Also, if you know of any family carer supporting a loved one with dementia please feel free to forward them my contact details.

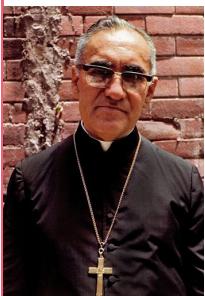


"Why would you want to visit El Salvador?" I was asked, as I spoke to friends before setting off.



El Salvador, a country with one of the highest homicide rates in the world, three times that of Mexico! A country where most of a family's income is remitted from overseas, mainly the USA , where Salvadorans are often illegal and at risk of deportation. A place where gangs exert territorial control, recruiting children, killing or otherwise making people disappear, extort and generally terrorise whilst the government appears helpless. It was a Salvadoran who drowned with his child trying to cross the river into America earlier this year.

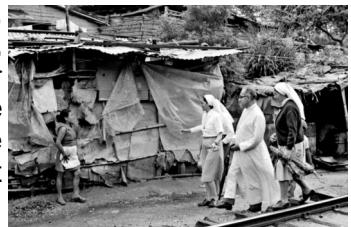
A place of desperate poverty and great inequality, but where there is also great faith.



Well, the country now has its very own saint, Saint Oscar Romero, canonised last year by Pope Francis. Archbishop Romero was martyred at the altar in 1980 (incidentally only the second archbishop murdered at the altar, the last one being Thomas A Becket in Canterbury). Archbishop Romero had called on the security forces to stop the killings and the repression during the civil war of 1979-1992, effectively signing his own death warrant.

So the opportunity to travel there, with an organisation which would keep us travellers safe, would introduce us to some remarkable history, would include visits to scenes of murders and massacres, yet at the same time let us meet local people who work hard with and for the communities who have not given up hope, was too good to miss. In addition there were to be evening talks so it was a bit of a study tour. The trip, listed as a pilgrimage, was organised by The Romero Trust.

We stayed at a Jesuit conference centre, like most residences and even buildings, yes even the coffee shops, in San Salvador an armed guard opened and closed the gate! The centre overlooks the capital, the view from the chapel was truly magnificent with volcanoes (not active) in the distance.



First trip was to the Hospitalito where the assassination of Archbishop (Saint) Romero occurred. A simple chapel in a hospital treating cancer patients. The archbishop had accommodation provided by the nuns and they respectfully maintain a small museum of relics and photographs. It was strange to be there in a place of martyrdom which had occurred in my lifetime. We celebrated Mass there. We also celebrated Mass in the crypt of the cathedral where Saint Oscar is buried. We heard of the events of his funeral when there was a panic surge following an explosion in the square and thirty five Salvadorans were killed. A man of peace whose funeral was the scene of violence!!



There is considerable good occurring in the small Christian communities where clinics, schools, after-school clubs and therapy sessions are supported by CAFOD and Fe y Alegría, a Jesuit social agency. The children at one school put on a delightful show for us of singing and traditional dancing, this was in the area called

EL Chacra, notorious for gangs, where these children are supported by after-school activities to resist gang membership and to turn lives around. I felt a bit of a voyeur being there, as if I had come to see just how bad it was, but came to realise that by visiting I was actually showing respect for the people, not just tossing money at them and then forgetting. We were frequently thanked 'for visiting my country'. It's a bit like the Grenfell tower victims, 'don't forget us' they say.



So speaking of 'don't forget', we saw the 'monument to truth and memory' in Cuscatlan Park in San Salvador. The names of over

28,000 people are inscribed here, killed and still missing from the civil war. Identification is happening still and names continue to be added. Names are so important to recognise the sacrifices of victims and to bring home atrocities such as at El Mozote where 1000 civilians were massacred and remains are still being found and identified.



Each evening a different speaker gave some insight from their connection with the country.



Very interesting was the explanation of the process of canonisation for St Oscar. It has taken thirty years. I got the impression it could have happened sooner with a different political will, but it appears that if an individual is recognised as a martyr then evidence of miracles is not required. We had with us a copy of the VERY BIG document of evidence etc. for St. Oscar's canonisation which was presented to the Romero community in St. Oscar's home village. This community maintain a small museum of interest in the place where St. Oscar grew up, in a coffee-growing area where my fellow travellers enjoyed the local coffee.



Of course it wasn't all murders and massacres, the local Mayan village site fulfilled a childhood curiosity about the Mayans. There were the most beautiful botanic gardens in a dusty corner of the city where the lizards climbed trees and terrapins played in pools to

the delight of visitors young and old. And there are brightly coloured murals everywhere, some political, some religious, some just enchanting. And the people are charming despite it all. Immigration at Houston airport could learn a thing or two from their Salvadoran colleagues.



Now, if you are still thinking: "Why El Salvador?" I can only say that it was an extremely interesting trip. Interesting in that all this happened in my lifetime and I hadn't really been aware of it. Interesting because I rediscovered the resilience of downtrodden people who nevertheless hang on to their faith and act humanely. Interesting because I learned



the interconnectedness of the global struggle for equality where those who have nothing must still leave their homeland and join the long line of those seeking refuge overseas.

We live in undeniable privilege.

Eugene Donetti 100th Birthday

Philip Donetti



On the 13 May this year my father Eugene Donetti celebrated his hundredth birthday. Had it been in more normal times we would have had all of our family together to celebrate. But, as it was, my Dad watched Father Anthony celebrate Mass, which was offered for his intentions. We had a small party with myself, my brother Anthony and my wife Penny. Among the cards and presents he received was a card from the Queen and a couple of days later a Papal Blessing certificate which meant a great deal to him.

My parents moved to Preston Road after they were married in 1953 but were not initially aware that St Erconwald's existed and every Sunday they would take the bus to St Joseph's. It was only after a few months that they were told that they could walk to a Church much nearer to them, and that is when they discovered St Erconwald's.

My Dad has been worshipping in the Parish for over 65 years and remembers the old church (now the hall) well. Dad has seen numerous Priests over the years along with the building of the current church.

Unfortunately, my Dad, like so many other parishioners, has not been able to be physically present at Mass since March this year, but thanks to the wonders of modern technology, he can watch Father Anthony celebrate Mass on my brother's laptop.

I know it is a very dear wish of his that one day we can all celebrate Mass safely together at St Erconwald's.

॥ श्री ॥

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On 3rd January 2020, a group of parishioners from St. Erconwald's set off to say a last farewell to Fr. Bernard. We travelled to the Redemptorist Church of St. Joseph and the English Martyrs, Bishop Stortford.

His funeral Mass was attended by many members of his family together with parishioners from St. Erconwald's and the other parishes where he served after leaving the Redemptorists. The funeral Mass, led by Cardinal Vincent, was concelebrated by Redemptorists and Diocesan priests including Fr. Anthony.

During his time at St. Erconwald's he was very popular and had an ability to relate to family life, probably influenced by his own family life in Sunderland where he was the youngest of 11 children.



Fr. Bernard was very strict about talking in Church and made it quite clear that there was to be no talking before, during, and after Mass.



However, his charm and humour endeared him to our parishioners. He was a frequent visitor to our homes and he took a great interest in the children, encouraging the parents to bring up their children in the Catholic faith.

Whilst he was at St. Erconwald's he was assisted for some years by Fr. Frank Morrall, a retired priest from the Westminster Diocese. Fr. Frank was asked by Fr. Bernard to give a series of talks on "Our Catholic Faith". These were immensely popular, especially the one entitled "penance", and Fr. Frank was asked to repeat it as word had spread, and those who missed it first time round were given the opportunity to attend this talk later. Fr. Frank died in 1995.

Fr. Bernard was also assisted on the domestic front by his faithful housekeeper Nora who remained with him until she retired to her sister's home in Ireland.



Fr. Bernard will be remembered as a man of prayer, his faith and dedication being at the centre. However, he also enjoyed the lighter moments of life, especially his holidays with his friend Fr. Steve and his family, driving though Europe admiring the scenery, the food and the wine.



When Fr. Bernard left St. Erconwald's he retired to the parish of St. Richard of Chichester in Buntingford to assist the parish Priest Fr. Michael Roberts. He then moved to the Carmelite Monastery in Ware where he served as Chaplain to the Sisters. This was a very happy time for Fr. Bernard. However after a spell of ill health he needed care, and he finally went to Nazareth House in Finchley where he died on 19th December 2019.

His wish to return to Bishop's Stortford was fulfilled when his funeral Mass was held there. May he rest in peace.



The Art of
Dying Well
Prayer for
the Dying



The Art of Dying Well is a web site of the Church in England and Wales that offers a helping hand to those grappling with issues surrounding death and dying. For more information visit: www.artofdyingwell.org

Of your charity, please remember in your prayers those who have died and their families. We remember: Renato Ghirardani, Weigan Wilson, Delia and Peter Bonner, Roy Brattesani, Christine Kenny, John Pereira, Rosa Grisostomi, Nora Sweeney; Anne Sorohan; Gian Pietro Fabris, Suzanne Bourke, Maria Durand, Pauline Ellul, Sylvia Pellegrini, Mary Govan, Bertrand Okoro, Stephanie Wolanska, and Hanna McNerney.

Eternal rest, grant unto them O Lord, and let perpetual light shine upon them. May + they rest in peace. Amen.

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E-mail: wembley3@rcdow.org.uk Website: www.erconwald.org.uk
This Parish is part of the Westminster Roman Catholic Diocese Trustee
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White is not always light
and black is not always dark

Habeeb Akande

Answers to "New Testament Bible Quiz" Page 12

1. The Gospels, 2. Paul, 3. Luke, 4. Revelation, 5. Good news, 6. Herod the Great, 7. Matthew, 8. River Jordan, 9. Turning water into wine, 10. Zacchaeus, 11. Elijah and Moses, 12. Dipped a piece of bread and passed it to him, 13. Golgotha, 14. 40, 15. Barabbas, 16. Malta.