

In this issue...

## ***Just living our Faith - Love thy neighbour. Who is my neighbour?***

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## ***Who cares for the carers ?***

As with all the areas of our Commission's work Pastoral Care covers such an enormous and diverse area that you hardly know where to begin. I have decided to focus on one area of this work that I know a little about – that is "*who cares for the carers*".

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## ***All are welcome in this place***

These are the words of a hymn by Marty Haugen which is often sung in our parishes, but is the welcome it extends truly evident in our community both at parish level and wider?

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A look at the work of two of our chaplains, Father Joseph Whisstock and Father Paul Fox.

pages 7 and 17

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### ***Just living our Faith - Love thy neighbour. Who is my neighbour?***

Whether we live in a tower block or country estate we all have neighbours. The distance between those living near to us is usually the separation caused by a party wall or fence. Sometimes we think of those living in the same street or block of houses. Speaking recently with an Islamic scholar, he said a neighbour could be considered as someone living forty houses either way. However, he was quick to add that in the world today this cannot be, as anyone who we meet or crosses our path is in reality our neighbour.

Sadly, in today's climate we can all too easily fall into the trap of isolating ourselves from others and withdrawing – avoiding eye contact and even crossing the road. Some years ago there were horrendous television images of a young woman badly injured and lying in a road. The cars were weaving around her but no-one stopped. We can all say that the drivers were unfeeling or uncaring but it is a trap that we can



all fall into. Their “metal box” is synonymous with the bubble that we can all live in and take the easy option to ignore what is going on around us. Not to get involved.

Our neighbour is the eighty year old man struggling to get his bag into the overhead locker on a plane, the mum with two young children trying to get on a bus, the person you just soaked driving through a big puddle, the expressionless eyes asking for “loose change?” They are our neighbour and we are theirs.

If we are to build cohesive and solid communities we need to do this from the bottom, from building relationships and having conversations with those around us. Share a cup of tea over the garden fence, stop and chat to those around you after mass, extend the hand of welcome to those strangers in our midst. Strangers are often only friends we don't know yet. Share your gifts of time and talent. Not necessarily grandiose gestures, helping someone with shopping or arranging a lift to church is an excellent way to start. Until we can stretch out a hand of kindness to our fellow, burst the bubble of our introspection we stand little chance of regaining that community spirit where we all look out for one another.

The culture of a country can be measured by the way it welcomes visitors. The warmth of our community can be measured by how it welcomes all, friends and strangers, and nurtures everyone within that community.



**Phil Butcher**

*"All mankind is of one author, and is one volume; when one man dies, one chapter is not torn out of the book, but translated into a better language; and every chapter must be so translated...As therefore the bell that rings to a sermon, calls not upon the preacher only, but upon the congregation to come: so this bell calls us all: but how much more me, who am brought so near the door by this sickness...No man is an island, entire of itself; every man is a piece of the continent, a part of the main; if a clod be washed away by the sea, Europe is the less... any man's death diminishes me, because I am involved in mankind; and therefore never send to know for whom the bell tolls; it tolls for thee."(John Donne)*

## ***Who cares for the carers ?***

As with all the areas of our Commission's work Pastoral Care covers such an enormous and diverse area that you hardly know where to begin. I have decided to focus on one area of this work that I know a little about – that is "*who cares for the carers*".

This aspect of pastoral care was brought home to me during the terminal illness of my husband and in the last year of my mother's life.

When my husband was diagnosed with a very rare form of cancer (a malignant thymoma) we were naturally devastated but, as so many of you will know, from your own experiences, our human nature and, our faith, give us the strength and courage to say "we are going to beat this" and we forge ahead doing everything in our power to do just that. Alas, very often, despite our best endeavours, the one who is sick loses the fight. It is during a loved ones illness when you are totally focused on their needs that you often neglect your own. We had made the decision that, apart from the time when Ramon was undergoing treatment, he would be looked after, by me, at home. However, several months into the illness one of our Macmillan nurses suggested I get help, a couple of nights a week, by having a Marie Curie nurse to stay, and for the first time I heard the words "*who is caring for you ?*". These words really made me stop and think – I was fortunate, I had a loving supportive family, parish community and excellent medical care for Ray, all of which got me through my ordeal but, as I was to find out, many are not so lucky. And following bereavement that love, care and support is so essential.

I remember, specifically, a wonderful lady of 95, to whom I took Holy Communion once a week for the last few year's of her life. Eileen, a widow, rarely had visitors (although she had four children, two of whom lived fairly close by). My visit was the highlight of her week; her other regular visitor was an elderly neighbour who, for most of her adult life, had been caring for her mother, with no support from the rest of her family, and very little from Social Services. From my own experiences it worried me that no-one seemed to be looking after Janet. From our mutual love of Eileen we became friends and I managed to persuade Janet to pop out, a couple of times a week, to the shops, or just to have a break, doing what she wanted, without the constant need to

watch her mum. This small act of kindness meant so much to her and took such little effort on my part. There are hundreds of “Janets”, mostly women, who are denied any life of their own, because they are caring for an elderly relative, Often these people are not only worn out but are also in debt. Many have inadequate or no support; the “Carer’s Allowance” at £48.65 does little to alleviate the situation. An organisation called “UK Carers” is asking the Government for an overhaul of the benefits system to ensure that carers have a reasonable standard of living – or support if they are working. Obviously some local authorities and church-based groups are active in this regard, as in my own parish, but often the “carers” are an invisible majority. This problem is heightened with the breakdown of traditional family life. As a child, I lived in a wonderful, loving family with other members of the extended family close by – that is not the case now. Sending our elderly parents or relations into care was unheard of then.

As part of the Catholic Bishops’ Conference’s “Everybody’s Welcome” initiative, much effort is being put into making parishes more family friendly – but “family” perhaps too often appears to be defined solely in terms of marriage, parenthood and children, with the needs of the older generation not nearly so visible. So the “Older People’s Services Forum” under the auspices of Caritas-Social Action, was revived early this year.

**Davina Bolt**

(Acknowledgement: The Tablet  
Contact: [www.catholic.ew.org.uk](http://www.catholic.ew.org.uk)  
[www.caritas-socialaction.org.uk](http://www.caritas-socialaction.org.uk)  
email: [counselandcare.org.uk](mailto:counselandcare.org.uk))



## ***The Young Care Too***

Young carers are children who look after someone in their family who has an illness, a disability, a mental health problem or a substance misuse problem. Young carers take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

The caring can involve lots of physical care such as personal care for a parent, giving medication, helping someone get up, get dressed or to get around. Or it could mean providing emotional support for someone who has a mental health problem or substance addiction. In addition, many young carers are also responsible for looking after younger brothers and sisters and all or most of the household chores.

Young carers are at risk of social isolation and bullying, under-achievement, absenteeism from school, and physical and mental ill health.

For many families, this seems like the only option – you may be a single parent family with no relatives living nearby, or a two parent family but one of you works long hours.

“We’re working in the dark, trying to deal with our feelings, feeling guilty for relying on our children. You know they’re not responsible for you but they feel they are. You know they’re angry and there’s nowhere for them to go to before it develops. The anger festers until it gets too much and it explodes. You can hear the desperation with professionals - that they haven’t got the resources - but they’re so defensive. The door closes against you and you will never go and knock again. My doctor said to my child ‘Look after mummy, you’re the healthiest one in the family’. We need more than recognition. We need understanding.”

“Everyone always asks how I am. Ask about my child.”

“Services should provide all the help at their disposal, to help children to be children and not have to grow up before their time by taking on an adult’s responsibility. They are children for such a short time and an adult forever.”

**Source: The Princess Royal Trust For Carers**

for information and support contact Young Carers at [www.youngcarers.net](http://www.youngcarers.net)

## ***Chaplaincy in Healthcare***

Many changes have occurred regarding ministering to patients in hospitals and other healthcare places. Now there are chaplaincy departments within NHS hospitals which have become more prominent over recent years. They minister to patients not only those who are Christian but also those of all religions. These chaplaincy departments include not only ministers of various denominations and leaders of other religions, but also the lay faithful whose main role is to visit patients of all Faiths and none who wish it and to provide a "listening ear". Some of these "hospital visitors" are Catholic and, if they are extraordinary ministers of Holy Communion, can give the Sacrament to Catholic patients. Obviously, if the Sacraments of Reconciliation and Anointing are required, then the visitor will contact the Catholic priest, generally the chaplain. He is also part of the chaplaincy team and so will have his part to play in for example, team meetings and be involved if changes are suggested, either by the NHS trust and managers or by the chaplaincy team itself.

As a result of legislation in the late 1990's, Trusts are no longer able to provide lists of the religion or denomination of patients. Therefore the role of the hospital visitor becomes even more vital. Relatives and friends of Catholic patients should always ensure that the matron on the ward is informed of their catholicity and request that the chaplaincy team should be told as well. Otherwise the patient may not get a visit or it will be delayed until a hospital visitor chances upon him or her.

The chaplain's role will continue to evolve as will the NHS trusts and other healthcare departments. We live in a changing world and there's more of that to come!

**Fr Joseph Whisstock**  
Bishop's Advisor on Healthcare

## ***All are welcome in this place***

These are the words of a hymn by Marty Haugen which is often sung in our parishes, but is the welcome it extends truly evident in our community both at parish level and wider?

Everyone in our parish has his or her own needs, sometimes they are very obvious and we do our best to help. Recent legislation has required us to make our church and parish buildings accessible, so we have put in ramps, moved seating, added handrails and provided accessible toilets. These changes are vital for many members of our parish, they help mums with pushchairs as well as people with mobility problems and the elderly. But these are physical barriers that have been removed how about the attitudinal ones?

When we worship in church we come together as a community and everyone there needs to feel that they are part of that whole community. How we welcome people as they come into church is vitally important. The stranger, the family, the regulars, the people with special needs whatever they may be have a part to play in worshipping God. There is a lady in my parish who is there at the door unfailingly every Sunday. She always has a gentle word of welcome when you come into the church and she gives you the feeling that you really matter. She should go down as a national treasure.

As I have already said each of us has a part to play whether it be sitting in the congregation or perhaps a part in the various ministries. Is there any reason why someone with a visual impairment cannot be part of the choir or indeed lead the music? Readings can be done by a person in a wheelchair or with limited mobility if the sanctuary is accessible and microphones can be provided. Children can take part in the Mass at their level, maybe in prayer or in song. Nothing that I have suggested is impossible, it might be difficult but it isn't insurmountable with the right resources and a caring attitude.

Through the Roof is a Christian disability ministry working in partnership with churches and other organisations to promote access and inclusion of disabled people in every area of church life. This meets our objective to make the Christian message accessible to people affected by disability. To achieve this they have a variety of projects, both in the UK and overseas, to encourage churches to be

inclusive of disabled people and their families.

Perhaps with a bit of thought and preparation everyone can find their part to play in the life of the parish and in particular in the worship of the parish. What we can achieve in our churches we can take into life. Then maybe we can leave the church singing, 'We are one in the Spirit' and know that we have managed to make it come true.

**Elisabeth Abbott**

## ***Disability Sunday***

Are disabled people fully involved in the life of your church? No?

Why not make a start by holding a Disability Sunday service?

Churches are encouraged to hold a Disability Sunday service with the following objectives:

- Demonstrate that God responds to and uses disability in many different ways
- Show disabled people that God cares about them and their needs
- Raise awareness of disability and the needs of disabled people

Give people affected by disability a voice

Disability Sunday 2007 will be on October 7th.

For more information about Disability Sunday visit

[www.throughtheroof.org](http://www.throughtheroof.org) where you can download the Disability Sunday pack for everything you need to hold a Disability Sunday Service.

## ***The Smart House***

Imagine not being able to do the ordinary household things that most of us take for granted. For many disabled and elderly people this is not imagination it is day to day reality. Telecare has set up the Smart House in Colchester.

Sensors that know when you've left the house, remote controls that can open windows and turn the television on and sensors that know if you've fallen are just some of the state of the art advances on display at the brand new Smart House.

The house, at the Independent Living Centre, Catalyst House, is one of the top five facilities of its kind in the country and has been set up by ECC to show service users, carers and clinicians the very latest technologies aimed at giving older and disabled people the ability to live at home independently.

Set up in four rooms – the bathroom, lounge, kitchen and bedroom – it demonstrates exactly how the new facilities would work inside the normal home, from pull cord alarms to flood sensors, self-opening doors, smoke detectors, carbon monoxide sensors, bogus caller monitors and pendant alarms.

The most advanced of all is the environmental overlay system which can allow the user to control a number of items in the house at the touch of a button. For those confined to a bed or chair for many hours of the day, being able to control the television, lights, telephone and even windows and doors from a central control pad could mean the difference between living an independent life in their own home and having to move to supported accommodation.

Gary Raynor, Essex County Council's Telecare Services Development Manager, said: "These technologies can give families and carers great peace of mind that their disabled or elderly relative is safe in their own home. But these services are not just aimed at the elderly; they can also provide a vital service for those with learning difficulties and chronic conditions such as epilepsy and diabetes."

The Smart House has been specially set up to give families and clinicians a taste of what these new technologies can offer in the home. From March an occupational therapist will be at the centre

on Wednesdays and Thursdays running drop-in sessions and demonstrations where people can come along, ask questions and see both the Telecare equipment and other technologies in action.

Call **0845 603 7630** for more information or to book at a place at a demonstration or email **Telecare@essexcc.gov.uk**

**Elisabeth Abbott**

(Source: Essex Matters)

### ***Catholic Press on CD***

Students from St Mary's College in Hull are producing a Talking Newspaper CD with excerpts from the Catholic Press read by some of the students from their Junior SVP group. Included are articles from the Universe, the Catholic Times or the Catholic Herald along with some original items from the students themselves.

For more information contact

The St Vincent de Paul Society  
1st Floor  
291-299 Borough High Street  
London SE1 1JG  
Tel: 020 7407 4644

## ***The Jewel in Our Crown***

Nestling in the village of Ingatestone are the Almshouses. They are a group of cottages and a chapel and are home to twelve residents. The cottages were built in 1840 but the history of the Ginge Petre Trust and the almshouses goes back much further.

The site had been granted to Barking Abbey in 950 by King Edgar. When Henry VIII passed the Act of Supremacy the breach with Rome was secured. William Petre, deputy to Cromwell, was acting as Visitor to the Monasteries for Southern England suppressing a large number of Abbeys. It was usual for servants of the crown to receive confiscated land as a reward for their services. William Petre had been awarded monastic land in Devon and in 1539 he obtained the Manor of Ginge Abbey. William was knighted and appointed one of the King's Principal Secretaries.

In 1555 Pope Paul IV issued Sir William Petre with a Bull in which he was absolved from excommunication and permitted to retain his land but he was exhorted to endow an Almshouse Foundation which he duly did. This coincided with exhortations from the King for the rich to help the poor.

The first Almshouses were built in Stock Lane where a chapel was added to the parish church as an oratory for the residents. The Ginge Petre charity was administered principally by the Anglican Rector of Ingatestone and the residents were mostly non catholic.

In the early nineteenth century Canon Last along with the 11th Lord Petre asserted the right of Catholics to enjoy the benefits of the Ginge Petre Trust. The charity's restoration was associated with the development of the railway link between London and East Anglia. The railway ran through the existing site for the almshouses so Lord Petre gave new land for the Almshouses and the building was done by the railway company. All but two of the cottages in Stock were demolished and the new buildings erected on the current site in the High Street.

Twelve single storied dwellings were constructed on three sides of a square in neo-tudor style with a chapel in the centre of the side furthest from the road. They consisted of a living a bedroom and a scullery. A new set of rules were drawn up including rules of conduct

and a uniform was to be worn by the residents. After the second world war the endowment became insufficient for the upkeep of the cottages and they began to fall into disrepair.



The view from the front of the site including the chapel.

In 1972 Father Tyler became parish priest at Ingatestone and Lord Petre offered the Almshouses to the diocese for renovation and use. The £120,000 needed was found from various sources. The Almshouses were re-opened with a Mass celebrated by Bishop Casey in 1978 in the chapel dedicated to St John Payne.



Situated on the High Street in the picturesque village of Ingatestone.

The Almshouses continue to provide homes for residents both from the laity the clergy and religious communities. There the residents can live independently in a community with a catholic ethos and in a beautiful part of the Essex countryside.



Two of the residents enjoy an afternoon's chat in the garden.

**Maureen Pond and Sister Joan Denyer**

## ***“Called to be Peacemaker’s”***

### ***Annual J&P Conference Swanwick, 20<sup>th</sup> – 22<sup>nd</sup> July***

This year, four people, Elisabeth Abbott, Elizabeth Rendall, Innocent Uworibhor and Davina Bolt, from Brentwood diocese travelled together to the Conference. Although the journey was horrendous, with torrential rain for most of the way, we were a very happy party and not in the least disheartened by the weather! However, we were very relieved to arrive at Swanwick, safe and sound. The Diocese was also represented by Jean Horan for the National Board of Catholic Women.

The Conference opened on Friday evening with a welcome from Pat Gaffney, General Secretary of Pax Christi and Chris Cole, Director of the Fellowship of Reconciliation (FoR).

Chris and Pat gave a brief background on the work of their organisations and “set the scene” for the Conference.

Saturday began with morning prayer in groups, followed by two presentations:

1. John Dear a Jesuit priest from the USA. The title of his talk was “Peace, Hope and Justice”. He began by saying the “choice is between non-violence and non-existence”. John quoted present day examples of terrorism and the war in Iraq as movements towards non-existence. This situation is not helped as the aggressors seem to be moving towards developing a spirituality of violence. John recalled how Martin Luther King had said violence doesn’t work – “war doesn’t work, war is terror. War sows the seeds of future wars. We must work as peacemaker’s to denounce not only total war but also the false spirituality of war”, said John. He recalled how there are 35 wars going on today, yet over the last 20 years some two thirds of the planet had been involved in non violent organisation. He also said “non-violence is at the core of every major religion”. He also emphasised that those trying to blow people up were not following Islam. John recalled how the USA and its supporter’s had crossed the line when they dropped the bomb on Nagasaki and Hiroshima in 1945 killing 200,000. He said “Christians and Catholics need to unpack the non-violent tradition and talk about it”.

2. Zoughbi Zoughbi, Director of the Palestinian Centre for Conflict Resolution in Bethlehem. Zoughbi gave a very moving presentation on the situation in Palestine. He began his talk by relaying how he had been beaten up and not allowed to cross from Palestine into Israel, at the age of 13, because the Israeli border guards did not believe he was telling the truth about his age. (From the age of 16 all individuals need ID). He was held all day at the border and only released when his brother arrived and confirmed his age. He told how the Palestinian people are being crucified every day and claimed that the situation had become worse there since the peace process began in 1993. He said “there are now more than 450 checkpoints, there is the wall around the West Bank and Bethlehem has become a ghetto”. He also claimed Palestinians and Israelis are traumatised for different reasons. The situation is getting to the point where the people are on the brink of civil war. “There is no economic vitality or freedom of movement on the West Bank”, said Zoughbi. He claimed the Palestinian people are living the ‘stations of the cross’ every day. However, he saw no point in dwelling on victimhood as he felt “we are the indirect victims of the Holocaust”. He called for “a restorative justice that fixes and corrects mistakes based on forgiveness”. He held out some hope for Tony Blair’s role as a Middle East envoy. “He may have leverage as he is not seen as pro-Palestinian by the Israeli government. Hopefully he can adopt a restorative justice approach”. He called on Israel to apologise for 1948 when the state was created, displacing so many and told people. “Israel was formed from guilt”, said Zoughbi, “Palestine must be formed from collective responsibility. The climate is now ready for a peace process”.

### **Testimonies**

We were privileged to hear testimonies from three people whose lives have been affected by ‘The War on Terror’. Itisham Hibtullah has come from Sri Lanka to live in the UK. He told us of his journey from Times reading Tory voting marketing manager to peace activist and how although he lives here he fears for his family because of the waves of Islamophobia being created through newspaper headlines.

Roulu Maaroo’s parents were refugees from Galilee when the Israeli State was created in 1948. ‘The war on terror created an atmosphere of exclusion and fear,’ said Roulu. For her it has caused problems

travelling as she doesn't have the paperwork needed for visas etc. Her younger brother is so traumatised that he cannot sleep at night.

Maya Evan's work as a peace activist has cost her her liberty, she was arrested at an anti war demonstration outside Downing Street, and her job because her employer would not give her 'two hours for peace'. She is now part of the peace group 'Justice not Vengeance'.

On Saturday afternoon we broke out into workshops and the day ended with Mass/Worship and Anglican Communion, followed by evening prayer in our groups.

Sunday morning saw two more sessions from John Dear and Zoughbi Zoughbi.

The closing liturgy was very moving and inspiring. All in all the Conference was excellent with much thought provoking material.

**Davina Bolt/Elisabeth Abbott**

### ***“What will you send?”***

***“Thank you with all my heart, You will never know what your letter meant. Confined to a cell for 23 hours every day, 7 days a week, your letter shone like a bright beam of light which cut through the heavy darkness of both the place and the state of mind I was in.”*** So was the reply from an inmate on death row in the US who had been sent a letter some weeks earlier from a UK resident.

**Connect and Encourage** produces a list of addresses for prisoners, human rights defenders and others who are unfairly persecuted, and is operated by Christian Solidarity Worldwide. Solidarity lies at the heart of their work. For those persecuted for their faith, many are in fear of their lives, a simple card or brief letter can restore hope to the hopeless, reminding them they are not alone.

Given the current situation with Amnesty this could be an alternative means of supporting individuals in hopeless situations. To find out more contact **Connect and Encourage** [www.csw.org.uk](http://www.csw.org.uk) or email [admin@cswworldwide.org](mailto:admin@cswworldwide.org).

## ***Standing on Holy Ground***

To walk into a prison is to stand on Holy Ground. It is a privilege, and I mean a privilege, to be able to be with men who are wounded, and to be able to offer them a safe, confidential, non-judgemental place in which they can be themselves in all their pain, and without fear, or fear of reprisal, really is a great honour. To offer a humanity and a genuine compassion, in that safe, non-judgemental spiritual space is to try and help the healing of previously unprocessed wounds and pain – this is the real work of my role, or any prison chaplain's role.

To see so much unprocessed pain, we know the wounds must go somewhere, so the wounds are inflicted on society. The chaplain's role is to help the men/women come to terms with that, maybe to help them process that pain in some way, maybe through knowing the power of God's love and forgiveness – they are loved, and always loved, no matter what, beyond all telling.

Even if the evidence appears to the contrary, to believe that a person can change for the better, that God's grace can and does work and that people can change their life-style. This must be at the heart of mine, or any Chaplain's Role.

The Chaplain needs to be familiar with the story of someone, to know the context in which a crime has happened, and then the process of forgiveness and understanding can really begin – irrespective of the seriousness of the crime.

Men and women on a crash course of descent, therefore, often, so open to the message of the Gospel, they have nothing else. Oft times so receptive to the Good News – isn't this why Jesus heads straight for those on the margins of society.

The Chaplain's role can be hard and demanding but incredibly rewarding and fulfilling. But then, that is what standing on Holy Ground is – demanding but fulfilling.

**Fr. Paul Fox**  
Prison Chaplain Chelmsford Prison

## ***My Life***

and thank you for the blankets

Yes, it is a shack  
Corrugated iron,  
Bits and pieces from the tip.  
To me it's a *palace*

Yes, it's simple  
And we have no tap  
Rooms lined with card and  
paper.  
To me it's our *home*

Yes, it's draughty  
With gaps in the roof  
And cracks in the ceiling and  
walls.  
To me that's *ventilation*

Yes, it's cold  
Or else like a fire  
With candles and oil lamp at  
night.  
To me it's *romantic*

Yes, we go hungry  
Miss school, sell my body  
Steal food and beg on the  
streets.  
To me that's *survival*  
Yes, we have sickness  
The AIDS and TB  
No dad, and mum who is dead  
To me - well, *that's life!*

Yes, we get help  
Blankets and wood  
With mielie and bones and  
beans  
To me, *God is good*

Yes, we are grateful  
To those never known (by us)  
To make nobodies somebody  
To me it *makes me* (explained as  
giving dignity and hope)

In eMbalenhle Township (Diocese of Dundee) May 2007 (material supplied by Sicalisile Thabethe, the head of the orphaned family, and put into 'poetry' on the spot, by Fr. Gerald while visiting and supplying two blankets)



## ***Water, Water Everywhere!***



July saw the highest rainfall for decades and terrible floods. Many had to turn to bottled water as the water system struggled to recover. Many experts are saying that the unusual weather is due to mans impact on the environment. However, it is interesting to ponder that, as things hopefully return to normal, bottled water is over 500 times more expensive than tap water and we are set to buy more than 2 billion litres this year. It has to be packaged and transported (sometimes hundreds of miles). The best way to avoid further environmental damage is to *LiveSimply* and use tap water. There is no plastic waste to burn, bury or recycle. Similarly, although it does cost some energy to pump it through the pipes this is significantly less that the hundreds of lorries delivering this commodity to the shops and avoids hundreds of tonnes of harmful emissions.

According to some sources, dangerous chemicals can leach from the plastic into the water so your "pure water" may not be as pure as you think. Also, some experts recommend that some bottled waters may upset the mineral balance or affect people with some health problems

We all need to take in sufficient water but this can come from other drinks and fruit and vegetables. We are after all 80% water. If you need to carry a water bottle then a reusable stainless steel or glass one is best, preferably filled from the tap. If you don't like the taste of the chlorine, then leave it in a jug in the fridge overnight and this usually disappears. Not only will you be saving money but you will also do your bit to saving the environment.

If you still feel the need to drink commercially bottled water then be aware it does have a shelf life and should be treated as any other perishable food. So if you are tempted to drink from the bottle you left in your car, then its probably better to water the plants with it instead?

Phil Butcher

## ***Need Washing?***

A little girl had been shopping with her Mum at the local supermarket. She must have been 6 years old, this beautiful red haired, freckle faced image of innocence. It was pouring outside. The kind of rain that gushes over the top of rain gutters, so much in a hurry to hit the earth it has no time to flow down the drainpipe. We all stood there under the awning and just inside the door of the supermarket.

We waited, some patiently, others irritated because nature messed up their hurried day. I am always mesmerised by rainfall. I got lost in the sound and sight of the heavens washing away the dirt and dust of the world. Memories of running, splashing, carefree as a child, came pouring in as a welcome reprieve from the worries of my day.

The little voice was so sweet as it broke the hypnotic trance we were all caught in, "Mummy, let's run through the rain," she said.

"What?" Mum asked.

"Let's run through the rain!" She repeated.

"No darling, we'll wait until it slows down a bit," Mum replied.

This young child waited about another minute and repeated: "Mummy, let's run through the rain,"

"We'll get soaked if we do," Mum said.

"No, we won't, Mummy. That's not what you said this morning," the young girl said as she tugged at her Mum's arm.

This morning? When did I say we could run through the rain and not get wet?

"Don't you remember? When you were talking to Daddy about his cancer, you said, 'If God can get us through this, he can get us through anything!'"

The entire crowd stopped dead silent. I swear you couldn't hear anything but the rain. We all stood silently. No one came or left in the next few minutes.

Mum paused and thought for a moment about what she would say. Now! Some would laugh it off and scold her for being silly. Some might even ignore what was said. But this was a moment of affirmation in a young child's life. A time when innocent trust can be nurtured so that it will bloom into faith.

"Honey, you are absolutely right. Let's run through the rain. If GOD let's





***An invitation from Rosemary Keenan,  
Convener for Marriage and Family,  
National Board for Catholic Women***

When reflecting on the gospel accounts of life in the Holy Family do you ever wonder what happened in the detailed dialogue between Mary and Joseph? Drawing on your own experience of marriage do you ever try to fill in those gaps? Perhaps you find yourself thinking things like:

- I told you it would be a busy time of the year and you should book a room in advance, now look where we've ended up staying with the baby; a stable of a place and no running water!
- Here I am exhausted after all my labours and you let in every well wishing shepherd, angelic host and wise man in the neighbourhood; not to mention their menagerie.
- How on earth did you dream up this little detour? Egypt wasn't on our itinerary.
- If you were keeping an eye on him during the service, where is he now then?

Reflecting on your own marital experiences, you might begin to marvel that your marriage:

- Has stood the test of time
- Lasted as long as it did
- Raised such apparently normal children
- Didn't result in a star appearance in proceedings at the Old Bailey

Whatever your experiences of marriage the National Board of Catholic Women is interested in knowing about them. The Marriage and Family Life Committee, of which I am Convener, is keen to identify what contributes to sustaining marriage as a life long commitment and believes that Catholic women have plenty of experience in this field which they can share with the Church and those who may be thinking of taking the 'plunge'.

Having produced a useful document which explains the annulment process we think it is time for us to explore the daily experiences that

go to make a reality of the mystery of marriage as a sacrament.

We invite Catholic women of all ages to contribute, anonymously, their experiences of married life and we hope that it may be possible to produce a publication which enriches our understanding and appreciation of this unique and often under-valued sacrament. At a time when co-habitation seems to be all the rage, let's show that Catholic women are still 'bovered' about the form their relationships take.

**The deadline has been extended so please  
[complete your contribution online](http://www.homeisaholyplace.org.uk/loveandmarriage.htm)**

**<http://www.homeisaholyplace.org.uk/loveandmarriage.htm>**

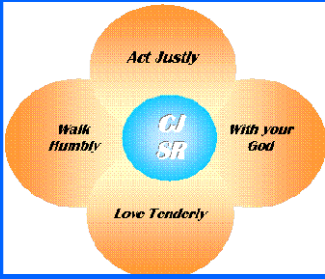
### ***Keeping Love Alive.***

Working for even stronger marriages!

We regularly service our cars, gas boilers, washing machines and so on. We know that if we don't then at least we face a costly breakdown and at worst a dangerous accident. However, have you ever thought about applying the same thought to your marriage? Sadly, some of us can drift along in a relationship unaware that we are in fact drifting into danger. A catholic couple recently remarked "Our marriage is a team effort and requires working at and regular MOTs to keep the love alive....".

The commission has supported a number of initiatives in local parishes that will provide practical help and support to couples enabling them to really get the best out of their marriage. The courses are short, relaxed (usually including a meal) and allow married couples to work together. There are no "group sessions" but we all get some homework to do! These courses are open to all couples, however many years they have been married.

If you would like to find out more or if you have a great marriage and you want to share your "secret formula" then please either speak with your Parish Priest or contact Phil Butcher at CJSR.



**COMMISSION for JUSTICE  
and SOCIAL RESPONSIBILITY**  
Supporting

# English for Speakers of Other Languages

## ESOL Classes



**Are you interested in improving your  
English?**

**Is English a second Language to  
you?**

**We are soon to start ESOL classes in  
a number of locations nearby.**

**For more information or to book a place please  
contact Davina Bolt on  
01277 265234 or email**

**[cjsr@dioceseofbrentwood.org](mailto:cjsr@dioceseofbrentwood.org)**

**For more information please contact:-**

CJSR  
Cathedral House  
Brentwood CM15 8AT  
01277 265290



## ***English for Speaker's of Other Languages (ESoL)***

One of the key work areas of our Commission is concerned with refugees, asylum seekers and migrant workers. We are committed to supporting them and their integration into community life in our diocese.

A major obstacle is a lack of the English language, which is so essential to their integration. Some provision is already available in the diocese, but this will soon cease due to the withdrawal of ESOL funding. To overcome this, and help to provide English language classes to as wide a group of people as possible, it has been suggested that our schools in the diocese might be willing to allow us to use their property, and resources, for such a purpose.

We would envisage using the school premises say, one evening, per week, and hope to attract people living close to the school as, currently, travel costs to the few places that offer English classes, is also a problem for refugees.

We have therefore written to every Head Teacher in the diocese and the response has been overwhelmingly supportive. It is now hoped to run one or two pilot schemes in the autumn, with more to follow, depending on their success and the response from prospective students.

Please call the CJSR office for more information: Telephone 01277 265234, email [davina@dioceseofbrentwood.org](mailto:davina@dioceseofbrentwood.org)

**Davina Bolt**

### **“Foreign Language Challenge”**

Hvae you eevr wnodored how you raed smoeti hng? Wlel, in this snteacne only the frist and lsat lteters are in the rghit palce. Our banirs can, wti h a lttile stugrle, udrnresantd mcuh of waht has been wirtten. So mcuh for sepinllg?

So dnot be put off by “frogein” lngagaue – give it a go, you wlll be spruiesd how good you are!!



# You're invited!

Join us for a cup of tea and help people in the world's poorest communities work their way out of poverty.



## ***“Join us for Tea Time”***

**On 21<sup>st</sup> September, 2007** people all over the country will be coming together to have a cup of tea and raise money for Christian Aid's vital work. *“It's such a small thing to do really. It's difficult to imagine the effect you're having, but it's inspiring to know that this little thing can have a big impact elsewhere”, so says a Christian aid supporter”.*

You can support this new initiative by getting together with your church, friends or colleagues on 21<sup>st</sup> September. All you need is a kettle, some cups and an address book of like-minded friends who can give a small donation to Christian Aid's work. Send off for your “Tea Time pack – its full of ideas, invitations, colourful posters, fair-trade tea and coffee samples and money-off vouchers. It even contains some delicious cake recipes from the Caribbean, Brazil and Democratic Republic of Congo. You can request your pack by calling Christian Aid on **0870 076 7766** or visit [www.christian.org.uk/teatime](http://www.christian.org.uk/teatime)

**Davina Bolt**

*(Source Christian Aid)*

## ***Dates for your diary***

### **2007**

Sept 9th	Racial Justice Sunday
Sept 21st	Christian Aid 'Tea Time'
Sept 28th	Child Poverty Day
Oct 7th	Disability Sunday
Oct 16th	World Food Day
Oct 17th	' <i>Twinning Project</i> ' talk by Father Gerald Gostling
Oct 21st-28th	One World Week
Oct 21st-28th	Interfaith Week of Prayer for Peace
Dec 1st	World AIDS Day
Dec 1st	<i>LiveSimply Advent Service at Westminster Cathedral</i>

### **2008**

27th Jan to 3rd Feb	Action Week on Poverty and Homelessness
Feb	CJSR Conference, Cathedral Parish Halls (Date to be announced)

***We warmly welcome contributions for Just Time.***

***Please post them to Cathedral House or email  
[cjsr@dioceseofbrentwood.org](mailto:cjsr@dioceseofbrentwood.org).***

***Please pass this copy on to someone else  
when you have read it.***

***Further copies can be obtained by contacting our office  
or online at [www.dioceseofbrentwood.net](http://www.dioceseofbrentwood.net)***

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#### Disclaimer

The views expressed in this document are those of the individual(s) and do not necessarily represent those of the Commission for Justice and Social Responsibility



*Diocese of*  
**Brentwood**