

# *St. Erconwald's Parish Magazine*



Issue No. 47, Pentecost 2023

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Cover Design: Pentecost: International Day, 2022



## Editorial: Unity in Diversity



Welcome to the Pentecost edition of the magazine.

Hope you and your families have been keeping safe and well.

Once again we come to the end of the Easter Season as we celebrate the Feast of Pentecost - the descent of the Holy Spirit upon the apostles gathered full of fear in the upper room in Jerusalem. Theirs and our waiting is over. This is not something that happened a long time ago to other people. It is happening today, here and now. Today each of us is filled with and anointed with the Holy Spirit. On Pentecost we celebrate and experience the powerful outpouring of the Holy Spirit on the whole church and on all those who call themselves disciples and followers of the risen Lord.

That is why on this day we celebrate "International Day", celebrating our unity in diversity and the many nationalities that form our Parish.



The first followers of Jesus weren't strong, courageous or even very faithful. They betrayed Jesus. They denied and deserted him when he needed them the most. After his death they hid themselves away in fear. They had lost all heart and hope.



Through the Holy Spirit, they were given new hope, new heart and new purpose. Their fear and silence was replaced by courage and conviction. They left their hiding place and made their way into the streets and proclaimed the good news of the resurrection. They became new people with a new message. Jesus commissioned them to continue the work that he had begun: "As the Father sent me, so I send you."

We are no different than these ordinary men and women. Through our baptism and confirmation, each of us has been filled and anointed with the exact same Holy Spirit. Just as the first followers of his proclaimed the good news about Jesus; we too are called to do the exact same today.

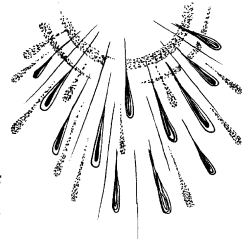


Just as these men and women were transformed into energetic and outspoken witnesses of Jesus, so too must each of us today. Like the disciples on that first Pentecost, we welcome the Holy Spirit into our hearts and lives to give hope to the hearts that are frightened.

There is nothing gentle, or mild about Pentecost. The Holy Spirit is powerful life-changing and energetic. The Holy Spirit challenges us and calls us to change.

As mentioned before, Pentecost is a golden opportunity for us to re-evaluate our understanding of what being Church really means. We need to be a Church of renewal, of hope, healing and comfort. Since the Pandemic our community has changed. We have lost [either through death, because of ill health, or have moved away to be nearer family] a number of parishioners who were very dedicated and supportive of the parish. We need to rebuild that dedication and support with new members.

As Church, we are called to reflect unity and diversity. We are not called to uniformity. Unity presumes diversity and a variety of gifts and talents and responsibilities. Each member of the Christian community is to be aware of his or her gift. This gift indicates the role the member must play in building up the whole Body, the whole community. Each one of us is called and equipped by the Holy Spirit to carry out the great commission Jesus has entrusted each of us with. We each play our own unique role in growing the church, nurturing each other as disciples and serving the community. Perhaps we can ask ourselves: How can I help? What are my talents and how can I use them to best serve my Church?



As we celebrate the feast of Pentecost, we pray that each of us will be refreshed and renewed by the Holy Spirit. May we do what Pope Francis asks of each of us, 'Go out again and again, without hesitation, without fear and proclaim the joy which is for all people.'

Once again, thank you for your support. With prayerful wishes for you all.

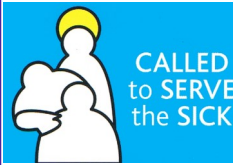
Yours Sincerely,



From the Parish  
Please remember in your prayers



### FOR THE SICK



We keep in our thoughts and prayers: Margaret Beeby, Yves Remedios, Denton Allen, Radwan Naffa and Kathryn McGinnis. We remember also those in Kenbrook, Birchwood Grange and Brook House.

### ***In case you are admitted to hospital.....***

Please indicate on entering hospital that your details are to be passed to the RC Chaplain, and that you would like a visit from the RC Chaplain.

*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](http://www.artofdyingwell.org)



Our sympathies to the families of those departed: Pope Benedict XVI; Bridie McLafferty; Carl Rozario, William Gaynor, Stephen James and Alice Bozadjian.

### ANNUAL MASS FOR MATRIMONY



On Saturday 13<sup>th</sup> May, the focus in our diocese was with over 400 couples, who gathered at Westminster Cathedral to renew their marriage commitment. It was time of spectacle, colour, music, joy and prayer celebrating the gift of married love and its witness within the world. During the Mass, all the couples gathered had the opportunity to renew before God their commitment to live their marriage in holiness, praying that they might “remain faithful in our love for one another, that we may be true witnesses to the covenant you have made with mankind.”

Congratulations to Agnes and Augustine Ampsonah-Yeboah and Jessica and Felix DeSouza and to all those who are celebrating the anniversary of their marriage.



## HAPPY BIRTHDAY



Eugene Donetti celebrated his 103rd birthday on 13<sup>th</sup> May. It was a two day affair, a bit like the Coronation the weekend before! In fact this is the fifth Monarch Eugene has seen in his lifetime but only the third Coronation.

We had his birthday tea on 13<sup>th</sup> with a Victoria sponge and some cupcakes and on the following day Fr. Anthony very kindly offered the 10.00am Mass for Eugene's intentions as that is the Mass he watches. We all watched the Mass together and were very touched by the special prayer Fr. Anthony said for Eugene. At the end of the Mass Monika lead the congregation in a rendition of Happy Birthday which was a nice surprise for Eugene!

I would like to thank Fr. Anthony and all those who waved to Eugene after the Mass, I must admit that it brought a lump to my throat and was very kind and thoughtful of all of you!

## First Holy Communion and Confirmation Fair



This took place on the weekend of 14<sup>th</sup> & 15<sup>th</sup> April, in the Parish Hall. It was an opportunity to show our full range of goods, which unfortunately is impossible to do in the Repository. A wide range of Cards,

Bibles, Prayer Books, Rosaries, Medals, Photo frames, Sterling Silver Chains with crosses or medals etc were on display. All reasonably priced with something to suit every pocket. Items are still available from the Repository, please ask one of our helpers. Thank you to all who visited and support this event.

## Verdict

by Agatha Christie

7<sup>th</sup> - 9<sup>th</sup> July 2023

St. Erconwald's Church Hall,

Friday & Saturday: 7.45pm; Sunday: 2.30pm

Adult: £14.00; Concessions £12.50







Lent is a time of preparation for the great feast of Easter. During this season, the Church encourages us to imitate Jesus and spend more time in prayer, be sorry for our sins and receive the Sacrament of Reconciliation, and do acts of charity towards others. These good practices help us lead a holier life and to participate fully in the joy of Easter.

Lent of this year was a special one for nine children in our Parish because they received another sacrament: Reconciliation.

In preparation for Reconciliation, a Power Point Presentation of the Parable of the Prodigal Son was presented to the children. Then using this story, it was explained to the children how they were to prepare themselves for Confession. To simplify things, the children were told to remember five things they need to do when receiving this sacrament: Think, Be Sorry, Tell Sins, Say Penance, Say: 'Thank You'.



When going to the priest, we are like going to Jesus who did not judge the people as sinners, but welcomed sinners and forgave them their sins. The priest is there instead of Jesus and forgives our sins by the power he was given by Jesus at his Ordination.

The 25<sup>th</sup> of March, 2023, was a special day for nine children from our Parish because in the person of Fr Anthony, they met Jesus who forgave their sins. Thus they became better friends with Jesus. We wish that these children will continue to receive this sacrament regularly.



Finally, we thank and say: "Well done", to the parents and guardians who regularly bring the children for their preparation for the Sacraments. Special thanks go to the catechists Bernie O'Reilly and Bernie Gillen (who were lately joined by Joseph) for their dedication in delivering this programme.

Please keep the children, their families and the Catechists in your prayers.

## Mass with Anointing of the Sick



As part of the spiritual preparations for Easter, on Tuesday 14<sup>th</sup> March, a Mass was celebrated with the administration of the Sacrament of the Sick. The theme of the celebration was based on Pope Francis' message for the 31<sup>st</sup> World Day of the Sick. Pope Francis invited the faithful to reflect on the fact that "it is especially through the exper-

ience of vulnerability and illness that we can learn to walk together according to the style of God, which is closeness, compassion and tenderness."

After the Homily, the Liturgy of Anointing opened with the Penitential Rite, which included the Act of Contrition and concluded with the Prayer of Absolution.

Then the oil was blessed and each one of those present was anointed on the forehead and on their hands while the priest prayed: "May the Lord who frees you from sin, save you and raise you up". For which each candidate answered "Amen".



We thank Fr Anthony and Fr Tony - who came to help Fr Anthony - for providing us with this opportunity to pray and get closer to God in our preparation for Easter.

At the end of Mass, Fr. Anthony invited everyone to the Hall for Soup and Rolls. We were pleased to see a good crowd and delighted to see Fr. Tony join us in the Hall, to partake of the Homemade Soups, rolls, tea/coffee, cake and biscuits. It is so good to see people enjoying the social life of the Parish again after a couple years of social isolation. There was a lovely atmosphere as people got to chat and enjoy a bit of lunch together.



Thank you to all the helpers and to Fr. Anthony and Joseph for the Fish Soup and Vegetable Barley Soup and to Bernie Gillen for the Carrot & Coriander Soup.



We were really pleased with the number of parishioners who ventured back during Lent and all the Easter services. It was wonderful to see so many familiar faces once again. Apologies for the lack of pancakes on Strove Tuesday, the cook was on holidays. We will strive to do better next year.



Ash Wednesday saw large numbers coming to receive their ashes and hear the familiar words uttered by Fr. Anthony and the Eucharist Ministers: "Turn away from sin and be faithful to the Gospel." Serious words to begin our time of fasting, prayer, and abstinence. A word of thanks to all those who delivered Blessed Ashes to family and parishioners. Just to remind us Covid hadn't gone away, a planned visit with Ashes to one of our Care Homes, had to be cancelled last minute due to the number of Covid cases. Thankfully a Catholic member of the Care Home staff was able to distribute the Ash on our behalf. Our sincere thanks to this person.

During Lent Stations of the Cross were prayed each morning before Mass and before Mass on Friday evening. On Wednesday after morning Mass there was Exposition of the Blessed Sacrament, reflection and Benediction.



After the morning Mass on Wednesday, preparations were made for the "Triduum". Once the Church was prepared, it was time to prepare the 'Altar of Repose' in The Hall. Thank you to all those who helped.



'The Evening Mass of the Lord's Supper' with the 'washing of the feet' was celebrated at 7.00pm. The purpose of this exercise is to act as a physical reminder of the Lord's washing of the disciple's feet and a reminder of Fr. Anthony's priestly call to service of his flock, and of our service to each other. At the end of Mass all were invited to process into the Hall for a time of "watching" at the Altar of Repose.

Good Friday, was a very busy day. A day of Fasting and Abstinence, and the only day in the entire year when Mass is not celebrated anywhere in the world. It was decided once again this year to hold two other services in addition to the 3.00pm. Service, in order to help with numbers and to facilitate those who can't be in crowds.

During the Family Service at 9.45 a.m. crosses were distributed to those present. After this service we all gathered outside and together with other Christian Churches in Wembley (Wembley Churches Together) we went on our silent "Walk of Witness". The final service of Good Friday was at 6.30pm. that evening.



The next morning, Holy Saturday, Morning Prayers were recited and the Easter Garden was set up, Vigil Candles prepared, Banners hung, extra seats put out and the Church cleaned in preparation for the Easter Vigil and Easter Sunday Masses. Thank you to all those who came to help.

The Easter Vigil took place at 7.30pm. The Blessing of the Fire and the lighting of the Easter Candle took place outside the Front of the Church (Carlton Ave East) so we had some interested passers-by, who stopped for a while wondering what was happening. Fr. Anthony, along with the Altar Servers then processed into the Church followed by the congregation. Monica and the Choir lead the singing and as people entered the Church their candles were lit. The Easter Proclamation was sung by Monica.



We all sat for an extended "Liturgy of the Word". Here we meditated on the wonderful things God had done for his people since the creation of the world. Fr. introduced the readings, and a prayer followed each reading. After the Readings, the Baptismal water was then blessed, Baptismal promises renewed and the congregation was blessed with the Baptismal water. The Vigil continued with the "Liturgy of the Eucharist".

As the congregation left after the final hymn 'Thine Be the Glory' they were offered prayer cards and mini Easter Eggs.



The Easter packs that were blessed at the Vigil for distribution to the Housebound were displayed in a basket on the altar. Most have been distributed but a few still remain to be delivered. They contained a palm cross, Easter Holy Water, Easter Candle, Good Friday Leaflet, Easter prayer card and a few mini Easter Eggs,

Easter Sunday Masses at 10.00am. and 11.30am. were well attended and had a greater number of younger parishioners in attendance. Following the 11.30am. Mass we held the Easter Raffle. There were lots of Easter Eggs, Easter Hampers and other goodies to be won. Most prizes were picked up on the day, those remaining prizes were collected the following weekend. Thank you to all who donated and all who supported the raffle. All proceeds went to the Church Refurbishment Fund.



Thank  
You!

### Thank You

First thank you to Fr. Anthony for all the wonderful Masses and Services and his brother Joseph for the support he gives Fr. Anthony.

The Masses and Services would not be as Spiritually renewing without the assistance of the Readers, Eucharist Ministers, Altar Servers and especially the Choir and their leader Monica, the singing and music has made such a difference to our Masses. Our Church would not function as well as it does without the assistance of the Stewards/Welcomers, the group that meets each and every week to clean the Church on Tuesdays, those who do the Linen, those who help with DIY jobs, who help with the Repository, take Communion to the sick, instruct the young preparing for the Sacraments, those who help out with the big Celebrations. Our Safe Guarding Officers, Rose and Maria. Penny who keeps us on the financial straight and narrow. The Parish Council and Parish Finance Committee. The Counters and those who Bank the money. The list is quite long and the load falls on a small number, so if you can help it will be greatly appreciated.

## “Walk of Witness”

Elizabeth Patten



Organised by the *Wembley Churches Together*, which consists of St. Augustine Church, Church of the Ascension, Church of the Annunciation, Sudbury Methodist Church, United Reform Church and St. Erconwald's Church, was held on Good Friday. The weather is usually good for this walk and this year was no exception.

As in previous years, St. Erconwald's was the gathering point. Following a short reading, we set off at 10.45am. Cross bearers, lead the way carrying the heavy wooden cross belonging to St. Erconwald's Church. The crowd following behind.

The route is the same every year. Up Preston Road as far as The Avenue. After a short pause, we then crossed over to the far side and proceeded to walk back down Preston Road to the Green opposite "The Preston" pub for our act of worship. Once assembled, a Reader from each Church read a passage from The Passion. This was followed by a verse of a hymn. The service ended with a blessing and all dispersed in silence. The Cross was returned to St. Erconwald's Church, ready for the 3.00pm Solemn Liturgy and the Veneration of The Cross.

The Walk of Witness attracts a lot of attention, its not every day you witness a big Cross being carried up Preston Road followed by Ministers and a crowd of different ages, nationalities, and physical abilities, some with walking sticks, in wheelchairs or babies in buggies. Leaflets were given to those who inquired, explaining what we were doing and why. Each Church provided a Steward to guide walkers safely across the roads, holding up the traffic when necessary. Thankfully the drivers were patient.

The Good Friday “Walk of Witness” is a very uplifting experience. Perhaps next Good Friday you might consider joining us on this Walk. A word of thanks to the Ministers of all the Churches, Readers and Stewards and all who helped with this Service. Special thanks to Cllr. Daniel Kennelly, for organising with the Council, to have the Green cleaned prior to the Service.



## Quiz Night

Caroline Horan

The Parish Hall hosted a Quiz Night on Saturday 22<sup>nd</sup> April and a great night was had by all. We had 6 teams competing for a much-coveted gold medal. The Bar opened at 6.30pm and then it was down business at 7.00pm. There were 6 categories: General Knowledge, TV & Film, Sport, Music, the Coronation and of course, the Picture Round.



As the evening progressed, it became a close-run race between The Chameleons (our resident theatre group) and Brook Ann [Brook House], with the former triumphing by mere 3 points. During the interval Fish & Chips from the Blue Oyster were served and, as it was St. Erconwald's feast day, Fr Anthony provided a special cake which was enjoyed by all. The

Quiz Night is a fun way to spend a Saturday night and beats Saturday night TV so why not join us for the next one.

A word of thanks to Caroline Horan for preparing the Quiz questions and her excellent skills as Quiz Master.



### Why Not Test Yourself?

What company was originally called Cadabra?

What was Micky Mouse's original name?

What is the national sport of Japan?

What was Frank Sinatra's middle name?

Which 2 monarchs didn't have a Coronation?



Team Names	RD. 1	RD. 2	RD. 3	RD. 4	RD. 5	RD. 6	TOTAL
THE CHAMELEONS	4	3 1/2	6	1 1/2	5	4	24 1/2
THE GOLD COAST	1	1	6	2 1/2	1 1/2	4	17 1/2
THE BLUE OYSTERS	5	5	8	2 1/2	5 1/2	4	30 1/2
THE BROTHERHOOD	3	3	5	1 1/2	3	5	20 1/2
THE CHAMELEONS	10	9	7	1 1/2	4 1/2	9	51 1/2
BROOK ANN	0	7	18	5	9	8	57

### Answers

Amazon/Mortimer, Sumo Wrestling, Albert, Edward V (the boy king who was presumed murdered in the Tower of London before he could be crowned) & Edward VIII (who abdicated 11 months after succeeding his father George V).





A Coronation! What is that? The Crowning of a monarch, today Prince Charles....

Not many people would be lucky enough to witness such an event in their life-time. But we did it! Congratulations on the ceremony. What an achievement! Everything was perfect, the religious atmosphere, the rites, the military display to the smallest detail. What was remarkable was that everyone was represented. It was quite moving to see the people's reaction, the enthusiasm on the road expecting to have a glimpse of the Royal Couple, an instant moment of pleasure.

In fact they could not see much but they were there, nearby, so much feeling, when they could be at home, watching TV, at close quarters.

And what about the meals in the streets? To celebrate in this way you have to be British! Not everybody's cup of tea!

There is no reason why people should not be happy in their own way. A memorable day for many. You did not have to be "local" to appreciate. Quite a few foreigners joined the crowd as well, having travelled half the world, at times to be in London. Now being able to say later: "Oh yes. I was there for the Coronation of King Charles III."

England has "Je ne sais quoi", which makes it what it is, a feeling of tradition, some pride in their institutions.





Saturday 6<sup>th</sup> May 2023 saw the coronation of King Charles III and Queen Camilla of the United Kingdom and the Commonwealth. In the run-up to the event, the Catholics of England & Wales were asked to pray for the King and on the eve of the Coronation, Fr Anthony celebrated a special Mass in the Church.

During the Coronation, Cardinal Vincent Nichols, Archbishop Mark O'Toole of Cardiff, Wales, Bishop Hugh Gilbert of Aberdeen, Scotland, and Archbishop Eamon Martin of Armagh and primate of all Ireland joined other Christian leaders in the procession into Westminster Abbey and in invoking God's blessing on the new monarch. Also, in attendance as guests were



Cardinal Pietro Parolin, Secretary of State, representing the Holy Father, and Archbishop Miguel Maury Buendia, Nuncio to Great Britain. It is the first time in nearly 500 years that Catholic Bishops were present at a Coronation, in marked contrast to 70 years ago, when Catholics were not permitted to attend any service in a protestant Church.

Afterwards, thousands of members of the public lined the route back to Buckingham Palace, hoping for a glimpse of the King and Queen in the Gold State Coach, culminating in their appearance with other members of the Royal Family on the balcony at the Palace.

The Coronation was followed by celebrations across the United Kingdom including our own gathering in the Hall after the 5.30pm Mass, when refreshments were served and we recalled the historical events of the day.

We wish the new King and Queen a long and glorious reign.

God save the King.



## St. Patrick's Day: Bacon and Cabbage Caroline Horan/Elizabeth Patten

It was back to normal this year, unlike last year when places were limited to the first 60. The Celebration took place on Sunday, 12th March, it being the nearest Sunday prior to St. Patrick's Day. This gives us a greater chance to book some entertainer.



Every St. Patrick's Day throws up its own unique challenge, this year's one was definitely unique. In February/ March supermarkets were having supply problems with fruit & vegetables. This potentially could cause a big problem. How do you have a Bacon & Cabbage meal without the Cabbage! Siobhan one of our parishioners had the answer to the problem, she suggested freezing the cabbage. She assured me it would work as she had done it herself. From about mid — February about 5 or 6 people bought some cabbage, which was cleaned, trimmed and freezing was a brilliant method. Problem solved. In fact, it was so successful we may do it in future.

Saturday was a busy day setting up the Hall for the big Celebration, one group was busy setting out the tables and chairs and putting up the decorations, another setting out the crockery etc. and another getting the kitchen and the bar ready. By the time we left all was ready for the big day.

Sunday morning after a bright and early start we were ready for our first guests. Soon the Hall was full of people eager to start their meal (the aroma had wafted through the Church so people had worked up an appetite). As soon as Fr. Anthony blessed the food, serving got underway and before we knew it dessert was being consumed.

Whilst people dined they were treated to some fantastic Irish songs and melodies, thanks to the wonderful George Harte who once again came to entertain us. Songs that brought memories back to many of us, both of home and of dear friends who had celebrated with us in the past. However, life is for living and we were making new memories as well. Having the Craic with friends, a glass of Guinness/ wine, or a good old Irish Coffee, singing along to songs or taking to the floor for a dance.





All good things come to an end and so did our wonderful celebration. We ended as we always do with a raffle, thanks to all the donors we had some wonderful prizes, your donations were gratefully appreciated both by us and the winners. The two main prizes were an Irish Breakfast Hamper and an Irish Afternoon Hamper. All prizes were claimed on the day.

Once the final guest had left it was time for the clean up operation. After a few hours all that remained of the day were the decorations, which were left up for the great Feast of St Patrick itself.

The Celebration was a great success due to hard work of the St. Patrick's Day Committee and team. Thanks to Fr. Anthony, Eileen J., Bernie G, Barbara, Mary C., Agnes T. Pat and Eva, Patricia, Pauline, Richard R., Selwyn, Agnes Mc G. everyone who helped served the food, set up or cleared away. Special thanks to George for the music, and to Siobhan for the cabbage tip. Last but not least, thank you to all who attended the event.



Please God next year we will hold this Celebration again, and we would like to invite you to come and join for a taste of Irish food and culture.

### St. Patrick's Day Mass 17<sup>th</sup> March 2023



Thank you to Fr. Anthony from the Irish Community for Celebrating Mass in honour of Our Patron, St. Patrick on Friday, 17<sup>th</sup> it is much appreciated.

Following this special Mass Fr. Anthony blessed the Shamrock which was distributed after the final hymn. Thanks to Tom for preparing the many sprigs of Shamrock. We were missing someone important this year, Caroline was off to Boston for the Big Boston St. Patrick's day Parade. However, before she went she collected the Shamrock (not literally picked it) and some Irish biscuits which were served along with Tea Brack, and a nice cup of tea (it can't be beaten never mind the coffee) in the Hall to celebrate the big day.

Thank you to all who helped.

## Religious Articles Fairs



The weekend of the 25<sup>th</sup> and 26<sup>th</sup> March 2023 we welcomed The Bethlehem Nativity Group to the Parish. This missionary group from the Holy Land, is similar to a co-operative, Christian's in Bethlehem produce

handmade Olive wood and Mother of Pearl religious goods, the sale of which provides a source of income, in most cases their only source of income. Their representative Nicholas, who organises the transportation and visits of the religious articles from the Holy Land to all the Churches in the UK, made an appeal at all the Masses that weekend.

As Nicholas explained the Bethlehem Olive Wood traditional crafts began in the 4th Century, when the Monks based at the Nativity Church taught the locals the art. These skills were later passed on from generation to generation. The sale of these goods provides a much needed source of income for these Christians in the Holy Land. Sadly, due to the pandemic in 2020, sales were not possible due to travel restrictions, with the result that the overall income for these families fell by 90% (no Government hand-outs available there). Many had to close their workshops and some even sold their tools without which they would never be able to carve again. Some had to go abroad to make a living.

Currently, the Christian Community only account for 1% of the population. They need our support to remain there.

After all the Masses, Nicholas showcased the wonderful and very beautiful hand-made crosses, plaques and rosary beads, to name a few, in the Parish Hall. We were pleased that so many parishioners took time to go in to view them. After the event, Nicholas contacted us to thank us for hosting the event and for raising the sum of £2,617 , thanks to parishioners purchases.

If you missed this event but would like to support them, you can purchase on-line from their website [www.tbng.co.uk](http://www.tbng.co.uk) The Bethlehem Nativity Group only sell in Church Halls or via their official website.



## The Lilt of Irish Laughter

### HIT GOLD

Little Mary: "Mammy, how do you make gold soup?"

Mammy: "Well, you have to start with fourteen carrots."



### FUNNY FEELING

Patient: "I feel funny, Doctor, what should I do?"

Doctor: "Become a comedian."

### LEFT A BAD TASTE

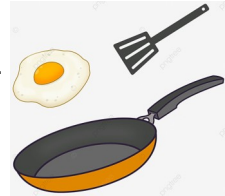
"Are you still taking the cough mixture I gave you?" the doctor asked Bert.

"No," replied Bert, "I tasted it once and decided that I'd rather have the cough."



### QUICK EGG-SIT

"Tough luck," said the chef to the egg in the monastery kitchen, "it looks like it's out of the frying pan and into the friar."



### CHILD TALK

Mrs. O'Shea to Mrs. O'Toole, "Have you ever thought about how parents spend the first part of a child's life encouraging them to walk and talk and then the rest of their childhood telling them to sit down and be quiet."



### TALL ORDER

A fussy man walked into the a restaurant and ordered two eggs, poached medium soft, toast, not too hard and well buttered from edge to edge and coffee, freshly ground, not too strong and not too weak.

"Yes, of course, sir," said the waiter, and would you like any special design on the dishes?"



CAFOD's food campaign is urging the UK government to protect the right of farmers around the world to use their seeds. Seeds are life. They are the very foundation for farmers to produce the food that feeds us all.



For generations, small-scale farmers have freely swapped and shared a wide variety of seeds to produce food and maintain biodiversity. More recently, farmers have also developed seeds that ensure crops are resilient to climate change. However, their right to choose what seeds they use is increasingly under threat as new laws are introduced across the world that limit what small farmers can do with their seeds.

**Our seeds need protecting:** Small farmers' seed rights are under threat. These laws, which are being brought in with the support of global financial institutions such as the World Bank, overwhelmingly favour large agri-businesses. Instead of being able to choose their own seeds, small farmers must purchase commercial seeds – something that is good for big business profits but not so good for the farmers who grow



the majority of the world's food. It's clear that our current global food system is in crisis, and at the heart of this crisis is a struggle over control of the world's seeds. Protecting the freedom of farmers to choose seeds is a right we must all stand up for if we are to tackle global hunger while responding to the cry of the earth and the poor.

**The role of big business:** In the 1980s, the ten biggest companies controlled less than 15% of the global seed market. Today that control is concentrated in the hands of just four companies who control 50% of the market- just a handful of private companies own half of one of the most precious resources needed to feed the world. Another way that giant agribusinesses are wrangling control away from farmers is through appropriating their traditional seed varieties. The goal of big business is clear: to restrict farmers' ability to save and share seeds so they have fewer options and are pushed towards buying commercial seeds instead.

**CAFOD**  
just one world



**Is there an alternative?**: Yes! Seed sovereignty is the right for farmers to save, use, exchange and sell their own seeds. It is about farmers having the power to choose the seeds they plant, rather than that power belonging to corporations or international institutions. Small farmers are using seeds banks to let them choose what crops are most appropriate for them. Their methods have allowed them to grow healthier, more sustainable food that provides for their families and goes for a higher price at their local market. This organic system can flourish on a far grander scale, but it needs the UK government to use its voice at the World Bank to create a more sustainable and supportive environment for farmers that trusts their knowledge and empowers them.



**You can make a difference!**: Let's follow Pope Francis's call and play our part in transforming the food system for the benefit of people and planet. The UK Government is a major player at the World Bank and one of the most influential countries in shaping the Bank's policies. If enough of us call on the UK representatives at the World Bank to do the right thing and stand up for farmers' rights to choose their own seeds, we can make a difference. You can support this by signing the on-line letter to the World Bank which you can find here <https://action.cafod.org.uk/page/117398/action/1>. These other links will give you more information and ways in which you can support CAFOD particularly in urging the government to change its approach

<https://cafod.org.uk/Campaign/Fix-the-food-system>

<https://cafod.org.uk/News/Campaigning-news/Food-8-things-you-didn-t-know>

[https://assets.ctfassets.net/vy3axnuecuwj/2t2pXe2ABz8PR0zbVXYKXE/96c3e06c36c42f45a3a41ecb70570fcf/supporter\\_briefing\\_FINAL\\_.docx](https://assets.ctfassets.net/vy3axnuecuwj/2t2pXe2ABz8PR0zbVXYKXE/96c3e06c36c42f45a3a41ecb70570fcf/supporter_briefing_FINAL_.docx)





Since the last magazine we have completed our Spring Term and we are now well into our Summer Term—the year is flying by!

During this time we have all been working very hard; children and teachers! The highlights from which are as follows;

Our Easter services from Y3 and from our Pupil Chaplains prepared us well for Holy Week and Easter Week. Y3 told us the Easter story through an assembly that their parents attended. This was followed by the Stations of the Cross for parents and children led by the pupil Chaplains. Both were very reverent and spiritual. This spiritual theme has been continued into May when we have just had the Crowning of Mary and the morning Rosary in honour of Our Lady. The Y3 children are also making their First Holy Communions in the local Churches.

During the Easter holidays we sent our school group of 12 (7 children and 5 adults) to Lourdes as part of the HCPT Pilgrimage where they prayed for you all at the Grotto and generally had a great week that they will remember for the rest of their lives.

After Easter we hosted 20 children from our link school in Madrid (Colegio Miramadrid in Paracuellos). They stayed with 10 host families and immersed themselves in our school community and explored London. They had a great time and our families really enjoyed the experience. We are now travelling to Madrid with 20 of our Y6 children who will stay with host families in Paracuellos. This is a well-established relationship and allows our children to have a unique experience for a Primary School child. They will spend time in their school and sight-see in Madrid, again establishing life long memories. We are now in the process of making links with a school in Tuscany, Italy (Carducci Fattori) which will develop links through Zoom, Newsletters, pen-pals and eventually pupil exchange programmes.





Recently we had the honour of welcoming the Mayor of Harrow to our school (Janet Mote). She is an ex-pupil of the school and spoke so well to answer the questions that our children asked her, emphasising the need to be loved and feel happy at school; which is our ethos.

We are now beginning the preparations for our 70th Anniversary which starts in September. The school opened in September 1953 and was officially blessed by Cardinal Griffin on 3rd October 1953. We will be holding a series of events to mark this great achievement. If you are or know of any past pupils of the school can you ask them to send me in some memories and what they have done in their lives hopefully with a picture if possible. Send any articles to office stbernadette.harrow.sch.uk.

Our Y6 children have just completed their exams and are getting ready for the transition to Secondary School. We have very close links with St Gregory's, Salvatorian and Sacred Heart High Schools so they are prepared well but it is always sad to see them leave us.

We had a great Coronation event to celebrate King Charles III and Queen Camilla. We had assemblies about the event, followed by a school picnic where hundreds of parents turned up to pay homage to our own version of the King and Queen (George and Sophia from Y5!) It will never be forgotten and was great fun!

Please remember our school community in your prayers as you are all in ours.



## Saint Joseph's Infant and Junior Schools

The pupils have enjoyed a wide range of exciting educational experiences over the spring and first few weeks of the summer term

### **Book Week**



Book Week was full of fun activities for all. We were lucky enough to have An Vombraut, author of 64 Zoo Lane, visit us for the day. We also had poet Neil Zetter leading class poetry workshops. We rounded off the week with a character dress up day.

### **World Maths Day**

The children enjoyed celebrating World Maths Day and taking part in investigational activities.



### **School Trips**



Reception children went on a lovely visit to Hounslow Urban Farm where they met a variety of animals. The KS2 Humanities Leaders enjoyed a visit to the Natural History Museum. Year 3 visited Westminster Cathedral for a tour. They also attended Mass.

### **Earthquake Appeal**

Prayer Leaders organised a charity collection to support those effected by the earthquake in Turkey and Syria. They raised a magnificent total of £1,628.84!



## **Easter Preparations**

During our preparations for Lent, we tried to make more time for daily prayer and also to be more considerate of the needs of others. Junior classes had Masses in their classrooms, which their parents and families also attended. Ash Wednesday liturgies took place in both schools. Services of reconciliation took place at Saint Joseph's Church. Many thanks to Father Anthony, Father Joseph and Father Tebin for supporting our collective worship.



## **Year 5 Easter Liturgy**

Pupils in Year 5 led the Easter Liturgy this year, which retold the events of Holy week.

## **Easter Parade**

The children displayed their amazing creativity when they made their own Easter hats for our Easter parade.



## **King's Coronation**

We enjoyed celebrating King Charles III's Coronation. The children enjoyed a royal parade, a royal assembly, a banquet and a range of games and creative activities.



## **First Class Learning**

Wembley Study Centre meets Thursday 4.00pm – 6.30pm for after-school Maths & English classes.

Contact Divya. tel: 020 8958 8363;  
mobile: 07515 630371.

Email: [wembleypark@firstclasslearning.co.uk](mailto:wembleypark@firstclasslearning.co.uk)  
[www.firstclasslearning.co.uk](http://www.firstclasslearning.co.uk)



## Wembley Dementia Carers Support Group: Who is it for?



Last month represented a decade since the first meeting of the Wembley Dementia Carers Support Group took place in April 2013. This followed an invite from Fr Anthony to begin a new group.

Sometimes I'm asked "Why do I run this and the other carers support groups ?" Therefore I thought I would share a little of my story to explain how I got involved.

In 2010 - unlike the photo you see here - I was not in a good place caring for mum at home. Although I had taken a career break from work, the emotional, mental and physical pressures were taking their toll (e.g. my weight ballooned to over 14 stone as a result of comfort eating). What made it really difficult were other complications, such as "battling" with our GP and Social Services to properly assess mum for her care and health needs.

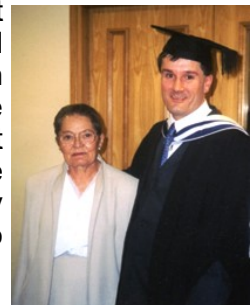
Then out of the blue I received a telephone call, inviting me to attend some course on dementia. I had serious doubts this would be of any benefit to me, but I was persuaded to attend the first session.

### The first session

On the way driving there I was thinking this is going to be a waste of time. I had left mum at home with a carer. What made it worse was I could not find a free car park place, and so arrived in a bad mood.

I did not know what to expect, and as the last person to arrive I was surprised to see so many other people. The session began, and what was to happen next changed my life forever.

We were asked to introduce ourselves, who we cared for, ... As each person spoke I realised for the first time I was not alone. We were all different ages, backgrounds and ethnicities, caring for different relatives living with dementia, and I could relate to each and every one of their stories. It will always be one of the most emotional experiences I will ever have; there were quite a few tears in the room. When it was finally my turn to speak, it was the first time I felt able to talk honestly and openly about my situation.





I was hooked, and looked forward to the remaining sessions. Over the subsequent 5 weeks these strangers became friends. We would share tips, ideas and strategies on how to deal with certain scenarios that may arise, in supporting our loved ones. We faced common issues — which made the tasks of caring for a family member living with dementia more challenging — whether it was social services, NHS, other family members, etc. This had the benefit of being able to release all the emotions I had, which resulted in better caring for mum and the consequential benefit on mum as well.

### Carers support group



As a group of family carers we wanted to continue to meet, and I agreed to act as the main contact. Only a few weeks later - in September 2010 — we formed Sudbury Dementia Carers Support Group. The group was committed to not just meeting ourselves, but invite other family carers to join us. It's impossible to gauge how many people the groups have helped over the years. As for me the group supported me in being able to move on with my life after mum passed away in 2011, something I never expected. I hope this gives you an insight into how this experience helped me and others better care for loved ones with dementia.

If you know of anyone who is supporting a husband, wife, mother, father or someone else with dementia, please let them know about the support group. Even if the person they support has not received a diagnosis — which is often the biggest hurdle — help is available.

Frank Arrojo

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Microsite: <https://parish.rcdow.org.uk/wembleyprestonroad/sterconwald>  
Live-streaming: <https://www.churchservices.tv/wembley3>

**MAKING A DONATION VIA OUR WEBSITE**

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

Via Dona [the company who supply our card readers].

<https://portal.mydona.com/assets/webPay/index.php?cid=268>

Donations, Mass Intentions and Repository payments can also be made via new card readers in Church

**[If you are a tax payer, please Gift Aid your donation]**

This Parish is part of the Westminster Roman Catholic Diocese Trustee  
Charity No. 233699

**PARISH PRIEST**

Father Anthony Psaila

**PARISH OFFICE:**

See the weekly newsletter or visit: <http://www.erconwald.org.uk>

**PARISH HALL LETS:**

Elizabeth Patten: [wembley3@rcdow.org.uk](mailto:wembley3@rcdow.org.uk)

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Maria Rogers [wembley3sq2@safeguardrcdow.org.uk](mailto:wembley3sq2@safeguardrcdow.org.uk)

**SUNDAY MASSES**

Saturday Vigil: 5.30pm; Sunday: 10.00am and 11.30am

**CONFESSIONS:** Saturday 4.30 - 5.00pm

**HOLY HOUR AND BENEDICTION:** Wednesday 10.00-11.00am

**WEEKDAY MASSES**

Monday, Tuesday, Wednesday, and Friday: 9.30am.