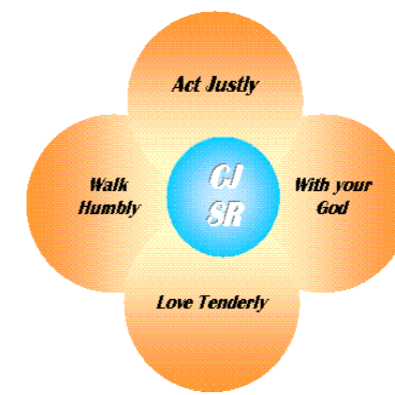


Just Time



Issue 18 July 2011

find us online at www.dioceseofbrentwood.net/cjsr

In this issue



Grandparents in
Aylesford



Justice and Peace in
our primary schools



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Countdown to the Olympics



So there is just one year to go: the athletes have been invited; the medals have been unveiled; and London is getting ready to host the Olympics and the Paralympics. What does this mean for the Commission and our work?

Olympics and the Family!

At a recent event at the start of the countdown to the Olympics and Paralympics, families were asked what their hopes, dreams and wishes were for the forthcoming Games. These ranged from a 'peaceful and happy games', 'something that will bring people together' to one hopeful asking for 'a ticket for the opening ceremony'. The history of the Games is such that it has this great power to bring families and communities together, even if sometimes all are not cheering for the same team! Our family lives sometimes mirror this struggle and all that is required of us is simply 'to do our best'.

Over the coming months the energy behind the Olympics will increase as will the hype. However, we can use this once-in-a-lifetime opportunity to bring our families together either at home or in the wider parish family and share this wonderful experience with others.

*L'important dans la vie ce n'est point le triomphe, mais le combat,
l'essentiel ce n'est pas d'avoir vaincu mais de s'être bien battu.*

*The important thing in life is not the triumph but the struggle, the
essential thing is not to have conquered but to have fought well.*

**Pierre de Coubertin, 1863-1937,
'Father of the Modern Olympic Games'**

Olympics and Social Justice

With the London Olympics now only a year away CJSR is actively working on how our parishes and schools can become involved in this once in a lifetime opportunity.

Together with Westminster and Southwark Archdioceses, we are committed to the 100 Days of Peace (HDOP) initiative which aims to encourage everyone to organise peace events and make the 2012 Games an occasion to celebrate peace, in our hearts, in our neighbourhoods, reaching out nationally and internationally. An event will be held on Saturday, 5th November at St Bonaventure's School, Forest Gate to launch ideas and resources that parishes and individuals can use to promote HDOP.

There will also be an opportunity that day to work together to develop ideas that can be taken back to the parish or groups. Everyone is welcome. We are especially hoping that we get a good cross-section of parishioners that day, and as many families as possible will be able to attend. Please make a note of the date – more information will be on our website over the next few weeks.

News/events from Social Justice

I would like to share with you some of the work I have been involved in since our last newsletter and also to tell you about forthcoming events;

Schools

For the past three years we have organised a J&P day for secondary schools in our diocese (more about this later). Over the past three months I have also worked with our primary schools, years 5/6. Following discussion with Sr Jude Groden of BRES, we decided to base my presentation on Pope Benedict's visit last September with a heavy emphasis on J&P. The response from the schools to my invitation has been marvellous and to date I have given the presentation to 11 schools with many more booked from September to the end of the year. Some of the J&P topics covered (which have been chosen by the children themselves) range over *child soldiers, poverty, UN Millennium Goals and of course Fairtrade* – here are just a few comments from the children:

Question: *"How do we reduce child mortality?"*

Answers: *We help them get food and water and give them Christmas shoe boxes"; "I think you should get a doctor so they can save lives".*

Another question: *"How do we show we are giving love?"* Answer: *"Show out your love by loving, having peace and patience, sharing happiness and to have self-control when someone gets angry".*



When all my visits are complete we will be making a book, which will be sent to the Pope, containing a comment from the children to him. Here are a couple of photographs from some of the schools.

Our J&P day for secondary schools will be held on 3rd November at St Thomas More High School for boys in Westcliff. The focus of the day will be "communities" and the presenters will be CAFOD, Brentwood, London Citizens and CJSR (Social Justice and M&FL).

Twining – Fr Zakhele from the Amakhasi mission station in Dundee recently spent six weeks in our diocese as a guest of Fr Denis Hall at St Antony’s, Forest Gate. The purpose of the visit was to gain experience in a parish of many different cultures and be involved, first hand, with the diverse community.

One World, One People

A quick mention of the Migrants’ Mass which this year took place in Southwark Cathedral. Despite a small drop in numbers the Mass was as wonderful as ever – it is always so inspirational to see the many different cultures in our diocese as they enter the church in their



colourful costumes, holding aloft their parish banners. Bishop Thomas gave the homily which focused on the scandal of wages paid to migrants – it was excellent and pulled no punches.



Sr Una at the Assembly

At the London Citizens’ Assembly, which followed the Mass, the Bishop was singled out for a special thank you, for all his support on its Living Wage campaign. Two other people from our diocese played a prominent role in the Assembly: Mgr John Armitage, Vicar General, and Sr Una McCreesh, OSU and chair of CJSR. The

Assembly announced two revisions on the Living Wage: the Inner London rate is now increased to £8.30 per hour and the Outer London rate to £7.20.

ESOL – a new class is now running at Our Lady & St George, Walthamstow on Monday evening from 7.30 – 9.30. The class is free – newcomers will be warmly welcomed. Contact me if you or someone you know is interested.

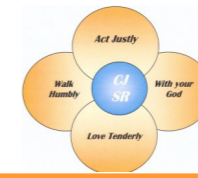
One World Week (23rd – 30th October) “Living for One World, its people and the planet”. CJSR is supporting events being organised by the Ilford one world week group. We will be hosting an event on Tuesday, 23rd October (venue to be confirmed).

Forthcoming events – please make a note of these dates in your diary:

- Saturday, 10th September – CJSR Annual Conference
- Saturday, 5th November – Hundred Days of Peace event to launch parish resources
- Tuesday, 17th November – lecture by Lord David Alton
- Friday, 2nd March 2012 – Women’s World Day of Prayer – “*Let Justice Prevail*”
- Thursday 8th March 2012 - Lecture on human trafficking

Please do not hesitate to contact me if you would like me to visit your parish to talk about my work in social justice.

Davina Bolt



ANNUAL CONFERENCE

Guest Speaker

Susy Brouard

CAFOD

***“The challenge of Micah
in today’s world”***

***Act justly, walk humbly,
love tenderly***

Saturday 10th September, 2011

10.00am to 1pm

Cathedral Parish Hall

Brentwood

Please bring food for sharing.

Everyone is welcome

For more details call
Elisabeth Abbott
01277 265290
or email cjsr@dioceseofbrentwood.org

Celebrating grandparents!

Hundreds brave the elements for a day of Faith and Fun!

The first inter-Diocesan day to celebrate grandparents took place at Aylesford Priory in Kent on Saturday 16th July. The day, organised jointly by the Archdioceses of Arundel and Brighton, Southwark and the Diocese of Brentwood, attracted a large number of 'pilgrims' who had travelled to this beautiful corner of Kent by coach and car.

As many will recall, the weather was a mixture of high winds and lashing rain, but this did little to dampen the spirits of the many families who attended. All were welcomed at the opening service by the Prior of Aylesford who reminded us that the rain there is definitely 'blest' so 'don't worry if you get wet!'

The events during the day were very varied and consisted of a number of fun activities including a bouncy castle, football and tennis for the 'sporty', face painting for the young (and not so young!) and children's entertainment provided by 'Funforce'. A special quiz for the day was also organised with the help of the Brentwood Youth Service.

There was a series of workshops led by Catherine Wiley and Máire Printer from the Catholic Grandparents Association, Jane Andrews of the Cabrini Society and Paschal Uche from our own diocese - who many will remember welcomed Pope Benedict at Westminster last year. Their talks all focused on the important role grandparents play both in family life and 'passing on the faith'.



During the day there were also opportunities to spend quiet prayer time with the Blessed Sacrament and to receive the sacrament of reconciliation. All the children were offered a rosary and prayer sheet. In addition, there was a continuous film show of the resource 'Home is a Holy place' along with a number of other resources in support of marriage and family which were provided by all three dioceses.

The day concluded with the celebration of Mass at the main shrine led by Bishop John Hine, who has recently been appointed patron of the



Catholic Grandparents' Association. During his homily he spoke of the fact that it is only in relatively recent times that grandchildren have really been able to know their grandparents. He spoke of the important and essential role that they continue to play in family life. At the end of the Mass he led the release of many balloons, to which a number of children and others had attached prayers and intentions for their own grandparents.

Building on the success of this event, planning has already begun for next year's pilgrimage which will be held on 14th July 2012.

In addition, the National Grandparents' Pilgrimage, organised by the Catholic Grandparents' Association was held at the Shrine of Our Lady, Walsingham on Saturday 23rd July 2011. Over 300 people attended a Mass celebrated by Bishop Brian Noble, Bishop Emeritus of the Diocese of Shrewsbury. During his homily, Bishop Brian spoke of the 'unique contribution' that grandparents make to family life, so much so that grandparenting should be 'considered as a vocation in its own right'.

For more information on how grandparents can be supported in this important area of family ministry or any other aspect of family life please contact familylife@dioceseofbrentwood.org or telephone Phil Butcher 01277 265252.

Pope Benedict and family life

In a recent visit to Croatia the Holy Father spoke to around 300,000 people and gave a strong message in support of the Christian family.

"Everyone knows that the Christian family is a special sign of the presence and love of Christ and that it is called to give a specific and irreplaceable contribution to evangelisation. ... The Christian family has always been the first way of transmitting the faith and still today retains

great possibilities for evangelisation in many areas. Dear parents, commit yourselves always to teach your children to pray, and pray with them; draw them close to the Sacraments, especially to the Eucharist, ... introduce them to the life of the Church; in the intimacy of the home do not be afraid to read the sacred Scriptures, illuminating family life with the light of faith and praising God as Father. Be like a little 'upper room', like that of Mary and the disciples, in which to live unity, communion and prayer!"

"By the grace of God, many Christian families today are acquiring an ever deeper awareness of their missionary vocation, and are devoting themselves seriously to bearing witness to Christ the Lord. ... In today's society the presence of exemplary Christian families is more necessary and urgent than ever. Unfortunately, we are forced to acknowledge the spread of a secularisation which leads to the exclusion of God from life and the increasing disintegration of the family, especially in Europe. Freedom without commitment to the truth is made into an absolute, and individual well-being through the consumption of material goods and transient experiences is cultivated as an ideal, obscuring the quality of interpersonal relations and deeper human values; love is reduced to sentimental emotion and to the gratification of instinctive impulses, without a commitment to build lasting bonds of reciprocal belonging and without openness to life. We are called to oppose such a mentality! Alongside what the Church says, the testimony and commitment of the Christian family - your concrete testimony - is very important, especially when you affirm the inviolability of human life from conception until natural death, the singular and irreplaceable value of the family founded upon matrimony and the need for legislation which supports families in the task of giving birth to children and educating them."

"Dear families, be courageous!" the pontiff exclaimed. "Do not give in to that secularised mentality which proposes living together as a preparation, or even a substitute for marriage! Show by the witness of your lives that it is possible, like Christ, to love without reserve, and do not be afraid to make a commitment to another person! Dear families, rejoice in fatherhood and motherhood! Openness to life is a sign of openness to the future, confidence in the future, just as respect for the natural moral law frees people, rather than demeaning them! The good of the family is also the good of the Church. I would like to repeat

something I have said in the past: “The edification of each individual Christian family fits into the context of the larger family of the Church which supports it and carries it with her ... And the Church is reciprocally built up by the family, a ‘small domestic church’. Let us pray to the Lord, that families may come more and more to be small churches and that ecclesial communities may take on more and more the quality of a family!”

Source VIS.

*Mass in Celebration of
Marriage and the Family*



Bishop Thomas

invites you to join him for

Mass in Celebration of Marriage and the Family

on

Saturday 24th September 2011

3.30pm in Brentwood Cathedral

followed by a reception in

the Cathedral Hall

Moving in the direction of non-violence

This title set the scene for a recent study day with Pax Christi in Cathedral House.

In his opening welcome, Bishop Thomas McMahon praised Pat Gaffney for her total commitment and witness to peace. In response, Pat presented the Bishop with a “good luck retirement card” and thanked him for his unwavering support for peace throughout his 31 years as bishop.

The day was built around several workshops facilitated by Pat and Valerie Flessati (also from Pax Christi), which looked at the violence in our world, the active non-violence of Jesus and the skills needed for peaceful change.

The workshops involved role-play in potentially conflicting scenarios, e.g. in the home, workplace and the wider community. One question asked was: “how can we resolve conflict non-violently?” Several very good solutions were put forward, but the most important one would seem to be

communicating with each other. I believe that most of us took away from the day understanding of the many different forms of violence we experience and, perhaps, unknowingly, inflict on others. Pat and Valerie made us think outside the box; violence isn't always physical – bullying is a classic example of this.

The day was well attended and it was good to see many new faces from our parishes and especially from other faiths and peace groups.

The outline of Pat and Valerie's presentation can be found on the Pax Christi website: www.paxchristi.org.uk. I know Pat and Valerie would be happy to visit your parish or group.



Davina Bolt

Dementia – diagnosis, care and support

On the 16th June, Sr Siobhan O’Keefe SHJM visited Brentwood and gave an inspirational talk about this debilitating disorder. Dementia is a term used to describe a variety of brain disorders that have in common a loss of brain function that is usually progressive and eventually severe. There are many types of dementia. The most common are Alzheimer’s disease, vascular dementia and dementia with Lewy bodies. Dementia is not necessarily a condition of the elderly and is being identified much more in younger people. Sr Siobhan spoke of the 16 year old in London who had recently been diagnosed with the symptoms of early onset dementia.

Diagnosis is key as there are over 200 types of dementia. The term ‘dementia’ describes a set of symptoms which include loss of memory, mood changes, and problems with communication and reasoning. These symptoms occur when the brain is damaged by certain diseases, including Alzheimer’s Disease and damage caused by a series of small strokes. There are around one million people living with dementia in the UK and of these there are around 16,000 younger people. Symptoms range from mood changes and communications difficulties to an inability to carry out normal daily tasks.

It is important to remember that dementia is a physical disability. It can lead to the isolation of the individual. Recently a charity, Friends of the Elderly, ran ‘Isolation week’ which gave people an opportunity to understand what physical difficulties can be like to live with. These included what it is like to live with dementia. As one participant put it, ‘I felt my hearing and sight were being suffocated, babbling noises raged in my head – dislocating my senses’.

If you are concerned or know of someone who may be affected by this, the Alzheimer’s Society has a wealth of information to support both carers and those affected by this disability. For more information contact www.alzheimers.org.uk/ or familylife@dioceseofbrentwood.org

‘O Spirit, help me never to judge a man until I have walked a mile in his moccasins.’

Ancient American Indian Prayer

***Brentwood Catholic Children's Society –
caring for children and families
in Essex and East London Boroughs***

The Brentwood Catholic Children's Society – also known as Childcare – works in primary and secondary schools in the Diocese of Brentwood. We employ qualified social workers and counsellors who work in schools to address difficulties that may be impeding the educational, social and emotional development of children and young people.

The society was founded in 1984 by Mgr. John Armitage, who identified the stresses and strains on children and their families in the Catholic community following the demise of Catholic organisations offering care in children's homes. The Society itself has survived many challenges in the last 27 years and, like many other charities, in the last few years the economic uncertainties have placed considerable pressure on our resources.

We have a tradition of engaging with children and families at an early stage in order that more serious situations can be prevented and families are enabled to cope within their own resources. Recent changes in legislation, the increase in family breakdown and other social factors such as alcohol and drug dependency, knife crime and gang cultures demand a high level of skills, knowledge and competence from our dedicated team of social workers and counsellors.

The structure of the allocation of individual social workers dedicated to specific schools has been a successful formula. Schools are able to refer children whom they feel would benefit from additional support during particularly difficult periods in their life. We adopt a collaborative, partnership approach with schools, children and families and respond to all children and families irrespective of race, religion, background or beliefs without judgement or prejudice.

As a registered charity we receive no government funding and our main source of funding is through fund raising, voluntary effort and contributions from our friends and supporters. To support us in our valuable work please visit our website: www.childcareuk.org

Maire Maisch 01268 784544, Deputy Director
mmaisch@childcareuk.org

CAFOD Brentwood update June 2011

Connect2 is an opportunity for parishes and schools to share their lives with communities in Brazil, Bangladesh, Cambodia, El Salvador, Ethiopia and Rwanda.

We will shortly be welcoming Heloisa and Zeza from Sao Paulo in Brazil – launching Connect2 in Our Lady & St George parish, primary school and Holy Family College, Walthamstow and in July, Simon and Odette will be visiting from Musha in Rwanda; they will visit Holy Name and Our Lady Immaculate parishes in Chelmsford, and St John Payne School.

Tea Time for Change On 9 June, 131 MPs sat down over a cup of tea with their constituents in Westminster. Lobbyists were calling for commitments on aid, transparency and the Robin Hood Tax. We were pleased to meet several supporters from the Diocese.

Secretary of State for International Development, Andrew Mitchell, applauded the efforts to keep 0.7% for aid in the budget, saying he had “never been so proud” of any commitment in 30 years of politics. “Charity begins at home, but it doesn’t end there,” he said.



We were delighted that eight people took the plunge for CAFOD and joined the annual Harlow Tye **Abseil**, raising almost £3,000 for our work. Thank you to everyone who took part.

Finally, at the time of writing 8 million people face worsening drought in the East and Horn of Africa. In Southern Ethiopia we are hearing of 10 hour journeys to fetch water.

Please donate to our emergency fund by calling 0044 500 858 885 or online www.cafod.org.uk/donate

For further information:

Joanna Jarvis, Denise Grierson and Mary Matthews

CAFOD Brentwood 020 8502 9722

brentwood@cafod.org.uk www.cafod.org.uk/brentwood

Communications!!



In the week that Pope Benedict made his first 'tweet', we are ever more conscious of the rise in the number of ways that technology can enable us to all communicate over the miles. Skype has enabled free calls to keep families in touch across the world and with a web cam we can all share special family moments – virtually! The Vatican has embraced this technology and 'The Pope meets You on Facebook' is a Facebook application designed by an Italian priest Fr Paolo Padrini. This allows users to send and receive virtual postcards of the Pope along with inspirational extracts from his various speeches and messages. In addition, The Vatican has also provided official endorsement to iPhone app 'The Confession Program' – a how-to guide through the Sacrament of Reconciliation.

We are finding that many families are using technology to keep in touch socially and are also relying more heavily on this as a constant stream of information. We are always looking at new ways to contact everyone so let us know your thoughts! We can currently be contacted via e-mail familylife@dioceseofbrentwood.org, telephone 01277 265252, the Web <http://www.dioceseofbrentwood.net/servicesandsupport/jsr/Family.aspx> or by post.

Let us know how you keep in touch!

Phil Butcher

Contact details

We do want to keep you informed of all our events and our work in the diocese. Please let us know if your contact details change, in particular your email address, mailing address and contact phone number. You can email cjsr@dioceseofbrentwood.org or call us on 01277 265290 to let us know of any changes. If you know of any one who would like to know more about us please pass on our details to them.

Marriage Care—Part 2

We continue Glenda's article on the services and preparation that Marriage Care provides for couples in our diocese.

In FOCCUS we deliver a programme on a one-to-one basis and couples have a chance to express feelings and personal details from growing up with parents to adulthood, over two sessions. It's amazing how after completing the first session they look forward to part two. Faith plays a very important part in this session and gives couples a chance to examine their past and present and what they expect from each other.

The Marriage Care training focuses on Commitment, Communication, Conflict, Spirituality, Sexuality and Self Esteem. We are trained to the highest standard and all must pass the course before they can practise. All our providers come from a varied ethnic and diverse background which blends in with the needs and expectations of the couples we see. In conjunction with the marriage preparation, we also share our own personal experiences and lives, for better or worse, with the couples. The day is not about us but the young people starting married life. They come with expectations and are eager to learn from each other and to grasp as much as they can in an ever-changing world.

The expectation is not that of idealism but one of commitment, and finding different mechanisms to harmonise their lives. For us it is not what we deliver to the couples but what they bring to us. Most have been in long-term relationships and have already developed their own mechanisms for coping with everyday life and are happy to share with those starting out. It amazes me sometimes to listen to how level-headed and practical these young people starting off in life can be.

In our sessions we normally look at the marriage vows and how each vow relates to their daily lives. For example, "in sickness and in health" the contributions relates to couples who are caring, loving and expect a lifelong commitment from each other. In "till death do us part" they are very aware that they are entering into a state of marriage that is forever.

Other sessions cover communications and couples understand that this is the key to a good marriage because without it they cannot resolve conflict which is inevitable in every relationship. Sexuality, with the help of Fertility Care, is an eye opener to many couples and we have been fortunate to have the help of an experienced practitioner. Couples also have a chance to look at their own sexuality and the expectations they have of each other. Self esteem and spirituality draw on couples own experiences in a long-term relationship built on trust, loyalty and love.

It is sometimes difficult to enable them to visualise God as being the centre in their married life together but we believe that faith is not 'taught' but it is 'caught' by the way we live our Christian lives. Because of our faith we are able to share our experiences of how God has been an integral part of our daily lives.

In all our sessions we end with the God experience – God the provider, the giver of all good gifts,

God the friend, the loving loved one.

Glenda Spencer

Playing your part

We are always happy to hear from our readers about the issues that concern you and so we warmly welcome contributions for *Just Time* and your comments about the newsletter. You can email cjsr@dioceseofbrentwood.org or post your articles to CJSR, *Just Time*, Cathedral House, Ingrave Road, Brentwood, Essex, CM15 8AT.

If you know of anyone who would like to receive *Just Time*, email their details to us and we will add them to our mailing list. You can also find all our issues on our website www.dioceseofbrentwood.net/cjsr where they can be downloaded free.

Dates for your diary

2011

- Aug 6 & 9 Anniversary of first use of atomic weapons at Hiroshima and Nagasaki
- Sept 10 **CJSR** - Annual Conference with Susy Brouard from CAFOD, 10am to 1pm Parish Hall, Brentwood
- Sept 11 Racial Justice Sunday
- Sept 17 Domestic Abuse Awareness Day, Springfield. For more information contact familylife@dioceseofbrentwood.org
- Sept 24 Mass to Celebrate Marriage and the Family 3.30pm Brentwood Cathedral, familylife@dioceseofbrentwood.org
- Oct 7 Harvest Fast Day CAFOD
- Oct 17 International Day for Eradication of Poverty
www.unmediation.org
- Oct 20 Prisoners' Sunday
- Oct 23-30 One World Week www.oneworldweek.org
- Oct 23-30 Week of Prayer for World Peace
- Nov 4-5 Marriage Preparation Conference, Leicester. Contact familylife@dioceseofbrentwood.org
- Nov 5 2012 Games launch event for resources in Brentwood Diocese, St Bonaventure's School, Forest Gate. 10am to 3pm. More information to follow.
- Nov 13 Remembrance Sunday
- Nov 17 CJSR/BRES Autumn Lecture with Lord David Alton, 7.30pm Conference Hall, contact cjsr@dioceseofbrentwood.org for more information
- Dec 1 World AIDS Day www.worldaidsday.org
- Dec 10 UN Human Rights Day www.unmediation.org

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Diocese of
Brentwood