



# UNIVERSE

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# CATHOLIC WEEKLY

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# Cardinal asks PM to think again over embassy

**Expresses 'profound concern' moving UK embassy to Jerusalem could upset the peace**

Cardinal Vincent Nichols has written to Prime Minister Liz Truss to express his "profound concern" after it was announced that the PM told her Israeli counterpart Yair Lapid that she is reviewing the location of the British Embassy in Israel.

The suggestion is that the review is focusing on whether to move the embassy from Tel Aviv, where almost all other countries have their embassies, to Jerusalem – a move that Cardinal Nichols says "would be seriously damaging to any possibility of lasting peace in the region and to the international reputation of the United Kingdom."

The Cardinal's criticism comes as other faith leaders, including Pope Francis and the leaders of other Christian Churches in the Holy Land, have called on the new Prime Minister to think again.

"Pope Francis and the leaders of Churches in the Holy Land have long called for the international Status Quo on Jerusalem to be upheld, in accordance with the relevant resolutions of the United Nations," he told the Prime Minister.

The British government and most other countries have maintained their embassies in Tel Aviv, waiting for a final agreement to be reached on the 'Corpus separatum', granting Jerusalem special status as a city holy to Christians, Muslims and Jews.

This special status aims to safeguard the freedom of religion, respect and access to Jerusalem's holy places and its sacred character as a holy city.

"The city must be shared as a common patrimony, never becoming an exclusive monopoly of any party," the Cardinal wrote, adding his view that there is no valid reason to move the embassy.

"I ask you earnestly to reconsider the intention you have expressed and to focus all efforts on seeking a two-state solution."

**Continued on page 2**

## ON A MISSION TO BUILD HOPE FOR FUTURE



## World Mission Sunday, 23rd October

On 23rd October, the entire Catholic Church will be unified in prayer and support of mission, as World Mission Sunday is celebrated in every Catholic community in the world.

World Mission Sunday is vital to the growth of the Church and the spread of the Gospel in predominantly impoverished and remote areas overseas.

The theme the Holy Father has chosen this year is: 'You shall be my witnesses (Acts 1:8)', and in his message in support of the day he said: "World Mission Sunday is a particularly special global celebration for the Vatican's world mission, and gives people in parishes around the world the chance to support the

work of our missionaries working with the most vulnerable communities and making a difference in their lives."

Fr Anthony Chantry, Missio's National Director in England and Wales, said: "The Holy Father reminds us that the words "to the ends of the earth" challenge and urge us to go beyond familiar places in bearing witness to Jesus. Supporting World Mission Sunday with prayer and charitable giving are two vital ways of supporting the Church's missionary witnesses."

• To find out how you can support this very special day, see pg 4 and pg 7

### Inside



**Don't freeze – but do save money on your energy bills**

– pg 10

**Pope issues new plea on migrants' care**

– pg 14

**Church calls on the rich world to cancel Africa's debts**

– pg 17

**60 years since Vatican II**

– pg 22



**Why the quality of sleep matters**

IN COMPANION



# Pope appoints Welsh Canon to look after East Anglia's Catholic flock

Pope Francis has appointed the Reverend Canon Peter Collins, a priest of the Archdiocese of Cardiff, as the fifth Bishop of East Anglia.

Having accepted the resignation of Bishop Alan Hopes as the fourth Bishop of East Anglia, the Holy Father has appointed Bishop Hopes as the Apostolic Administrator until the ordination and installation of Bishop-elect Collins takes place.

On hearing of his appointment, Bishop-elect Collins said: "As I emerge from the shock of hearing that the Holy Father has appointed me as a bishop, it is with sincere humility, deep trust and great hope that I look to the future.

"As I prepare to leave the Archdiocese of Cardiff, I give thanks to Almighty God for all I have received from the community of faith that has nurtured me throughout my life."

The announcement was made on 11th October at St John the Baptist Cathedral in Norwich.

Thanking Archbishop Mark O'Toole and Archbishop George Stack for their "consistent and enduring support",



Bishop Alan Hopes welcomes Bishop-elect Peter Collins to East Anglia

Bishop-elect Collins thanked current East Anglia bishop Alan Hopes, adding that he would be consulting him for "his wisdom and experience."

He added that he would be "obedient to the promptings of the Holy Spirit," and, with his new diocese, "discern together the pathway that

awaits us."

Bishop Alan Hopes spoke of his "great joy" at the appointment.

"As the new bishop prepares to come and serve God's people in this diocese, he comes with great personal, pastoral and theological gifts, and with many years of dedicated service

to the Church in the Archdiocese of Cardiff," he said. "It is a great joy for me and the diocese."

Archbishop Mark O'Toole, Archbishop of Cardiff – Bishop of Menevia, said: "In Bishop-elect Peter, the Diocese of East Anglia receives a good and holy pastor. We are sorry to see him leave Cardiff, but he goes with our prayers, love and support."

Cardinal Vincent Nichols, President of the Bishops' Conference, said that the new bishop brings with him "a wealth of experience both in Cardiff and in Valladolid."

"I am sure he will be warmly welcomed not only in his new diocese, but also in the Province of Westminster and in our Bishops' Conference. I look forward to working with him.

"At this same point, I wish to thank Bishop Alan Hopes for his tireless and dedicated leadership of his diocese – especially during these last years."

Peter Gwilym Collins was born in 1958 in Tredegar, South Wales. He trained at the Royal English College, Valladolid, Spain, before being ordained to the priesthood for the Arch-

diocese of Cardiff in 1984.

Other roles include assistant priest in the Metropolitan Cathedral of St David, Cardiff from 1984-86 and in Bridgend from 1986-88. After returning to Spain for further post-graduate study, he was appointed as Vice Rector at the Royal English College from 1989-94.

Upon his return to the Archdiocese, he was appointed as Parish Priest of Chepstow and Caldicot. In 2001 he became Dean of the Metropolitan Cathedral in Cardiff, serving there for the next 18 years.

Alongside his parish responsibilities, Bishop-elect Collins has served in a multiplicity of diocesan roles, including Chair of the Education Commission, Director of the Diaconate, and various safeguarding roles. He was appointed to the Equestrian Order of the Holy Sepulchre of Jerusalem in 2004.

• The episcopal ordination will take place at the Cathedral Church of St John the Baptist, Norwich on 14th December 2022 at 11.30am.



Israeli police vans parked in front of the British Embassy to Israel in Tel Aviv. Photo: Gil Cohen Magen, Reuters

## Cardinal in warning over Jerusalem embassy plan

Continued from page 1

This agreement "gives Jerusalem a guaranteed special status," he wrote.

A spokesperson for Archbishop of Canterbury Justin Welby echoed the Cardinal's concerns. "The Archbishop is concerned about the potential impact of moving the British Embassy in Israel from Tel Aviv to Jerusalem before a negotiated settlement between Palestinians and Israelis has been reached," the spokesperson said. Meanwhile, in a statement given

on 10th October, Christian patriarchs and heads of Churches in Jerusalem said they heard about the issue "with grave concern," calling Truss' embassy review a "further impediment to advancing the already moribund peace process."

"Rather than commit valuable governmental resources to such a counterproductive endeavour, we encourage the British prime minister and government to instead redouble their diplomatic efforts toward facilitating

the restart of negotiations between Israel and the Palestinian Authority," they said, adding that the proposed move "would severely undermine this key principle of Corpus separatum and the political negotiations that it seeks to advance."

In 2018, then US President Donald Trump relocated the US Embassy from Tel Aviv to Jerusalem, leading to a handful of countries, including Guatemala and Honduras, to follow suit.

## Catholic Union offers its help as Liz Truss faces tough start

Andy Drozdzak

The Catholic Union has written to Prime Minister Liz Truss, offering its help and the need to collaborate on 'pressing issues.'

In the letter the Catholic Union says it is ready, willing and able to work with the Prime Minister and her new team and seeks a meeting.

"The challenges you have faced in your first few weeks in office are greater than many other Prime Ministers in recent history. We echo Cardinal Vincent Nichols' prayerful support as you take on these responsibilities," Catholic Union Director Nigel Parker wrote.

"We would be grateful for an early opportunity to meet some of your new team in Downing Street to see how we might be able to work together on mutual areas of interest."

The letter serves as a reminder of the issues raised by the Catholic Union during the Conservative leadership contest between Liz Truss and Rishi Sunak, which Nigel Parker outlined.

"We have worked with Ms Truss in the past when she was in the Foreign, Commonwealth and Development Office to promote religious freedom

and look forward to working with her as Prime Minister," Mr Parker told the *Universe*.

"There are a number of pressing issues where our expertise can assist the new administration, in particular on the need to ensure fairer taxes for families, protecting human life in all forms, protecting Christians from persecution, valuing Catholic and other faith schools in our education system and championing fundamental human rights."

He added his desire to "represent the views and interests of the 4.5 million Catholics in Britain and to advance the common good."

The offer comes as the Catholic Union has already spoken out against the new Government, having criticised Chancellor Kwasi Kwarteng's recent mini-budget for failing to support families and those on the margins of society, and lacking "fairness".

**'The challenges you have faced in your first few weeks in office are great...'**





# JRS wades into row over 'cruel' plans for migrants

**Andy Drozdziak**

Catholic justice charity JRS UK has hit out at 'cruel' new laws which ban migrants from crossing the Channel and claiming asylum in Britain.

Home Secretary Suella Braverman said that the new laws – which go further than the Nationality and Borders Act which came into force in June – will impose a blanket ban on anyone deemed entering the UK illegally from seeking refuge.

But JRS UK Director Sarah Teather said the new laws were "cruel."

"These latest proposals to prevent refugees from seeking safety here are gratuitous in their cruelty," she told the *Universe*. "Following hot on the heels of the Nationality and Borders Act, which already punishes refugees for how they travel, these renewed proposals to punish refugees suggest the government wants to demonstrate it has not yet reached the limit of its cruelty or divorce from reality."

Home Secretary Suella Braverman said: "If you deliberately enter the United Kingdom illegally from a safe country, you should be swiftly returned to your home country or relocated to Rwanda. That is where your asylum



New migrants are escorted off a beach near Dover by a Border Force officer

claim will be considered."

She also said it as her "dream" of having a front page of *The Telegraph* with a plane taking off to Rwanda – a comment which has been widely condemned.

The row comes as Pope Francis labelled the refusal to help desperate migrants as "revolting, sinful, and criminal" during the canonisation of a bishop dedicated to assisting migrants and a Salesian brother who

had immigrated with his family to Argentina (see page 14 for full story of pope's words).

Sarah Teather agreed that better protection was needed for refugees. "Most refugees have no choice in how they travel, and to deny them sanctuary on this basis is cravenly dishonest," she said.

"Rather than shouting more loudly about making sanctuary here impossible, asylum policy needs to focus on protecting refugees."

JRS UK have been joined by several campaign groups. Clare Mosley, founder of refugee charity Care4Calais, called the proposals "barbaric and unnecessary".

"There is a growing mountain of evidence that the vast majority are genuine refugees; this criminalisation of them is blatant victim blaming of incredibly vulnerable people, simply for the purpose of grabbing headlines," she said.

"Those who have escaped from the worst horrors in this world should not be risking their lives once again simply to claim asylum in the UK. The obvious answer is to give them safe passage."

## Truss plans profits cap

Liz Truss plans to cap the profits made by electricity companies in a move aimed at saving taxpayers billions and staving off calls for a windfall tax. At the moment, the wholesale cost of electricity is pegged to the price of gas, the most expensive form of power, reaping "vast profits" for companies which produce wind, solar or nuclear energy.

Under Truss's plans, the wholesale cost of renewable electricity would be cut by as much as 80 per cent by early 2023, to somewhere near the level before global gas prices started to rise sharply a year ago.

## Coronation 'to look towards future'

The coronation of King Charles III will take place Saturday 6th May 2023, Buckingham Palace has confirmed, at London's Westminster Abbey.

Traditional elements will be used, such as anointing the King with holy oil, receiving the orb, coronation ring and sceptre, and then being crowned with the St Edward's crown, but Buckingham Palace said "the coronation will reflect the monarch's role today and look towards the future, while being rooted in longstanding traditions and pageantry".

## Cost-of-Living Crisis Can you help?

**As winter approaches, people on low incomes will be hardest hit.**

We've launched a £500,000 *Cost of Living Support Fund* to help our local groups support individuals and families through this difficult time.

Know someone who needs help?

- **Contact your local SVP**
- **Request help on our website**
- **Join the SVP**

If you'd like to donate (maybe you've received a winter fuel payment you don't need?), scan the QR code opposite.



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## In brief

**Nasal Covid vaccine shelved**

Hopes of a Covid vaccine as a nasal spray have suffered a setback after researchers said it performed poorly in clinical trials.

The “underwhelming results” have led scientists to abandon plans to develop the spray in its current form, said *The Guardian*.

Covid infection levels are continuing to rise in England, with more than 1.1m people thought to have had the virus in the most recent week, according to figures from the Office for National Statistics.

At the same time, growing evidence suggests flu could also hit hard this winter, raising concerns of a “twindemic”.

**RSPB won't rule out direct action**

The head of the RSPB says the charity is not ruling out direct action as it plans a mobilisation of millions of people against what it calls the government's “attack on nature”. Beccy Speight said the bird charity is leading a coalition against the government over key “growth” policies that will endanger protected habitats and species, and put clean air, water and national wellbeing at risk. “All options are open,” said Speight, “including taking direct action.”

**Nurse ‘killed babies at work’**

A nurse accused of the murder of seven babies was a “poisoner at work”, a court has heard.

Prosecutors said Lucy Letby, who had specialist training in care for the sickest babies at the neonatal unit in the Countess of Chester, went on a year-long killing spree.

She has been accused of murdering five baby boys and two girls, and attempting to murder 10 other babies at Countess of Chester hospital.

Letby, 32, of Hereford, denies 22 charges at Manchester Crown Court.

**Air fryers flying off shelves**

Brits are snapping up blankets and air fryers in a bid to keep their energy bills down this winter, said the British Retail Consortium. Air dryers and winter clothing have also been selling well. Meanwhile, pubs “are hoping to convince people to work in their local boozers”, reported *The Times*. Young's and Fuller's pubs are offering “working from pub” packages, with free wi-fi, refreshments - non alcoholic - and lunch for £10 a day, as people look to keep warm without running up a huge electric and gas bill.

• *Saving cash on energy: pg 10*

# Be our witness of faith ‘to the ends of the earth’

**World Mission Sunday, 23rd October**

**On 23rd October, the entire Catholic Church will be unified in prayer and support of mission, as World Mission Sunday is celebrated in every Catholic community in the world.**

World Mission Sunday is vital to the growth of the Church and the spread of the Gospel in predominantly impoverished and remote areas overseas.

The theme the Holy Father has chosen this year is: ‘You shall be my witnesses (Acts 1:8). In his message for World Mission Sunday, he said: “Two hundred years ago, a young French woman – Blessed Pauline Jaricot – founded the Association for the Propagation of the Faith (Missio's APF). She established a network of prayer and fundraising for missionaries, so that the faithful could actively participate in God's mission “to the ends of the earth”.

“It was this brilliant idea which gave rise to the annual celebration of World

Mission Sunday”.

This year is a particularly special one as Jaricot was beatified in May of this year, making World Mission Sunday in 2022 a particularly special global celebration for the Holy Father's charity for world mission.

Fr Anthony Chantry, Missio's national director in England and Wales, said: “The Holy Father reminds us that the words ‘to the ends of the earth’ challenge and urge us to go beyond familiar places in bearing witness to Jesus. Supporting World Mission Sunday with prayer and charitable giving are two vital ways of supporting the Church's missionary witnesses to the ends of the earth.”

In Ethiopia, among ongoing challenges, missionaries are bringing communities together to build hope for a better future.

**Its work around the world**

Maria – a Spanish lay missionary from the Community of St Paul – is the director of the Kidist Mariam Centre (meaning ‘Blessed Mary Centre’) in Meki. This very large population is

situated in a rural area, and the people survive by working the land and rearing cattle.

As a result, many women are forced to look overseas for work. But often, this leaves them in vulnerable situations where they are exploited and suffer abuse far away from home.

Maria's faith, perseverance and dedication to the local people are inspired by her love of Mary: ‘Being a woman, a very humble woman, being the mother of God, and also being a very good inspiration for the disciples... she inspires me,’ she said.

‘Beth’ – not her real name – has seen her life dramatically change through her involvement with the Centre. When she went overseas, her employers abused and mistreated her.

Beth shares that she became mentally unwell and returned to her homeland. There, a local Catholic priest encouraged her to seek assistance through the Kidist Mariam Centre.

Maria said that Beth developed an interest in becoming a food preparation student.

“Now she's so happy... we have a

project in the rural area with women raising goats to produce milk. And she's the one in charge of preparing goat's cheese. She has become the goat cheese expert in our centre.”

Beth's faith has been a beacon through some of her darkest moments and she is now helping other women at the Centre. She says: “I believe that God is always before you and behind you in all your troubles... He is prominent for a person like me, who has fallen in life. He is my life.”

Supported by the international Missio network, the Kidist Mariam Centre has seen nearly 3,000 women complete training courses and build brighter futures for themselves and their families.

This World Mission Sunday is a chance to partner with Maria, and missionaries like her, to support vulnerable women in Ethiopia and around the world.

Please lend invaluable support to ensure this work continues to make a difference for many more women and their communities.

See [www.missio.org.uk/wms](http://www.missio.org.uk/wms)



Maria with some of the women she helps in Ethiopia

## Football told to kick gambling ads into touch

**Andy Drozdzak**

Anti-gambling campaigners are demanding action to sever the links between gambling advertising and football following recent revelations of betting abuses.

As previously reported in the *Universe*, Betway, which has links with a number of Premier League clubs, was fined £400,000 by a regulator for marketing gambling to children. Now a *Guardian* investigation has revealed that football clubs are taking a cut of

gamblers' losses, with critics saying they are exploiting gambling addicts.

Chaplain for sport Fr. Vlad Felzmann decried the “scourge of gambling which has ruined so many lives”, adding that “it is grim news to hear that English football clubs have been taking a cut of the money fans lose with the bookmaker SkyBet, exploiting supporters and gambling addicts.”

Tim Cairns, Senior Policy Officer at CARE, called for Government intervention. “Football's relationship with

gambling is now toxic,” he said.

“It is beyond time for the Government to step in and take action to protect football fans that face gambling related harm and addiction. The Government cannot allow football and TV companies showing matches to self-regulate. Football is in the grip of a gambling addiction and Government intervention is needed to help fans enjoy their team free from harm.”

He said toxic gambling affects vast swathes of the football community

as “people who watch football at all levels of the game are bombarded with gambling ads and promotions.”

Fr. Vlad called upon ‘honest’ fans to deploy the power of social media to protest the gambling culture.

“Football fans could be encouraged to use social media platforms to generate a wave of discontent with the clubs that still wear gambling logos on their shirts,” he said.

“Shaming them might change their attitude.”





**Prisoners'**  
Sunday

# A Fresh Start

*"I was in prison and you came to me..."*

Prisoners' Sunday is a time to think about how we as individuals, as a Church, and as communities are serving those affected by imprisonment

Your support could make a big difference

Go to: [www.prisonadvice.org.uk/prisoners-sunday](http://www.prisonadvice.org.uk/prisoners-sunday)



Pact, the Prison Advice & Care Trust, is the national Catholic charity supporting prisoners and their families

Charity no. 219278





## — COMMENT — 'NHS staffing issue must be looked at with a greater sense of urgency'

Ever since the pandemic lockdowns, many government agencies on which so many people now rely have been found wanting. But this is not only in the public sector: the refusal of staff in many walks of life to go back to office working has had a knock-on impact throughout the economy, exacerbated by people taking extended time off work after testing positive for Covid or claiming to have tested positive.

Nowhere has the impact been felt more than in the NHS. GP surgeries closed their doors at the start of the pandemic and have been reluctant to return to face-to-face appointments. In hospitals, the treatment backlog is now approaching seven million cases. Then this week we were told that NHS England is facing another crisis, this time over the provision of blood. The shortage of blood for surgery has prompted the first amber warning to hospitals about a lack of plasma and other products.

The NHS Blood and Transplant (NHSBT) has asked hospitals to consider prioritising emergency surgery and cancelling non-urgent operations. This will mean even longer waits for those who need, among other things, hip or knee replacements.

How have supplies been run down to such an extent? It does not appear to be a shortage of donors but rather by staff absences due to Covid. Donors have had appointments cancelled and the NHS has been forced to recall former staff to run clinics.

With the number of people contracting Covid on the rise, staff absenteeism in the public sector will worsen, not ease.

Plans need to be put in place now to deal with it, otherwise winter pressure on the NHS will be immense and lead to untold suffering for many people struggling with illness and pain.

# Kwasi's budget gamble has election of 2024 in its sights

## POLITICS

**Jim Tomlinson**



When Chancellor Kwasi Kwarteng unveiled his mini-budget on September 23, he was making it clear that the Government is prioritising economic growth over inflation – which was one reason the financial markets reacted so badly to his plan.

This clear willingness to risk higher inflation strongly echoed the budget of 1971, when Anthony Barber, the Conservative Chancellor of the time, announced a large expansionary package of fiscal and monetary measures. He made it clear that he would not reverse his stance even if it produced sufficient downward pressure on the pound to force the currency, previously fixed in value, to be floated.

The pound was indeed floated in 1972, but by the end of 1973 it was clear the boom was unsustainable, and the policy was reversed.

Margaret Thatcher took an entirely different stance when she took over the Tory leadership in 1975. For her, high inflation threatened not just serious disruption to economic activity, but to undermine the fabric of society by pitching all against all in a struggle to maintain real incomes.

This contrast needs to be contextualised against the recent economic history of Britain. For over two decades after 1945, Britain had low inflation, averaging around 3 per cent.

There was an initial increase in inflation following the devaluation of the pound in 1967, but the first impetus for the serious increase evident in the early 1970s was Barber's "dash for growth". This "dash" aimed to restore economic growth to the healthy levels of the 1950s and 1960s – levels that had stalled in 1970-71.

At the end of 1973, this policy-driven inflationary upsurge was



greatly added to by the quadrupling of oil prices, as Opec used its monopoly power in response to the Arab-Israeli war. The result was higher inflation across the world, given how reliant almost every country was on oil. But the rate in Britain was exceptional, reflecting the fact that the Opec-induced rise came on top of domestic factors.

### The social contract

This was the situation which had to be grappled with by the incoming Labour government in February 1974. The government had been elected following the serious industrial relations breakdown under Edward Heath, on the promise that it could establish a much better relationship with the trade unions.

So central to its attempt to reduce inflation was a "social contract", in which government would make concessions to the unions. It would, for example, implement more favourable industrial relations law – and in return, the unions would limit wage increases, thereby counteracting the "wage/price spiral".

At the same time, the Labour government announced in the budget of 1975 that it would rein in fiscal and monetary expansion, despite the recession of 1974-5 brought about by the oil-price rise, which was reducing incomes available for non-oil purchases.

This reduced inflationary pressure from the demand side of the economy. Initially, the social contract had little effect, as workers saw their real wages eroded. But by 1975, with inflation over 20 per cent, the policy started to kick in, and inflation fell to around 8 per cent, rising slightly to 10 per cent by the time Labour lost office in 1979.

This relative success in reducing inflation was nevertheless offset politically by the fact that the government had kept wage rises down most effectively in the public sector. Public sector workers, especially the lowest paid among them, suffered serious falls in their real wages. It was they who spearheaded the 'winter of discontent' of 1978-9, which was so damaging to Labour's electoral support in the 1979 election.

**Chancellor Kwasi Kwarteng appears to have taken a huge gamble that the economy will grow quickly as a result of his mini-Budget – despite the belief that any gains would always be unsustainable in the long term**

When Thatcher became prime minister in 1979, reducing inflation was given the highest priority. Central to Thatcher's politics was the claim that both poor growth ('decline') and high inflation were ultimately the result of irresponsible trade unions and the governments that appeased them.

With the traumatic events of 1972-4 and the winter of discontent very much in mind, focusing on inflation and making unions the prime culprit made overwhelming political sense.

But today trade unions are far weaker than in the 1970s, and their power cannot be used to frighten the electorate in the same way. Hence it makes sense for a Conservative government to express its 'concern' about inflation, but to focus its policies on increasing growth – everybody's economic panacea.

This strategy has already caused a crisis and very partial U-turn, but the underlying thrust of policy is the same. The precedent of Barber's boom suggests that output can be raised substantially in the short run by such policies, but on an unsustainable basis. If sharp boosts to demand could shift the underlying growth rate every government since the war would have pursued this path, but as with Barber and previous occasions, such an approach soon proves deceptive.

The question for Truss is whether any initial signs of growth could be used to deliver an election victory for the Conservatives in 2024 before the inevitable reversal kicks in. **Jim Tomlinson is the Professor of Economic and Social History, University of Glasgow**

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# Archbishop prays for victims as town comes to terms with tragedy

“The Lord walks with you in your suffering in these horrific moments,” Primate of All Ireland, Archbishop Eamon Martin told mourners after the “tragic and horrific” explosion at a Co Donegal petrol station that killed 10 people, aged from five to 59.

Archbishop Martin was speaking on a visit to the village of Creeslough on Monday.

Ireland’s police force continues to investigate the cause of the explosion, which is being treated as a “tragic accident”.

The archbishop said: “Like many people all over the country and all over the world we’ve been stunned by the tragic and horrific events here at Creeslough on Friday afternoon.

“I wanted to come here to express my concern, my love for the people here and also our deep gratitude to so many people who helped to try to do what they could to recover, to rescue and to comfort all of those who are grieving or were injured.”

Archbishop Martin said there was “deep sadness” and a “deep sense of grief” evident in the community.

During his visit, he spent time in prayer with the 10 candles that have

been lit in the local church for each of the 10 people who lost their lives.

The archbishop added that the message church ministers, priests and bishops are trying to convey is that “the Lord walks with you in your suffering in these horrific moments, offering you the hope of his resurrection”.

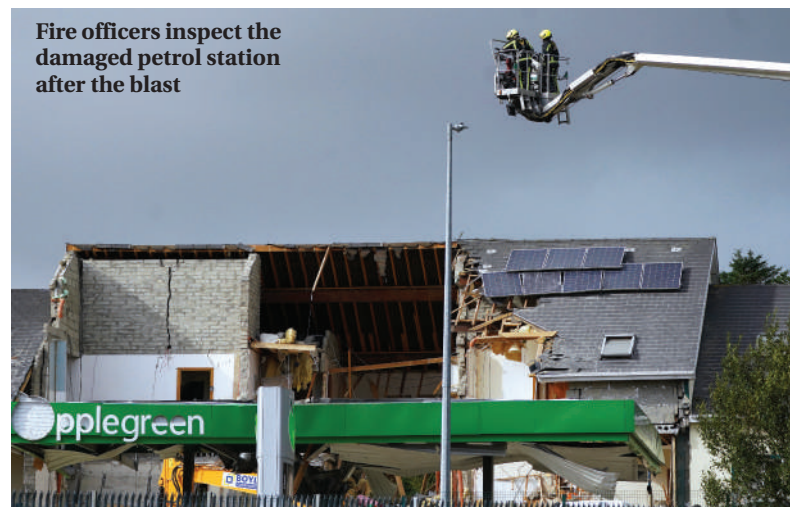
“There are so many biblical verses that speak of terrible trauma like this,”

Archbishop Martin said.

“It is at these times that we do reach out for God and for faith and for prayer and hope, Christian hope in the midst of it all.”

Books of condolence are being opened across Ireland for the victims.

Meanwhile, Donegal singer and devout Catholic Daniel O’Donnell has said the lives of people affected by the Creeslough tragedy will never be



Fire officers inspect the damaged petrol station after the blast

the same again.

The popular country singer revealed that he was travelling home from the US when he first heard the news about the disaster.

“I was in the airport in Chicago

when my niece called me and she said there has been a terrible explosion in Creeslough, at the service station,” he told the BBC Good Morning Ulster programme.

“It is just unbelievable in a small community, you just can’t hardly believe what the people are facing.

“I was in the petrol station as recently as August as I went to play golf in Rosapenna. It’s unbelievable.”



The victims: (top row, left to right) Leona Harper, 14, Robert Garwe, 50, Shauna Flanagan Garwe, five, Jessica Gallagher, 24, and James O’Flaherty, 48, and (bottom row, left to right) Martina Martin, 49, Hugh Kelly, 59, Catherine O’Donnell, 39, her 13-year-old son James Monaghan, and Martin McGill, 49

Picture by: An Garda Siochana

## Tributes paid to Tomasz as 14-year-old charged

**Andy Drozdziak**

The family of a 14-year-old Catholic schoolboy who was murdered has paid an emotional tribute to him as “an amazing son” and “a kind and caring role model.”

Northumbria Police found Tomasz Oleszak with “injuries consistent with being caused by a bladed article” in the Aycliffe Crescent area of the Springwell Estate at just after 8pm on Monday.

Tomasz leaves behind his mother Kamila, father Patryk and a little brother, aged six.

Kamila said: “Tomasz was an amaz-



**Tomasz was described as a smart, loving young man who was the centre of his friendship group**

ing son, a kind and caring role model to his little brother and a great friend to so many.

“As a family we are devastated beyond words.

“He was a talented, smart young man and a brilliant footballer. He had so much potential and his whole life ahead of him. He made us so proud to be his parents.

“We will never stop loving him. The hole left in our lives can never be filled. Our world has changed forever.”

Kamila spoke of being “blown away” by the support she has received.

“Even in our darkest days, the community has helped us see just a little bit of light,” she said.

“We are completely blown away by the support and kindness that has been shown to our family.”

A 14-year-old boy, who cannot be named for legal reasons, appeared at Newcastle Crown Court on Monday charged with murder, attempted wounding with intent and having a bladed article in a public place.

Northumbria Police said a 13-year-old girl who was arrested on suspicion of assisting an offender has been bailed.

Brendan Robson, headteacher of Cardinal Hume Catholic School in Gateshead, which Tomasz attended, spoke of the school’s “shock” at the news. “As a much loved and treasured pupil, Tomasz was a dedicated and committed young man who was the life and soul of his friendship group,” he said.

“Cardinal Hume Catholic School community is deeply saddened and shocked by the death of Tomasz.”

Mr Robson added that Tomasz “was a loyal friend who others could turn to. he had a great sense of humour and was a talented footballer who, as his friends said, “you’d always want to have on your team.”

2022

WORLD MISSION SUNDAY

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## Time to end the bomb

Sir John Battle



On 16th October 1962 President Kennedy was woken up to be informed that the Soviet Union had moved long range nuclear weapons into Cuba well within reach of the whole of the USA. In school that week, aged 11, we were urged to get under our desks for safety and pray for our families as the world was about to go up in a nuclear holocaust.

For the following few days negotiations took place to get the Soviet Union to draw back. The missiles were removed in exchange for a promise from America not to invade Cuba and to withdraw their missiles from bases in Turkey.

The Cuban missile crisis was over, though as Max Hastings details in his recent book on the crisis *Abyss*, there were real moments of serious danger as overzealous Soviet submarine commanders reached for the launch buttons.

Terrifyingly, Max Hastings warns that with Russia's botched invasion of Ukraine the deployment of nuclear weapons is again very real. He writes: 'The scope for a catastrophic miscalculation is as great now as it was in 1914 Europe or in 1962 Caribbean'.

Significantly, today's strategic megaton range nuclear weapons are infinitely more powerful than those used on Hiroshima and Nagasaki and could wipe out cities and regions. It is said Britain's nuclear arsenal alone could wipe out the whole of Russia. However, it is not megaton mutually assured destruction that is being hinted at. The current fear is that Russia will rain down limited battlefield nuclear bombs on Ukraine.

Michael Morpurgo, the author of *War Horse*, that powerful account of the role of horses in the First World War, suggested in an interview on the need to tell children the stories of the harsh violent and tragic truths of war, as "quite early in their young lives they are aware, whether we like it or not, of wars raging today, most of them provoked by past conflicts yet unresolved."

He added: "We know that if we are not vigilant, if we are not determined to find peaceful solutions to the world's problems, the rampant nationalisms, old animosities and historical hurts can so easily provide the spark for another war, even a world war".

To these warning voices can be added the appeals of Pope Francis and his predecessors and not least our own prophet of nuclear disarmament, Bruce Kent. As he rests surely in peace, and as North Korea and Iran now work to get nuclear weapons, we all need to act on his urgings to bring about nuclear disarmament.

# Mermaids: why a reckoning is long overdue with this body

CATHOLIC COMMENT

Caroline Farrow



Mermaids, the UK charity for transgender, non-binary and gender diverse children is in serious trouble following a series of scandals.

An expose by the *Daily Telegraph* last month revealed that the charity was sending out chest flattening binders to teenage girls, as young as thirteen, without their parents' consent. In one case an adult journalist posing as a 14-year-old child was able to obtain a binder after explicitly stating that her parents would not allow it.

Breast binders are often marketed as though they are no more harmless than a supportive sports bra. This is absolutely not the case otherwise they would be widely available on the High Street. They are specialist devices designed not to minimise and support breasts but to completely flatten and constrict the chest giving it a masculine appearance. Breast-binding is akin to chest ironing, a practice recognised as gendered violence against women and girls similar to FGM.

Wearing breast binders is a form of self-harm and a rejection of the female body which ought to concern any loving parents. A 2015 study into the use of binders, indicated 28 potential negative outcomes including compressed or broken ribs, punctured or collapsed lungs, back pain, compression of the spine, damaged breast tissue, damaged blood vessels, blood clots, inflamed ribs and even heart attacks.

In short there is no way that teenage girls should be encouraged and affirmed to wear these things and its tragic to think how many may have done themselves irreparable damage. Sending these devices to children behind their parents' backs contravenes every single safeguarding guideline. We should be wary of any ideology or lobby group that seeks to present normal healthy loving family relationships as toxic or problematic and that seeks to drive a wedge



MP for Penistone and Stocksbridge Miriam Cates has raised the issue of Mermaids in the House of Commons, calling for a full inquiry into the group's practices and policies

between parents and children if the parents do not accede to their children's demands.

It has been heartening to see this heartening breach of safeguarding so widely condemned by leading feminist campaigners. My hope is that this then paves the way for a re-think of the Gillick competence principle and Fraser guidelines regarding teenage consent to medical treatment. Just as any loving and involved parent would be horrified to learn that their children were secretly damaging their bodies with breast binders, the same applies to the principle of abortion and contraception. The guidelines were constructed around similar principles that any parent objecting to their children having sex or abortion without their knowledge and consent, must therefore be killjoys intent on repressing their children's rights to a sex life. Given that sexual contact carries certain specific risks as well as benefits, while their children are legally minors, parents have a right and responsibility to know exactly what they are getting up and intervene if necessary.

Sending out breast-binders was not the only nefarious activity Mermaids was up to. *The Telegraph* expose also revealed that they were giving incorrect medical advice to teenagers such as telling them that the effects of puberty blockers were totally reversible and in one case, astonishingly congratulated a teenage user who said that they

wanted 'all the surgeries'.

If that wasn't enough, they were also encouraging children to set up their own groups to discuss their gender dysphoria, transition plans and swop information about the best way to obtain medication, on Discord – a social media app that is entirely without any kind of moderation whatsoever.

It was for these precise safeguarding breaches that the Charity Commission announced that Mermaids is currently under investigation and the National Lottery, one of the group's main funders, has paused its current grant of £500,000.

As women like me who have been fighting against this organisation for years, cheered, yet more bad news was to come. Dr Jacob Breslow, one of Mermaids' trustees, was forced to resign after it transpired that he had given a speech to a paedophile support group. Mermaids claimed that once they were alerted to this fact they took swift action to investigate, however, Dr Breslow's involvement with this group was already in the public domain and featured on a website, six months before his appointment.

In another shocking breach of due diligence, Mermaid's digital engagement officer was sacked after it was discovered he had posted highly sexualised photographs of himself dressed as a schoolgirl, together with an 11-year-old boy, on his instagram account along with other, sexually explicit photographs

that are too obscene to describe. Given their advocacy work for and on behalf of children, the revelation that two staff members are linked to pedophilia and sexually inappropriate behaviour, is extremely concerning.

It is incredible that this group has been allowed to gain so much traction in society and that anyone who dared to question both their ideology and their practices were both roundly ignored by the media and establishment for so long and threatened. Countless people lost careers, were subject to legal or police action for daring to stand up to what this group was promoting and for asking pertinent questions about whether or not allowing children to pretend that they could change their gender was in their best interests.

As readers are aware, my family has suffered profound consequences: my husband was asked to resign from his governorship at a local Catholic school and last week I was arrested in front of my children and am awaiting a charging decision, simply for daring to stand up to this activism.

At Prime Ministers Questions this week, Tory MP Miriam Cates demanded a police enquiry into Mermaids and has asked, how they have managed to gain such influence in society. Have we learned nothing from the abuse scandals of the past?

A reckoning is long overdue.

## PM appears to back call for police investigation into charity

Liz Truss has said allegations about transgender charity Mermaids "should be properly looked at" after a Conservative MP called for a police investigation into the organisation.

At Prime Minister's Questions, MP for Penistone and Stocksbridge Miriam Cates said that over the past week "serious safeguarding failures" by Mermaids have come to light, such as reportedly sending chest-flattening devices to young girls against their parents' wishes.

Ms Cates asked the PM if she agrees it is "high

time" for a police investigation into the charity to be launched, adding "For years, despite whistleblowers raising alarm, Mermaids have had unfettered access to vulnerable children.

"Does my right honourable friend (Liz Truss) agree that it's taken far too long for these concerns to be taken seriously and does she also agree that it is high time for a police investigation into the activities of Mermaids?"

The Prime Minister replied: "It's very important that underage teens are able to

develop their own decision-making capabilities and not be forced into any kind of activity.

"What I would say on the subject she raises, of course those matters should be raised and should be properly looked at."

The Charity Commission has opened a regulatory compliance case into Mermaids after a number of complaints, and written to its trustees for comment.

This is the first step taken by the regulator, and not a finding of wrongdoing.



# Scottish Church vows to lead fight against assisted dying

**Andy Drozdziak**

The Scottish Catholic church and pro-life groups have spoken out against the “deadly trap” of assisted suicide after MSP Liam McArthur won the right to introduce his Members’ Bill to allow assisted dying in the Scottish Parliament.

After Mr McArthur received sufficient cross-party support to introduce the legislation in Scotland, the country’s Catholic parishes were urged to hold a Petition Day on a Sunday during October to promote a Care Not Killing petition and gather as many signatures as possible to oppose a change to the law.

Bishop Hugh Gilbert, President of the Bishops’ Conference of Scotland, said: “As Catholics, we must reject assisted suicide and encourage rather the enhanced provision of palliative care for the elderly, the disabled, and the vulnerable who are such a precious part of our society.”

Pro-life group SPUC warned of the dangers of introducing the legislation. “Assisted suicide opens the door to the exploitation of the vulnerable at the hands of a culture of death masquerading as compassion,” SPUC’s Grace Browne told the *Universe*.

“Wherever and whenever assisted suicide is introduced, the pattern is the same: we see the vulnerable, elderly and even the disabled placed under increasing pressure to end their own lives.



Left, a screengrab of Care Not Killing’s petition

“Death can never replace palliative care and true compassion.”

Grace Browne shared statistics from



**Liam McArthur will now draft a Bill to legalise assisted dying in the new year**

places where assisted dying is legal. “In Oregon in 2018, 54.2 per cent of people killed by assisted suicide said that being a burden on family, friends and caregivers was a reason to end their lives,” she said.

“Since the legalisation of assisted suicide in Canada in 2016, the requirement for an applicant to be terminally ill has been removed, and in 2023, assisted suicide is expected to be extended to those suffering from mental illness.”

“This is a stark notice of where the slippery slope leads, and it is vital that Scotland does not fall into the same deadly trap. Once assisted suicide is imposed on a people, it fast becomes a default response to the challenges of care and even poverty and mental illness.”

Campaign group Care Not Killing echoed SPUC’s words, adding a call for pro-lifers to inform politicians of

the ‘dangers’.

“Campaigners for ‘State-assisted dying’ are calling for a change in the law to allow assisted suicide in Scotland, citing examples of other countries where it has been legalised. It is vital to help Scottish politicians learn of the dangers that have already been seen abroad,” Care Not Killing said.

Orkney Islands MSP Liam McArthur will now draft a Bill with the intention of introducing it early next year, promising to ‘craft legislation which is tightly drawn and contains strong safeguards.’

**A link to Care Not Killing’s online petition is here:**  
<https://carenokilling.scot>

## Gender bill plan is wrong, says CARE

Christian charity CARE for Scotland has urged MSPs to vote down a gender recognition reform bill.

The bill would allow children to ‘self declare’ their gender, a plan which Michael Veitch, Parliamentary Officer at CARE for Scotland, said threatens child safety.

Under the legislation, the time it takes to obtain a Gender Recognition Certificate (GRC) will be reduced, the age for obtaining one lowered from 18 to 16 and a medical diagnosis of gender dysphoria would no longer be required, removing the requirement for doctors’ reports.

The period of time someone must have lived in their “acquired gender” before applying would be reduced from two years to three months under the legislation – although a three-month “reflection period” would be introduced to the process.

Mr Veitch said CARE “does not accept the narrative that the Bill is essentially a tidying-up exercise aimed at reducing the bureaucracy of acquiring a GRC,” he said.

“By removing the requirement for a medical diagnosis of gender dysphoria, and reducing the statutory time limit to a nominal three-month period, the Bill introduces a de-facto system of ‘self-identification’.

CARE for Scotland have serious concerns about the Bill before Holyrood.”

“If passed, the Bill would send a clear message to young people that their biological sex is entirely a matter of personal choice and encourage them to make potentially life-altering changes to their bodies.”

## Ideal way to keep warm in church, says Tim

Popular comedian Tim Vine received a warm welcome as he opened the three-day Christian Resources Exhibition which closed on Thursday, 13th October at Sandown Park, Surrey.

He was invited to sit on a cushion which was heated by an internal battery and is aimed at churches to help reduce heating bills.

“This is brilliant,” was Tim’s verdict as he tested the cushion. “This would have been ideal in some of the chilly churches I have been in.”

As churches face the winter with higher heating bills, the warm hand of friendship is being given by a Dutch company offering to keep parishioners warm during the services with their Sit & Heat cushions.

Tim Vine wowed the crowd at the opening of the Christian Resources Exhibition with wisecracks and then took an enormous pair of scissors to cut a tape to open the three-day show.

“It is a great exhibition with something for everyone and all aspects of church life,” he said.

In a subsequent interview with Steve Legg - editor of *Sorted Magazine* – in which he spoke of his near-30 years as a comedian. “I love my job,” he said. “I love the fact that I am still allowed to mess about and have fun.”

A pair of “I am the vine” socks with the Bible verse decorates with bunches

of grapes was presented to Tim by Margaret Wyllie who runs Holy Socks, a stand selling a wide variety of socks with a spiritual theme. “I love the thought that Tim Vine is part of the Christian vine,” she said.

Visitors to the first of the three-day ‘ideal church show’ found stands offering help in all aspects of church life, from pews and pulpits to puppets, sound systems and stained glass, as well as speakers on faith topics.



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Public Engagement by Catholics for the Common Good



## UNIVERSE READERS SPECIAL ON SAVING ENERGY

# Four ways to reduce your home energy use – and save you cash!

COST-OF-LIVING  
CRISIS

## Aurore Julian

A particularly cold September has given us a glimpse of the winter to come. The cold will bite hardest for the 13 per cent of England's households that are already in fuel poverty. As the energy crisis intensifies, this is expected to rise further.

European leaders have therefore rushed to implement measures to protect households. The UK's Energy Price Guarantee caps the unit price of electricity and gas at 34p and 10p respectively. While this will ease some concerns over rising energy bills, many households will still be priced out of warming their home in the coming months.

So here are four ways research indicates households can reduce their energy use in time for the winter – and save money in the process.

### 1. Air dry laundry

Washing and drying clothing is responsible for around 12 per cent of household electricity use in the UK.

Hand washing is frequently suggested as an energy-saving alternative to machine washing, yet modern washing machines are highly efficient, typically using 0.5 kilowatt hours for a 9kg wash. This is considerably less than the 0.82 kilowatt hours used on average by hand washing. Even inefficient washing machines tend to use less energy than hand washing as much



less hot water is required.

Where you can save power, however, is by restricting use of the tumble dryer. Tumble dryers use a lot of energy, with a single cycle using up to 4.5 kilowatt hours. This will cost £1.50 per cycle at the price cap.

By air drying laundry instead, I calculated that the average household could save over £130 a year.

### 2. Use less hot water

Facing critical gas shortages, the German city of Hanover turned off the hot water in the bathrooms of all public buildings earlier this year.

While energy-saving measures this severe are unlikely, hot water production in the UK is a major consumer of energy, accounting for roughly one quarter of household energy use. There are several ways households can reduce their hot water use.

One way is reducing the time spent in the shower. A high-pressure shower lasting nine minutes uses around 4.3 kilowatt hours of gas. At the price cap, that's 44p per shower. By reducing the time spent showering to six minutes, households can save 15p on each shower.

If you have a hot water tank, making sure it is well insulated can also deliver cost savings. This will keep water warmer for longer and reduce heating costs.

Another approach is to install a low-flow shower head. This restricts the flow of water while maintaining the feel of a high-pressure shower. At lower flow rates, a shower will consume less hot water. For households that average two nine-minute showers a day, this could save over £100 per year.

However, a low-flow shower head will only work well in areas where the water pressure is high. Reducing the flow of an already low-pressure shower would transform the shower into a dribble.

### 3. Make better use of heating

As the energy crisis intensifies, it is important to make sure heating is not wasted unnecessarily. Research indicates that energy use could be slashed by up to 30 per cent by reducing heating when occupants are asleep or away.

This can be done by manually dialling down the thermostat or by turning the heating off altogether. For those who habitually forget to lower the heating, a smart thermostat could prove a useful investment. These can be controlled remotely via your mobile, or automatically through presence sensors and allow heating to be lowered when the home is unoccupied.

Energy is also wasted by heating unused rooms. Thermostatic radiator valves are one way to control the temperature across different rooms. They regulate the flow of hot water through radiators and can be programmed to modulate the temperature for each room.

Thermostatic radiator valves can deliver substantial energy savings. One study found that they result in 10 per cent–18 per cent less energy use compared to homes with no heating controls. However, it is important that the doors between rooms remain closed to prevent energy being wasted.

### 4. Maximise insulation

Although we can make better use of heating, Britain's homes are hugely energy inefficient. Its housing stock is one of the least insulated in Europe.

Maximising your insulation is one way to reduce your energy use. Secondary glazing in the form of window shutters can halve the amount of heat lost through a single glazed window. I calculated that this could save the average UK home over £50 per year in heating costs.

But window shutters do not always represent an immediate energy-saving strategy. Shutter installation can be costly and if installed on a building's exterior may require planning permission.

Closing blinds or curtains at night and during cold spells instead represents a cheaper way of retaining heat. Research indicates that blinds can reduce the amount of heat lost through windows by up to 38 per cent.

Changes in habits and small investments can substantially reduce energy consumption. If widely implemented, they can ease the energy crisis. While the Energy Price Guarantee will provide temporary relief to many, investment in energy efficiency measures such as insulation must be prioritised to reduce our energy burden longer term.

**Aurore Julien is a lecturer in Environment, Energy and Resources, UCL**



**Make better use of heating. Turn down the thermostat on your radiators a notch or two, and make sure you keep doors and windows closed to stop heat escaping**



# Ukrainian bishop asks UK to stand firm as attacks on his homeland intensify

**Andy Drozdziak**

As brutal attacks continue on churches, homes, schools, and hospitals in Ukraine, London's Ukrainian Catholic bishop Kenneth Nowakowski has made a desperate and urgent plea to Britain's Catholics to "pray and stand" alongside the people of Ukraine who are experiencing "horrific suffering."

Ukraine's capital region was struck by Iranian-made kamikaze drones early on Thursday morning, while Russia launched a further wave of missile and drone strikes on Tuesday, hitting power plants and civilian areas across Ukraine.

The blasts followed a barrage which killed 19 and injured scores more in cities including Ukraine's capital Kyiv on Monday.

"Ukrainians are struggling for their very existence," Bishop Kenneth said in a passionate video message.

"I'd like to call everyone to intensify their prayers for the people of Ukraine who are undergoing horrific suffering today as they have been for the last eight months of this vicious war being waged against them by the Russian federation."

G7 leaders vowed to "hold President Putin and those responsible to account". The group rejected the "illegal



**A wounded couple recover in a hospital after a shopping mall was hit by a Russian missile strike in Kremenchuk**

attempted annexation" of four areas of Ukraine and vowed to step up sanctions against Moscow.

Bishop Kenneth called on people to pray for 'deliverance from this enemy.'

"Ukrainians are a strong and brave people literally struggling for their survival," he said.

"I am asking the people of the United Kingdom and of Ireland to pray and to continue to stand with Ukraine as they defend themselves.

"We here in the United Kingdom are praying for our brothers and sisters in Ukraine for their safety and for their deliverance from this enemy."

Meanwhile, according to UK-based



**Bishop Kenneth speaking in his video**

organisation Release International, which supports the persecuted Church worldwide, occupying forces continue to attack churches, closing down the three largest evangelical churches in Melitopol.

In another raid, pro-Russian soldiers reportedly claimed that only one faith would be tolerated – Orthodoxy –

while ministers were detained.

In Mariupol, forces searched and sealed off places of worship, arrested religious leaders, and expelled church members. They also insisted that Church leaders cut ties with Ukrainian religious bodies.

The United Nations has condemned Russia's occupying forces for 'violations of the right to freedom of religion and belief.'

Christians, Muslims, and Jehovah's Witnesses have all been targeted, along with the Ukrainian Orthodox Church, which is independent from Russian control.

Release International CEO Paul Robinson is confident that the persecution will serve to "strengthen the Church."

"Ukrainian Christians have been here before," Mr Robinson said.

"They are begin driven back to the underground churches of the Soviet era. Yet the message of history should be clear to Russia: the Christian faith has survived 70 years of Soviet totalitarian rule, and it thrives today in China under similar conditions. Persecution can only strengthen the Church."

**More on Ukraine: World news, see pg 16-17**

## 'Scouse Aid' 4 on its way to Ukraine

Three more consignments of aid for Ukraine are set to leave the Archdiocese of Liverpool today (Friday 14th October).

This brings the total consignment so far to 12 trucks of aid over four journeys as part of the city's '#liverpool4ukraine' appeal.

"The aid is now more vital than ever as it comes when there are new attacks on the country with the war intensifying," the Archdiocese of Liverpool's Peter Heneghan told the *Universe*.

"It is also a further example of the growing partnership between the two countries with Liverpool hosting next year's Eurovision Song Contest on behalf of Ukraine."

The trucks, which will leave early in the morning, will be carrying dried food, thermal clothing, building tools and generators.

These goods will be delivered directly to Bishop Gregory Komar, from the Ukrainian diocese of Sambir-Drohobych.

Bishop Gregory, who is the auxiliary bishop of the diocese and has a close association with the Archdiocese of Liverpool, will then take the goods for distribution in the Lviv region of western Ukraine.

He has expressed his gratitude for the donations and explained how the aid will be used.

"We have a number of centres where there are refugees that the Church

looks after and we will use this aid for those people," Bishop Gregory said.

"We will also send what is necessary to the east of the country through our parish system. We need human contact, and it is important that we see you, that we talk with you and that you understand our situation."

He added: "Pray and keep praying so that people will remember us and hold Ukrainians in their minds and hearts."

On this fourth journey, the drivers will be Jill Boggan, Nicky Hegarty, and Andrew Davis from the archdiocesan staff. They will be joined by Jill's husband, Phil, and Molly Durkin and Megan McWhire from Greenmount Projects.

A service for peace and for the blessing of the drivers took place on Thursday 13th October at the St Margaret Clitherow Centre in Liverpool, led by Canon Aidan Prescott, the Chancellor of the archdiocese.

The archdiocese partnered with local organisations Greenmount Projects, who supplied building tools, as well as Wrightington, Wigan and Leigh NHS Foundation Trust, to help make this trip possible.

The food supplies have been financed by donations from the #Liverpool4Ukraine appeal, which has so far raised over £145,000.

• **Donations can still be made here:** [www.liverpoolcatholic.org.uk/ukraine-support](http://www.liverpoolcatholic.org.uk/ukraine-support)

 HM Prison & Probation Service

## HMP/YOI Portland is seeking a Roman Catholic Chaplain

**Salary range: £27,697 - £31,176 • Full-time post**

This is a great opportunity to provide pastoral and faith-specific care to prisoners and staff at **HMP/YOI Portland**.

The job holder will provide for the religious care of prisoners and staff in the Catholic faith including (for ordained priests) sacramental provision, and appropriate pastoral care for all, irrespective of faith or tradition.

The job holder will work with colleagues to ensure the delivery of the specification 'Faith and Pastoral Care', and deliver faith and non-faith based courses.

The job holder will also engage with, and build contacts with their own faith community towards aiding the resettlement of offenders.

### Other duties

- Act as faith advisor, providing advice, pastoral care and spiritual welfare to prisoners, staff and their families as requested.
- Facilitate and deliver opportunities for worship both sacramental (for priests) and non-sacramental, study and religious programmes.
- Contribute towards the development of local policy, procedures and practice.

- Provide mentoring and personal support for other chaplains and volunteers including following incidents.
- Be part of the provision of available and accessible chaplaincy care at all times.
- Plan and lead worship and prayer/faith-specific meetings.

For more information, including a full job description and applicant requirements, [click here](#).

Closing date for applications: **Wednesday, October 26th.**

Applicants are welcome to visit the prison beforehand.

### HMP/YOI Portland:

Chaplaincy Centre HMP/YOI Portland, The Grove, Portland, DT5 1DL



## In brief

**McCann suspect charged**

The suspect in the disappearance of Madeleine McCann has been charged with five sex crimes in Portugal, including two assaults on young children. Prosecutors issued five charges against Christian Brückner, 45.

Brückner is currently serving a seven-year prison term in Germany for raping an elderly American woman in Praia da Luz in 2005. He is also being investigated for the murder of McCann, who disappeared from an apartment in the Portuguese resort of Praia da Luz in 2007.

McCann's body has never been found.

**Bulger mum pleads with Truss**

James Bulger's mother has asked Liz Truss to block a bid for freedom by her son's killer. Days before Jon Venables, 40, faces a parole hearing, Denise Fergus wrote to the prime minister saying: "He still poses a serious danger to families."

Venables has a parole hearing looming and could be released if it is felt he is rehabilitated.

"We need the prime minister or her new justice secretary to step in immediately to make sure my son's killer stays firmly behind bars where he belongs," Fergus told *The Mirror*. "We are calling on them to, please, intervene now."

**'Model student' killed by ketamine**

A "model" student was killed by a combination of ketamine and alcohol just hours after she began her new life at university, an inquest has heard. Jeni Larmour, 18, was an accomplished student and classical singer who was about to embark on a degree in planning and architecture at university when she consumed a fatal mix of the anaesthetic drug ketamine and alcohol on the first night in her student flat on campus at Newcastle University.

Ketamine is a class B drug which is hallucinogenic, and can give a "dream-like detached state to those who use it", said *The Telegraph*.

**Angela Lansbury died at 96**

Dame Angela Lansbury, the star of *Murder, She Wrote* and *Bedknobs and Broomsticks*, has died aged 96. She died peacefully in her sleep at her home in Los Angeles, her family said.

Born in London in 1925, she won five Tony Awards, was nominated for three Oscars, and in 2013 she received an honorary Academy Award for her lifetime achievement in film.

# Collaboration is key as Caritas Salford lands city's top awards

**Andy Drozdzak**

Caritas Salford has won a prestigious regional award in recognition of its commitment to collaborating and working in partnership with others.

The charity's Connecting Older People team was honoured at this year's Spirit of Manchester Awards where they received the accolade in the Partnership and Collaboration category. The award was given in recognition of work done in North Manchester and beyond to support older people in the local community.

The service, which promotes independence, reduces isolation and empowers people through connections, practical support and activities, works alongside people over the age of 50. Visiting and support services are provided for people with limited mobility, declining coping capacity and poor mental or physical health.

The team was honoured at a ceremony at Whitworth Hall in Manchester on 6th October, where the Caritas Cornerstone and Morning Star Teams were also shortlisted and recognised for their work in the Service User Involving Organisation category.

Caritas Salford director Patrick O'Dowd was delighted with the 'recognition' given to his teams.

"I'm extremely proud of the teams from the Connecting Older People and Cornerstone and Morning Star services. They make a huge difference to the lives of thousands of local people every year, and this recognition is really well deserved," he told the *Uni-*



*verse*. "The Spirit of Manchester Awards are a real celebration of the amazing work that goes on across our fantastic city and attending the ceremony with our teams gave me a huge sense of pride."

The Spirit of Manchester awards programme is a celebration of the work of thousands of voluntary organisations, community groups, charities and social enterprises in Man-

chester, and recognises examples of great community spirit in the voluntary sector.

The mission of Caritas Salford is to help those in the diocese who experience poverty, disadvantage and discrimination to transform their lives with dignity, and Mr O'Dowd pinpointed 'collaboration' as a key feature of Caritas Salford's work.

"It's amazing that the categories we

were shortlisted in, and also won, were all around working with others and in partnership," he said.

"Collaboration and working alongside the people we support to shape services that work best for them is central to what we do here at Caritas Salford, so it's exciting to see that work acknowledged and celebrated in this way. Thank you to everyone who voted for our teams."

## Food banks plea wins Clare Catenians award

**Andy Drozdzak**

A student from Newcastle has won a prestigious award for delivering a passionate speech condemning the need for foodbanks and decrying 'sinful social structures.'

Clare Aspray, who is a Year 13 student and head girl at Sacred Heart Catholic High School, Newcastle, won first prize in the final of the Catenians public speaking contest, held in Manchester.

She chose the topic 'Is it time to close food banks?' for her winning speech, beating 10 other finalists aged 16 to 18, who had travelled from across the UK to compete in the contest.

Clare explained the reasoning behind her choice of topic. "Catholic social teaching directs us to do what we can to make a change in society in order to make it a more just world," she told the *Universe*. "But we risk ignoring the call to solidarity, part of which is the condemnation of sinful social structures."

Catenians president Roger Lillie presented Clare with her winner's trophy, along with £200 prize money and a further £100 for her school, which

she intends to use to hold an in-school public speaking competition for girls in Years 7 to 12.

Clare spoke of her happiness at the victory, while acknowledging the strength of the competition.

"The other contestants were inspiring, and I was fascinated by all the different topics they covered."

The decision to speak on food banks was inspired by learning some "shocking" facts about food bank usage.

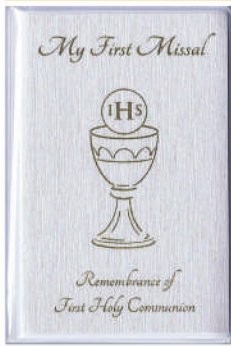
"I couldn't believe we had literally millions of food packs being handed out in every part of the country, but particularly in the North East," Clare said. "Then I found out that food bank data only began in 2008, so, in less than 15 years, we've managed to normalise food banks to the extent that thousands rely on them every week in order to feed themselves."

"I wanted to make people question why we could tolerate any need to have them in the first place."

Other speeches in the final of the Catenians event included 'Freedom is never more than one generation to extinction' and 'Eccentrics will succeed in life'.







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Inside left text: Now the God of hope fill you with all joy and peace in believing; that you may abound in hope, and in the power of the Holy Ghost. Romans 15:13

Ref: F060 RRP £2.50



## In brief

## Jesuit and Jew win leading faith prize

Pope Francis has selected a French Jesuit theologian and a Jewish law professor as winners of the Ratzinger Prize. The winners for 2022 are Jesuit Father Michel Fédou and Joseph H. H. Weiler.

Fédou is a professor of dogmatic theology and patristics at the Centre Sèvres of Paris and dean of the faculty of theology, as well as a member of several theological organisations and commissions involved in ecumenical dialogue with Lutherans and Orthodox Christians.

Weiler is a professor of law at New York University School of Law where he also serves as European Union Jean Monnet Chair and co-director of the Jean Monnet Center for International and Regional Economic Law and Justice. He is also a senior fellow of the Minda de Gunzburg Center for European Studies at Harvard Law School. Born in South Africa, he has dual US and Italian citizenship.

The Ratzinger Prize, dubbed a 'Nobel Prize in Theology', is given to two scholars each year who stand out for their scientific research in the field of theology, regardless of their religious faith.

## Asia can count on its laypeople

As bishops across Asia celebrate the 50th anniversary of the Federation of Asian Bishops' Conferences, Pope Francis urged them to recognise the dignity and potential of their laypeople and to remember that the diversity that marks their cultures and churches is a gift to the Church.

"Go forward, let the laity assume their baptism, their function as laypersons, and let the singularity of each one be respected, because the universal church is not the uniform church, no: She is universal, with respect for the particularity of every Church," the pope said in a video message to the federation.

Bishops from 29 Asian countries, along with priests, religious and laypeople, are meeting in Bangkok to celebrate the 50th anniversary of the federation and look toward the future in a two-week long event.

The federation was started in 1970 when St. Paul VI met with bishops from throughout Asia in Manila, Philippines. The anniversary celebrations had to be postponed for two years because of the pandemic.

The assembly is focusing on a number of key themes, including helping the Church be the good news in the light of the emerging realities, helping the federation best serve the bishops and their conferences in Asia, and developing a renewed appreciation of the blessings and richness of Asia's Church.



St. Giovanni Battista Scalabrini



St. Artemide Zatti

# Saints who devoted lives to migrants are lesson for our modern world, says pope

**Cindy Wooden**

Pope Francis used the canonisation Mass of two new saints to appeal again for the world to not turn its back on migrants, saying failing to help them was "sinful, criminal."

The words were appropriate as in the week that led up to the service, two more migrant drowning tragedies took place in the Mediterranean, and the new saints were a bishop who dedicated his life to assisting migrants and a Salesian brother who had immigrated with his family to Argentina.

"The exclusion of migrants is criminal. It makes them die in front of us," the pope said before formally recognising the holiness of St. Giovanni Battista Scalabrini, an Italian who founded the Missionaries of St. Charles Borromeo to care for migrants, and St. Artemide Zatti, an Italian immigrant in Argentina who became a Salesian brother, pharmacist and nurse.

The prayers at the Mass included

one for "those forced to leave their homeland," and asking God to teach people to share "his welcoming gaze toward all people" and "heal the throw-away culture of indifference."

Pope Francis focused much of his homily on the day's Gospel reading about the 10 lepers healed by Jesus and, therefore, allowed back into society.

He told the audience in St Peter's Square: "When we are honest with ourselves, we realise that we are all sick at heart, all sinners in need of the Father's mercy."

"Then we stop creating divisions on the basis of merit, social position or some other superficial criterion; our interior barriers and prejudices likewise fall. In the end, we realise once more that we are brothers and sisters."

Pope Francis asked the estimated 50,000 people at the Mass to think about whether in their families, at work and in their parishes, they are

willing to walk with others and listen to them, "resisting the temptation to lock ourselves up in self-absorption and to think only of our own needs."

"To walk together – to be 'synodal' – is also the vocation of the Church," he said. "Let us ask ourselves if we are really communities truly open and inclusive of all; if we co-operate, as priests and laity, in the service of the Gospel; and if we show ourselves welcoming, not only in words but with concrete gestures, to those both near and far, and all those buffeted by the ups and downs of life."

The pope said he is "troubled" when he sees Christians who tend to divide the world into "the good and the bad, saints and sinners; this makes them feel superior to others and exclude so many people that God wants to embrace."

Both the Church and society, he said, are "still marred by many forms of inequality and marginalisation."

Sts. Scalabrini and Zatti fought

against such attitudes, dedicating their lives to the service of the poor, migrants and the sick.

"Always be inclusive," he said.

"Today, the day on which Bishop Scalabrini becomes a saint, I think of migrants. The exclusion of migrants is scandalous," he said. "Actually, the exclusion of migrants is criminal."

Some people say of the migrants and refugees, "No, we do not exclude them, we send them away," he said. But they are "sent to camps where they are exploited and sold like slaves," repeating what many human rights organisations have said about camps in Libya for those caught trying to cross the Mediterranean.

"Brothers and sisters, today let us call to mind these migrants, especially those who are dying," he said. And what about "those who are able to enter, do we welcome them as brothers and sisters, or do we exploit them? I simply pose the question," the pope added.

## England's latest cardinal given evangelisation role

Pope Francis has shuffled membership of the dicasteries of the Roman Curia, handing out new roles to a number of clergy made up into cardinals in August.

Among them was the former Bishop of Leeds Arthur Roche (*right*), prefect of the Dicastery for Divine Worship and the Discipline of the Sacraments, who has now been named a member of the dicasteries for Evangelisation, for Bishops and for Culture and Education.

Another cleric who received his red hat in August, Cardinal Robert W. McElroy of San Diego, will serve as a member of the Dicastery for Laity, the Family and Life as well as the Dicastery for Promoting

Integral Human Development.

Cardinals Roche and McElroy were among the 20 prelates welcomed into the College of Cardinals by Pope Francis on 27th August.

The pope named Korean Cardinal Lazarus You Heungsik, prefect of the Dicastery for Clergy, as a member of the dicasteries for Evangelization, for Bishops and for Divine Worship and the Discipline of the Sacraments.

Pope Francis also appointed new members to the following dicasteries:

• Dicastery for Evangelization: Cardinals Filipe Neri Ferrão of Goa, India; and Giorgio Marengo, apostolic prefect of Ulaanbaatar, Mongolia.

• Dicastery for Bishops: Cardinals Jean-Marc Aveline of Marseille, France; and Oscar Cantoni of Como, Italy.

• Dicastery for Institutes of Consecrated Life and Societies of Apostolic Life: Cardinals Fernando Vérgez Alzaga, president of the Pontifical Commission for the Vatican City State; Leonardo Ulrich Steiner of Manaus, Brazil; and Virgílio do Carmo da Silva of Dili, East Timor.

• Dicastery for Laity, the Family and Life: Cardinals Peter Ebere Okpaleke of Ekwulobia, Nigeria; and William Goh Seng Chye of Singapore.

• Dicastery for Promoting Christian Unity: Cardinals Paulo Cezar Costa of Brasília, Brazil; and Richard Kuuia Baawobr of Wa, Ghana.

• Dicastery for Promoting Integral Human Development: Cardinal Anthony Poola of Hyderabad, India.

-- Pontifical Commission for Latin America: Cardinals Paulo Cezar Costa of Brasília, Brazil; and Adalberto Martínez Flores of Asunción, Paraguay.





# Today's synod is 'a reflection on Vatican II's work'

While the term 'synodality' is not found in any of the 16 documents of the Second Vatican Council, the council's vision and definition of the Church is at the heart of what synodality is, said Cardinal Mario Grech, secretary-general of the Synod of Bishops.

The 'magna carta' of the 2021-2023 process of the synod "is the council's doctrine on the Church, particularly its theology of the people of God, a people whose 'condition is the dignity and freedom of the children of God, in whose heart the Holy Spirit dwells as in a temple,'" he said, quoting from the council's Dogmatic Constitution on the Church.

Cardinal Grech published a message on the council and synodality on 10th October, the day before the 60th anniversary of the opening of the council.

St. John XXIII opened the council Oct. 11, 1962. All the bishops from all over the world were invited to participate in its four sessions, which concluded on 8th December, 1965.

The current synod process with its listening sessions around the world, its prayer and discernment is focused

on the theme, 'For a synodal church: Communion, participation and mission.'

Those three words, are eminently conciliar words, Grech said. "The Church that we are called to dream and build is a community of women and men drawn together in communion by the one faith, our common baptism and the same Eucharist, in the image of God the Trinity: women and men who together, in the diversity of ministries and charisms received, actively participate in the establishment of the kingdom of God, with the missionary impetus of bringing to all the joyful witness of Christ, the only savior of the world."

The Synod of Bishops, the cardinal noted, was established by St. Paul VI in 1965 at the beginning of Vatican II's last session precisely "to prolong in the life and mission of the church the spirit of the Second Vatican Council, as well as to foster in the people of God the living appropriation of its teaching."

**Looking back at Vatican II: See page 22**



## Youth asked to use their energy to build a more peaceful world

Pope Francis has urged a group of young people from Belgium to be peacemakers as he voiced his increasing concern over the "grave danger" humanity is facing because of the war in Ukraine and Russia's threat to use nuclear weapons.

"We are going through difficult times for humanity, which is in great danger," the pope told about 300 young people making a pilgrimage to Rome.

He urged them to "be artisans of peace around you and within you; ambassadors of peace, so that the world rediscovers the beauty of love, of living together, of fraternity and solidarity."

Quoting his 2019 apostolic exhortation to young people, the pope said

their vocation, like the vocation of all laypeople, is to make "a concrete and faith-based commitment to the building of a new society. It involves living in the midst of society and the world in order to bring the Gospel everywhere, to work for the growth of peace, harmony, justice, human rights and mercy, and thus for the extension of God's kingdom in this world."

Encouraging their commitment to their faith and praising their efforts to share the Gospel with their peers, the pope told them, "You are not just the future of the Church, you are its present. It needs your generosity, your joy, your desire to build a different world, one imbued with the values of fraternity, peace and rec-

onciliation."

In addition to their joy and enthusiasm, young people naturally have "fears, difficulties, wounds, the need to face your limits, crises," he said, but they must not be afraid.

If their relationship with Christ is solid, the pope said, they will have a different perspective that will help them see challenges as occasions for growth.

"Also," he told them, "do not be afraid to accept your fragility or weaknesses, but do it with humility: Say to yourself, 'these are my limits, but I'm moving forward'."

"You do not need to be superheroes, but rather people who are sincere, true and free," the pope told them.

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## In brief

**Bishops' shock over sacrifice claims**

Catholic bishops in the southern Indian state of Kerala expressed shock over the human sacrifice of two women as part of a ritual to gain wealth and prosperity.

Father Jacob G. Palakkappilly, spokesman for the Kerala Catholic Bishops' Council, said the incident, which came to light on 11th October, has shaken the collective consciousness of Indian society, reported [ucanews.com](http://ucanews.com).

"We could never imagine such a devilish act will be committed in a state which is proud of its literacy," the priest told [ucanews.com](http://ucanews.com), alluding to Kerala's claim to be the only state in the country with total literacy.

Police said they arrested three suspects, including a woman who admitted the crime during interrogation.

Fr Palakkappilly said the crime "reflected the drastic moral degradation" in a society where "the greed for wealth" caused humans to adopt any means, including sacrificing people.

"Faith is meant for human betterment and spiritual well-being," he said, while dubbing the killings as a wake-up call for religious, social and political leaders to promote righteousness and shun superstitions.

**'Landmark trial' over air crash**

The "harrowing final minutes" of the Air France flight from Rio de Janeiro to Paris that crashed into the Atlantic Ocean in 2009, killing all 228 people on board, will be studied as what *The Guardian* described as a "landmark trial" opened in Paris. Air France and the aircraft maker Airbus are being tried on charges of involuntary manslaughter.

A spokesperson for a victim's campaign group told AFP: "We expect an impartial and exemplary trial so that this never happens again."

**Nine per cent chance of nuclear war**

Superforecasters from the world renowned Swift Centre say the risk of a Russian nuclear attack remains small but very real, according to the *i* news site.

Asked whether a nuclear weapon will be detonated in Europe as an act of hostility before the 30th April, 2023, the median average answer from the superforecasters was nine per cent. However, one of them gave a likelihood of 20 per cent.

A series of setbacks in his invasion of Ukraine has resulted in mounting speculation that Russia will use a nuclear missile.

The Swift Centre is a group of respected forecasters who are asked to make predictions about future global events.

# Nuncio calls for UN to act on crimes against humanity

The Vatican's permanent observer to the United Nations has told a committee of the world body that "civilian populations continue to be victims of widespread and systematic attacks."

Where there is "credible evidence" of such attacks, "there must be accountability," he said.

In a thinly veiled criticism of Vladimir Putin's war on Ukraine, Archbishop Gabriele Caccia told the UN: "Crimes against humanity are among the most serious crimes and their prevention and punishment concerns the entire international community. Nations must act."

The body listening to him was the UN General Assembly's Sixth Committee during its plenary meeting on crimes against humanity.

Attacks against civilian populations "are a reality of our times", but they are "clearly prohibited under customary international law," the archbishop said, adding that "the perpetrators of these heinous crimes continue to enjoy impunity."

"Although crimes against humanity are distinct from war crimes, we must acknowledge that civilians are particularly at risk wherever war rages," he said, deploring "massacres, torture, rape and the deliberate, indiscriminate targeting of civilian areas and humanitarian corridors."

All the issues he cited have been found committed by invading forces in Ukraine, in addition to systematic rounding up and summary execution of civilians.



Cardinal Konrad Krajewski, the papal almoner, prays over a mass grave near Borodyanka, Ukraine, in April while on a visit on behalf of the pope.

The nuncio also drew particular attention to the issue of human trafficking, which he described as one of the darkest and most revolting realities in the world today. "Millions of men, women and children are enslaved, sold and trafficked as part of a systemic attack on civilians."

"Crimes against humanity affect us all," Archbishop Caccia continued, stressing the need for stronger inter-

national co-operation to prevent these attacks.

The "primary responsibility for protecting civilian populations from such crimes lies with member states of the UN," he said. "However, some domestic legal systems lack either laws to prosecute such crimes or the capacity to investigate them."

"In addition, crimes against humanity frequently have effects beyond

the borders in which they occur since they may destabilise peace and security."

Archbishop Caccia called for "a global convention on crimes against humanity," which he said would indeed further strengthen the current framework of international humanitarian law, international criminal law and human rights law.

To that end, he said, the Holy See's delegation to the UN supports further discussions on the draft articles on 'The Prevention and Punishment of Crimes Against Humanity' adopted by the International Law Commission at its 71st session in 2019.

But any such convention "must focus squarely on codifying existing customary law and promoting international cooperation," the archbishop said. It also should build upon the principle of "*aut dedere aut judicare*" (Latin for 'either extradite or prosecute'), he said.

This principle is the legal obligation of nation states under public international law to prosecute persons who commit serious international crimes where no other country has requested extradition. It sets out the duty of these states to prosecute crimes against humanity within their borders.

The international community has a responsibility to protect populations from crimes against humanity, Archbishop Caccia reiterated, noting that such a convention, adopted by consensus, would advance that aim.

## Russia steps up air strikes but Ukraine wins back more land

Russia's Federal Security Service the FSB has claimed to have arrested five Russians and three citizens of Ukraine and Armenia in the wake of the attack on the Kerch Bridge which killed four people and caused sections of the bridge to collapse.

The bridge opened four years after Russia annexed Crimea from Ukraine in 2014, serving as a symbol of Moscow's regional dominance as well as a crucial route for getting military supplies to Ukraine.

The FSB alleged the detained suspects acted on orders of Ukraine's military intelligence, blaming Ukraine's intelligence chief, Kyrylo Budanov, but Ukraine's defence ministry dismissed the accusations as "nonsense."

Russian President Vladimir Putin responded to the bridge blast by ordering missile strikes across Ukraine, where his forces over the last month lost ground in the east and south as Ukraine's military waged a counteroffensive.

Ukrainian authorities said Russian

missiles killed 19 people on Monday, including five in Kyiv, the capital. The bombardment targeted power plants and also hit civilian buildings.

Over the past two days, Russian strikes damaged about one-third of the country's energy infrastructure, Ukrainian energy minister German Galushchenko said Wednesday.

Ukraine's presidential office said in a morning update that eight Ukrainian regions in the south east were affected by Russian shelling.

Ukraine's southern command claims to have recaptured more settlements in the southern Kherson region, on the western fringe of an arc of Russian-controlled territory in eastern and southern Ukraine.

Kherson, Donetsk, Zaporizhzhia and Luhansk are four regions recently annexed by Russia, a move condemned as illegal under international law by the UN. Meanwhile, Western officials meeting in Brussels discussed their plans to maintain winter weapon and aid deliveries to Ukraine.

## Blackout threatens safety of biggest nuclear plant

Russian missile attacks caused a crippled nuclear plant in Ukraine to lose all external power on Wednesday, increasing the risk of a radiation disaster because critical safety systems need electricity to operate.

The UN's atomic energy watchdog reported that power was cut to the Russian-occupied Zaporizhzhia nuclear power plant for eight hours.

The war-related interruption highlighted "how precarious the situation is" at Europe's largest nuclear plant, the International Atomic Energy

Agency said in a statement.

The threat to the Zaporizhzhia plant came when a missile damaged an electrical substation, leading to the emergency shutdown of the plant's last external power source.

Diesel generators were supplying the plant with power but Russian troops blocked a convoy carrying additional fuel for them.

"This is the weaponisation of civil nuclear, perhaps for the first time," Paul Dorfman, a nuclear expert at the University of Sussex said.



Zaporizhzhia nuclear power plant



# Church leaders in plea for help over Africa's 'unpayable' debts

Catholic leaders in Africa have called for the removal of the unpayable debts, saying that the burdens were sinking their countries further into poverty.

They said the continent was struggling with an unprecedented confluence of crises and urged international leaders to prioritize actions that enable Africa's recovery.

The faith leaders wrote an open letter to the Group of 7 and African finance ministers, who met from 10th October in Washington for meetings of the IMF and World Bank.

"The first priority is to remove the crushing burdens of unpayable debts, a call that we find consistently in the voice of leaders of diverse religious traditions, certainly those of the Catholic Church," said the statement signed by Archbishop Gabriel Justice Yaw Anokye of Kumasi, Ghana, president of Caritas Africa, the African con-

federation of Catholic charitable agencies that participate in the Caritas Internationalis network.

The leaders highlighted the impact of the COVID-19 pandemic, saying it led to an economic contraction of more than three per cent and reversed years of development progress on the continent. The letter said since the pandemic began in 2020, more than 40 million have fallen into extreme poverty, after two decades of poverty reduction.

Recession looms again, they said, barely three years after the biggest global recession in a century. The letter also mentioned other threats that could derail Africa's fragile recovery: the impact of the Russia-Ukraine war, the highest food and energy inflation in several decades, the worsening Horn of Africa drought and interest rate hikes in major economies.

"Their effects already led to the fastest rises in hunger in our continent, where food crises already affect 346 million people," the letter said.

While calling for policies that outline how to get out of the debt crises, the letter also called for a review of lending and borrowing rules and standards.

"Borrowers should not continue to shoulder alone the weight of external shocks, which are increasingly frequent and put their poorest at risk," said the clerics, which called for redistribution of funds in the IMF's Special Drawing Rights, an international reserve asset created to supplement the official reserves of its member countries.

"We believe SDRs have much more significant role to play in supporting health, education, food and social investment, climate adaptation and the achievement of the Sustainable De-

velopment Goals," they added.

At the same time, however, they accepted that poorer countries must improve domestic governance and accountability. It called on African heads of state to improve governance by promoting transparency, inclusion and accountability for public and natural resources.

In a separate speech, Kristalina Georgieva, IMF managing director, said the global economy is fragile, and she predicted a \$4 trillion global loss through 2026.

Georgieva said the growing debt vulnerabilities increase the risk of a widening debt crisis that would harm populations and global growth. She urged a quicker implementation of a Group of 20 debt relief process known as the Common Framework for Debt Treatments Beyond the Debt Service Suspension Initiative.

## North Korea missile tests raise alarm

North Korean leader Kim Jong Un supervised his nation's latest tests of long-range cruise missiles, hailing the exercise as a successful demonstration of its nuclear strike capabilities and readiness for "actual war".

The tests extended a record number of weapons demonstrations this year by North Korea, which has punctuated its testing activity with threats to preemptively use nuclear weapons against South Korea and the United States if it perceives it is under threat.

Analysts say Mr Kim is exploiting the distraction created by Russia's war on Ukraine, using it as a window to accelerate arms development as it pursues a full-fledged nuclear arsenal.

South Korean officials say Mr Kim may also conduct a nuclear test soon, escalating a pressure campaign aimed at forcing the United States to accept North Korea as a nuclear power and to gain economic concessions from a position of strength.

## Climate change blamed as Ghana hit by unseasonal rains and dam overflows

Heavy rains across the Accra region of Ghana has left the southern part of the capital city under water after the local Weija dam was compromised.

The dam, located in the Weija-Gbawe Municipality in the Greater Accra Region, serves as the source of potable water for more than half of the 5.4 million population of the na-

tional capital.

But unseasonal heavy rains in early October caused the reservoir's level to reach an all-time high, leading to the authorities allowing it to overflow as a safety precaution amid fears it could collapse.

Archbishop John Bonaventure Kwofie has appealed to societies and

groups in the church to come to the aid of the people with food and clothing.

Fr Mensah of St. Peter Church said: "The water level remains high even though we were told that the gates of the dam have been closed."

Some people reported waist-level water in their homes. Some decided to leave the area, even though they had resided there for years.

Stanley Martey, communications manager of Ghana Water Company Ltd., operators of the Weija dam, said the company warned residents for days ahead of the spillage, "but many did not heed the warning."

A spokesman for Ghana's National Disaster Management Organization said: "This is not the normal raining season that we all know. We are talking about climate change, global warming, and the rains came at a time nobody was expecting it and the inflow into the dam is high.

"Without the spillage, the dam could burst, with dire consequences to those downstream."



## 1.5 million displaced as flooding swamps much of central Nigeria

Nigeria's worst flooding in a decade has left hundreds dead and many more missing or injured.

"We are in the middle of a terrifying humanitarian crisis as we speak," a government spokesman said, adding that thousands of homes were swamped.

Worst affected is Kogi state, which borders 10 states in addition to Nigeria's capital, Abuja. Lokoja, the state capital, is situated at the confluence of Nigeria's two biggest rivers, the Niger and the Benue, and the area along the river banks are more prone to flooding.

Nigeria is hit by flooding at this time every year, but exceptional rainfall combined with the decision to release excess water from the

Lagdo dam in neighbouring Cameroon have made the situation much worse this year. More than 500 people are confirmed dead.

Kogi Governor Yahaya Bello has asked Nigerian President Muhammadu Buhari to declare a state of national disaster to help accelerate a government response.

Since the end of July the West African nation – Africa's most populous – has been fighting a wave of flooding, with 31 of its 36 states affected in some way. The UN estimates that as many as 1.5 million people have been displaced and food crops have been ruined, raising fears that the nation could be hit by food shortages later in the year.

## Julia wreaks havoc as storm hits central America

Authorities in Central America feared the number of dead will increase sharply this weekend after a weather system known as Julia left much of the region buried in mud or covered in floods.

Five members of the armed forces of El Salvador are among 28 reported fatalities linked to Storm Julia, but the death toll is expected to rise as rescuers reach previously cut-off parts of the country in the next few days.

The country's secretary of environment said that El Salvador had received the equivalent of about 15 per cent of its annual rainfall in one day last week.

Catholic churches there opened their doors to those seeking shelter.

Nicaragua, where Julia made landfall as a Category 1 hurricane on 9th October, reported one death, though many doubt the government's account. The online news site Divergentes said reports from social media reveal more deaths and scores of people left homeless.

Authorities in El Salvador, Guatemala and Mexico reported widespread mudslides, flash floods and overflowed rivers as the storm continued its path across the region. Thousands have been placed in tem-

porary shelters.

Guatemala reported destroyed homes as well as roads and bridges washed away as authorities scrambled to look for people trapped under fallen trees and structures.

The Government has said a major concern is the impact the storm has had on its farming communities, with widespread damage to crops including beans, coffee and plantains.

Before Julia headed north to Central America, it passed through Venezuela, causing a landslide that left at least 25 dead and 50 missing, as authorities tried to find victims buried in the mud.



# ‘Hard hearts’ are running Nicaragua – but Church will fight for the people

Since August, relations between the Church and the regime of Daniel Ortega in Nicaragua have completely broken down, with clergy arrested, sisters expelled and religious processions banned. Sean Gallagher spoke to one family who fled the chaos and are now living in exile in the United States about the latest developments in their homeland

## Sean Gallagher

Lucia has known turmoil and unrest in her home country of Nicaragua from the time she was a toddler in the late 1970s when Daniel Ortega and the Sandinista party first came to power there.

Her family was opposed to them, and three of her older brothers died as a result.

“My family suffered at their hands,” said Lucia – not her real name – who moved to Indianapolis from Nicaragua in July, in an interview with *The Criterion*, newspaper of the Archdiocese of Indianapolis.

The initial rule of Ortega, whom Lucia called a “bandido”, came to an end in 1990, but he was re-elected as president in 2006 and has ruled ever since. The legitimacy of the elections that have kept him in office have been increasingly questioned by international observers.

Nearly 40 years after Lucia’s family was scarred forever by Ortega’s government, its violence touched her again – this time through her then-young adult son.

In spring 2018, students across Nicaragua took to the streets to protest against government corruption and political repression. More than 100 students died in the violent suppression of the protests.

At the time, Lucia’s son was assisting an uncle who ran a radio program that was opposed to the Ortega regime. Members of a government-affiliated paramilitary unit tracked the uncle and Lucia’s son. The uncle escaped, but Lucia’s son did not. He was shot and killed in the streets.

“My son didn’t provoke anything. It’s really hard and really difficult,” said Lucia through tears. “God is the one who strengthens us in times of anguish.”

Felix and Paholla Navarrete remember those protests well. It spurred them to leave the country. They, too, wound up in Indianapolis.

“Our churches had wide open doors,” Felix said of the response of the Church in Nicaragua to the protests. “They helped the people who needed a safe place to stay. All the priests that I knew were working very closely with their parishioners. It was so inspiring seeing that our Church was very close to the people who were suffering.”

During the time of the protests, Felix and Paholla started to experience pressure to publicly support the government.

“The political secretary would try



Bishop Rolando Álvarez

to trap employees,” Paholla said. “They’d say that if you want to keep your job, you have to do whatever needs to be done at the protests against citizens who are marching.”

Felix and Paholla faced a life-changing choice: stay in Nicaragua with their well-established life? Or leave it all behind with no going back?

“We got to the point where we were thinking about what would be better,” said Paholla. “To stay for a position with a salary, or to show your children what was the right thing to do?”

With such a momentous decision looming, the family went to God in prayer.

“We prayed together as a family,

and we asked God to guide us to take the right steps,” Paholla said.

“We took a step of faith,” said Felix. “It was the hand of God that was working in every step. We saw it. We felt it.”

They left in early June of this year for Costa Rica for what appeared to be a vacation. Only their family knew of their plans. Felix and Paholla didn’t quit their jobs at the supreme court or do anything with their home to make it appear that they were leaving permanently.

“If we had done that, we would have been in trouble,” Felix said. “If we had stayed, we’d probably have become political prisoners,” Paholla said. “We would not have given up our faith for anything. We’d have been considered traitors by the government.”

In Costa Rica, they were surprised by being able to quickly secure visas for the family from the US Embassy there to travel to the US. By the end of June, they had arrived in Indianapolis, where Paholla’s mother lives.

“I have always been confident in what God has planned for me and my family,” Felix said. “So, even when I thought that I would be in terrible danger if I stayed in my country, I always saw that God was acting in my life.”

Lucia, meanwhile, is concerned for her daughter who still lives in Nicaragua with her husband and children. She also is saddened by the suffering the Church in Nicaragua is undergoing. In recent months, the



## NICARAGUA TIMELINE

**AUGUST 3:** Bishop Rolando Álvarez placed under house arrest after criticising the government of President Daniel Ortega. Church comes under renewed pressure to stop priests supporting student and trade union protests

**AUGUST 19:** Nicaraguan police burst into Matagalpa diocesan headquarters at 3.20am and arrest Bishop Álvarez, later confirming that they carried out ‘an operation which permitted the recuperation of normalcy for Matagalpa’s citizens and families.’ Charges include ‘trying to organise violent groups, inciting them to execute acts of hate against the population, provoking an environment of chaos and disorder, disturbing the peace and harmony in the community with the objective of destabilising the Nicaraguan state and attacking the constitutional authorities.’ Catholic charity the Missionaries of Charity shut down and members expelled for working with ‘outside agencies to destabilise the regime.’

**AUGUST 22:** Pope Francis calls for “open and sincere” dialogue in the Central American country, adding that he was monitoring the situation regarding Bishop Álvarez. Six other priests said to be arrested and held in ‘places unknown’ – though feared to be notorious Chipote prison, where political prisoners are held and often tortured.

### SEPTEMBER 22

Police stop Catholics holding feast day processions for patron saints in Masaya, 18 miles south of the capital, Managua. Parishioners banned from removing statues of their patron saints and holding processions.

**SEPTEMBER 29:** Nicaraguan President Daniel Ortega blasts Catholic leaders as a “gang of murderers,” in comments amping up persecution of the Church. Scorns Pope Francis’ call for dialogue, accusing him of running “the perfect dictatorship”... “who elected the bishops, the pope, the cardinals?” he asks. He adds: “With what moral authority do they speak of democracy? Let them start with the Catholic vote. ... Everything is imposed. It’s a dictatorship, the perfect dictatorship. It’s a tyranny, perfect tyranny.”

apostolic nuncio and members of the Missionaries of Charity have been expelled from the country, priests have been arrested, Catholic radio stations have been shut down and outdoor religious processions have been banned.

In early August, members of the national police in riot gear surrounded the home of Bishop Rolando Álvarez of Matagalpa,

Nicaragua, after the government had accused him of fomenting violent opposition to the Ortega regime. Then, on 19th August, police officers in a predawn raid seized Bishop Álvarez and the priests, seminarians and lay Catholics living with him and took them to Managua, Nicaragua’s capital.

Bishop Álvarez has been kept there under house arrest while the others seized with him were sent to Chipote Prison, notorious as a place where political prisoners have been tortured.

In a recent address, Ortega described the country’s Catholic leaders as “a gang of murderers” who operate with Pope Francis “a perfect dictatorship.”

“The hardness of hearts of those in government is why they are doing this (to Bishop Álvarez),” said Lucia.

Despite the suffering that Lucia, her family and the Church in Nicaragua have experienced, she has remained close to Christ.

“He helps heal our hearts, and he gives us forgiving hearts,” Lucia said, adding that she has forgiven the men who killed her son.

“I would love to return to Nicaragua to be with my family,” she said. “I am on the path right now that God has me on. The persecution is so bad, and I am concerned about my family still there. I am afraid for them.”

**A Nicaraguan exiled in Costa Rica holds up a drawing of Pope Francis with a Nicaraguan flag covering his mouth during the ‘Vigil of Faith and Freedom’ outside the Metropolitan Cathedral in San Jose, Costa Rica. Photo: Mayela Lopez, Reuters**



## TALKING POINT

SEAN ELLARD



This landscape of 'mountains' and 'valleys' speckled with glittering stars is actually the edge of a nearby, young, star-forming region called NGC 3324 in the Carina Nebula. Captured in infrared light by NASA's new James Webb Space Telescope, this image reveals for the first time previously invisible areas of star birth. It was part of the first set of images NASA released of the 'unseen Universe'

# The times, they are a-changin'

What does the word 'change' conjure in your mind? Do you think of money in your pocket? Do you think of uncomfortable feelings? What about positive ones?

Outlook, attitude, experiences and then our perspectives are the pillars of who we are as individuals in our day-to-day life. These are the wires we throw out to plug into the greater world of electromagnetic energies around us.

But the cerebral currents we're pushing out are also directly related to the signals we're receiving back in – including the potential risk a bad signal can settle into becoming white noise of the mind, obscuring our potential for reception of something much better.

There is always someone who has it worse than ourselves but whose happiness index towers over many of ours. Why? It's the frame through which we see life, the world around us and the values we assign to things we feel are important. It's a truth we all know. It is simply a matter of the degree to which we adhere to or reject it as our own personal choice.

So what does this 'too many pints in a pub' quality philosophy have to do with UAPs (OFOs)? Everything.

UAPs are not unique to America, its allies or adversaries and corporations doing business in hangers we'll never see inside. Thousands of years of recorded history shows it. Which comes back to change.

Whether you believe some of these things are from deep space, the rings of Saturn, another

dimension, or a secret construction yard owned by Lockheed Martin or BAE – the core issue is, you are not in the loop about what is really going on. And it has been going on longer than any of us have been here. Understanding the UAP issue is about accepting you're not going to be in the loop about the most crucial facts – at least at this stage in history. But being outside the inner, dark circles of power high above the elected leaders we assume are in control, doesn't mean there is nothing you can do to prepare for changes to come. Despite not knowing what they'll be.

## Shelf life

There is very little chance using a smartphone and anointing yourself a 'social media scholar' is going to uncover the truth. At least all of it. It's because no matter what we believe, understand or believe we think we understand, this infinitely complex, multifaceted issue (ranging from preserving social order to the awakening of the power of our minds) is seemingly under no one's control. There is no clear, singular global order managing this global issue. But there are a lot of competing interests working hard to capitalise and control the inevitable changes yet to come. It is why stepping back and taking charge over things we can control is how we keep pace with the true powerbrokers of society.

It is undeniable now that change in our society is taking us from a place of ridicule and marginalisation

to the begrudging acceptance of the hard reality of the existence of UAPs. Truths are easy to manage because they don't require the endless consumption of resources to preserve a lie. Falsehoods always have a shelf life.

Delegitimising and banishing UAP discussions to the fringe for almost 80 years, since the Roswell incident, always had a countdown rolling in the background. It was never a long-term solution for how to address some uncomfortable questions and the changes they will bring.

It may be that the greatest insulator to change we find uncomfortable is remaining grounded in the values that make us happy. The more we can shift these values to the importance of loving ourselves, each other, the world we inhabit and whatever spiritual path feels most comfortable underfoot, the easier our journey into the unknown future will be. It is the strength of our minds, not our military, that will help carry us as individuals through once hidden gates we're now being ushered through.

## Signal strength

Most people can remember a moment walking into a club, a party or a big concert when they could 'feel the energy' – and they're right. Humans are just watery bags of electricity vibrating on alternate frequencies than the other vibrating objects around us in our physical world. We are physiologically assembled to receive those signals. But there are many other signals

around us on other frequencies across the electro-magnetic spectrum, far beyond the visual acuity of humans – but not necessarily our 'mind's eye'. The more we can stabilise, focus and train our minds, like we did learning to read or ride a bike, the greater the potential for unlocking your own brain's hidden antennae and its connection to places like the spirit world.

If part of this phenomena is related to human consciousness or its potential to uncover a greater linkage to a 'universal' energy around us – putting your mind in a good headspace is just as important as caring for your muscles and your new car. Now, more than ever.

A small percentage of the population could be regarded as highly evolved from the rest of us, those that have the abilities to see ghosts, do astral projection or remote viewing, for example. While many people may scoff and roll their eyes, take note; the Pentagon has spent hundreds of millions (billions?) funding these projects for over half a century – and still do – because it works. These are elements of the changing human experience that will help unlock our understanding of what it means to be here now and where we are going.

That is the first step to understanding our changing world. We are transitioning with a purposeful and methodical pace to help bring humanity to the next level. That is how we are going to

survive. Both through the spread of knowledge and the amplification of our minds' potential to increase our multi-sensory abilities.

## Power of prayer

And some of the best ways are through the power of prayer, meditation, yoga or long quiet walks in the forest. Each of those activities helps the brain attune to the greater forces around it, creating conditions to allow for the mutual flow of energy – and information across plains and barriers we can't see, touch, or smell – but it's there.

God, Gia or your grandmother, it doesn't matter who you reach out to and what you personally believe – what matters is you can do it.

The energies of the universe is what should give people comfort. Because these are forces in the universe far beyond the corporate grasp of money-hungry men looking to profit.

No one can stop you harnessing your brain's potential. Unless, as some like To The Stars Academy Founder, Tom DeLonge has suggested, something could be deliberately scrambling our brains antennae by manipulating electromagnetic forces around us.

Why? To keep humans from unlocking our full potential.

While that may seem like fantastical gibberish, remember that DeLonge is one of the most respected people in this arena. And has the government contracts and relationships to prove it.

But that's for another article...



## HEART OF THE MATTER

KATHLEEN MCPHILLIPS &amp; TRACY MCEWAN

# ‘A long way to go’: Catholic women call for wide-ranging Church reforms

Catholic women across the world are calling for a wide range of reforms to the Church, according to the results of a survey organised by Catholic Women. The survey interviewed more than 17,000 Catholic women from over 100 countries published this month.

A substantial majority were concerned about the prevalence of abuse, racism, and sexism in Church contexts, and many raised issues relating to transparency and accountability in Church leadership and governance.

The International Survey of Catholic Women is one of the most extensive surveys of Catholic women ever undertaken and its findings should inform lasting and genuine change in the Catholic Church.

The survey was in response to the invitation of Pope Francis for the Catholic Church to engage in a process of ‘synodality’ for the 2021-2023 Synod of Bishops. The Synod will examine how the Church comes together and is considered to be of great importance to major issues facing the Church.

The aim of the survey was to gather feedback on the experiences of Catholic women. It provides insights into the complex realities of Catholic women’s lives, the ways in which they express their faith, and their relationships with the institutional Church. We devised and managed the survey along with Professor Tina Beattie from the University of Roehampton, London.

The large number of responses clearly indicates a desire by Catholic women to share their aspirations and frustrations, and to make their views on the situation of women in the Catholic Church known to the Synod.

Respondents identified themselves as women from all walks of life – single, married, divorced, LGBTIQ, and religious. While the findings cannot claim to be representative of all Catholic women, they articulate the diverse hopes and struggles of women in the worldwide church.

The views of Catholic women reflect the cultural and communal contexts within which their faith is experienced and practised. This diversity is rarely represented in Church documents or theology, and many women struggle to see the relevance of church teachings to the complex realities of their lives.

The survey found that even when women have considerable struggles with Catholic institutions, nearly 90 per cent said their Catholic identity is important to them. Many



continue to practise their faith despite on going difficulties with the institutional Church.

But several respondents used words like “frustrated”, “hurt”, “angry”, and “conflicted” when describing their relationship with the Church.

Most respondents said they would welcome reform in the Catholic Church, especially – but not exclusively – regarding the role and representation of women.

One woman from Australia observed “we walk the line of being valuable members of society but voiceless in many elements of the Church”. Another, from Nicaragua said, “stop making women invisible”.

Respondents raised issues related to:

- Church teachings on sexuality, including respect for freedom of conscience and the place of LGBTIQ people within the Church
- remarriage after civil divorce
- liturgical issues related to inclusive language and women preaching
- and for some, the ordination of women to the priesthood and/or diaconate.

A minority of respondents

expressed a preference for Church reform based on a pre-Vatican II model of authority, priesthood, and liturgy. Vatican saw Catholic bishops meet in Rome between 1962-1965 and led to a number of progressive decisions about the future of the worldwide Church.

#### Abuse remains a central problem

Respondents consistently identified the sexual, physical, and emotional abuse of women, children, and other vulnerable people as a central problem for the Church.

Some respondents disclosed experiences of abuse and harassment, while others expressed disappointment at the lack of effective action to address the crisis of sexual abuse.



Several respondents used words like “frustrated”, “hurt”, “angry”, and “conflicted” when describing their relationship with the Church... the issue of abuse and clericalism remains a key issue...

One woman from Canada wrote: “They have a long way to go in dealing with the scandal and cover up. I know this firsthand. I feel as betrayed by the institutional betrayal as I do by my abuser [...] This is coming from a committed lifelong Catholic who has never left the Church.”

Many respondents were deeply concerned about transparency and accountability in Church leadership and governance. There was agreement that a less hierarchical and authoritarian model of the church was urgently needed, with greater collaboration and sharing of authority between clergy and laity (lay people).

A substantial majority of respondents identified clericalism as having a negative impact on Church

life: it led to “the idealisation of male clerics and subsequent abuses of power”, said one respondent.

A respondent from Panama remarked, “I wish that women had more voice and that we were not abused by clericalism that excludes us and takes away our dignity”.

Most respondents linked their Catholic identity with social justice, and wanted church leaders to address poverty and marginalisation. Several raised the issue of economic justice in church affairs, including the lack of adequate pay for female Church workers, both lay and religious.

The challenge for the Synod is to demonstrate that the many concerns raised by respondents in the survey are carefully listened to and addressed.

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## BOOK REVIEW

DANIEL S. MULHALL

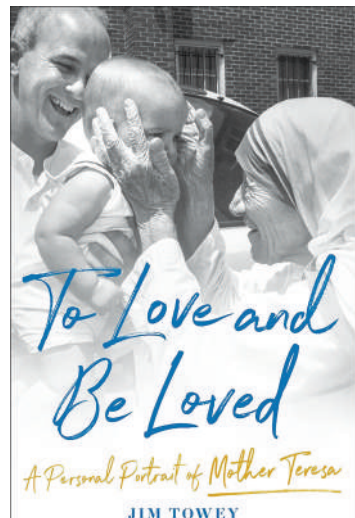
# Loving but superficial look at St Teresa leaves reader wanting a little more depth

*To Love and Be Loved: A Personal Portrait of Mother Teresa* by **Jim Towe**. Simon & Schuster (New York, 2022). 288 pp.

St. Teresa of Kolkata (born Agnes Gonxha Bojaxhiu) died on 5th September 1997, at the Missionaries of Charity motherhouse in Kolkata, India that was her home. The cause of death was heart failure.

During her 87 years, she had become internationally famous as the communities of women and men she founded opened missions around the globe to provide homes for orphans and battered women and care facilities for the destitute dying from AIDS, leprosy and abject poverty. She was declared a Catholic saint in September 2016.

To mark the 25th anniversary of her death, Jim Towe has written *To Love and Be Loved*, offering a brief biography of Mother Teresa from his perspective as her friend – the saint kept a picture of Towe and his



family in her desk and she wrote him notes to Jimmy – and as the attorney who provided legal services for her and her communities.

In this personal portrait, Towe describes how Mother Teresa was instrumental in changing his life for

the better through her care for the destitute and her life of holiness.

Numerous books have been written about the life and accomplishments of St. Teresa from which Towe borrows (with acknowledgment) to paint his portrait. The book is most interesting when Towe tells of his personal experiences with Mother Teresa (whom he generally refers to simply as Mother) and the Missionaries of Charity communities.

From August 1985, when he first met her in Kolkata, until her death 12 years later, Towe learned to care for the sick and dying – and to see them as the personification of Jesus Christ. After a brief time considering a vocation to the priesthood as a Missionary of Charity, Towe met his wife among the volunteers at their AIDS facility in Washington.

Because of his connections in the U.S. government – he met Mother Teresa because he was a senior adviser to Sen. Mark Hatfield of

Oregon – Towe soon was called on to help with Missionaries of Charity legal matters.

In this role, he received frequent letters and calls from her, and he accompanied her on many national and international trips. He was an official delegate to her funeral and proclaimed the first reading at her canonisation Mass, so he has many interesting stories to tell.

This is neither a 'tell-all' book nor a critical examination of St. Teresa's life. Towe simply provides a positive message of the 'Mother' he knew and loved.

In the chapter where he discusses some of the negative charges leveled at Mother Teresa and her ministries (for example, that her homes for the destitute and dying provided little real medical care), Towe responds with accuracy and understanding that these homes were not meant to be hospitals; rather, they were expressions of Christian charity, providing a place where the dying

could be lovingly cared for until death.

While accurate, more thorough critiques on these topics would have been valuable. In addition, the reader would welcome any insights that Towe could offer as to what drove Mother Teresa to expand the Missionaries of Charity outreach across the planet.

On this topic, Towe says next to nothing. These are not deficiencies in the book, only a desire for more. Finally, Towe makes clear that any royalties from the book will be given to charity.

The book is an easy and enjoyable read. While informative, it doesn't bog down in details or minutia. It deserves to be read and discussed by both religious and secular book clubs, for it raises important issues worthy of discussion.

• Readers may also be interested in *Teresa of Calcutta: Dark Night, Active Love* by Jon M. Sweeney. Liturgical Press (Collegeville, Minnesota, 2022). 184 pp., \$19.95.

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## TALKING POINT

CINDY WOODEN



# Pope prays for unity of Church as he celebrates anniversary of Vatican II

The Second Vatican Council was the Universal Catholic Church's response to God's love and to Jesus' command to feed his sheep, Pope Francis said, celebrating the 60th anniversary of the council's opening.

The council reminded the Church of what is "essential," the pope said: "a Church madly in love with its Lord and with all the men and women whom he loves," one that "is rich in Jesus and poor in assets, free and freeing."

Pope Francis presided over the Mass in St. Peter's Basilica on 11th October, where the council sessions were held in four sessions from 1962 to 1964. The date is also the feast of St. John XXIII, who convoked and opened the council; the glass urn containing his body was moved to the centre of the basilica for the liturgy.

The Gospel reading at the Mass recounted Jesus asking St. Peter, "Do you love me?" and telling him, "Feed my sheep."

In his homily, the pope said the council was the Church's response to that question and marked a renewed effort to feed God's sheep, not just those who are Catholic, but all people.

The debates that followed the council and continue today are a distraction from the Church's mission, Pope Francis said.

"We are always tempted to start from ourselves rather than from God, to put our own agendas before the Gospel, to let ourselves be caught up in the winds of worldliness in order to chase after the fashions of the moment or to turn our back the time that providence has granted us," he said.

Catholics must be careful, he said, because "both the 'progressivism' that lines up behind the world and the 'traditionalism' that longs for a bygone world are not evidence of love, but of infidelity," forms of "selfishness that puts our own tastes and plans above the love that pleases God, the simple, humble and faithful love that Jesus asked of Peter."

"A Church in love with Jesus has no time for quarrels, gossip and disputes," the pope said. "May God free us from being critical and intolerant, harsh and angry. This is not a matter of style but of love."

Jesus, the good shepherd, "wants his flock to be united under the guidance of the pastors he has given them," the pope said, but the devil loves to sow division; "let us not give in to his enticements or to the temptation of polarisation."



"How often, in the wake of the council, did Christians prefer to choose sides in the Church, not realising that they were breaking their mother's heart," the heart of their mother, the Church, Pope Francis said.

How often, he asked, did they prefer "to be on the 'right' or 'left,' rather than with Jesus? To present themselves as 'guardians of the truth' or 'pioneers of innovation' rather than seeing themselves as humble and grateful children of

Holy Mother Church?"

The council, he said, taught the Church to see the world around it and to share God's love with all, knowing that "if it is fitting to show a particular concern, it should be for those whom God loves most: the poor and the outcast."

With Orthodox, Anglican and Protestant representatives present, as they were at the council, Pope Francis also prayed that "the yearning for unity" would grow within each Christ, "the desire to

commit ourselves to full communion among all those who believe in Christ."

Thanking God for the gift of the council, the pope asked the Lord to "save us from the forms of polarisation that are the devil's handiwork. And we, your Church, with Peter and like Peter, now say to you: 'Lord, you know everything; you know that we love you.'"

Pope Francis, who was ordained to the priesthood in 1969, is the first pope ordained after the Second Vatican Council. His immediate predecessor, now-retired Pope Benedict XVI, attended all four sessions of the council as a theological adviser – a 'peritus' – to the the Archbishop of Cologne, Germany. St. John Paul II participated in all four sessions as a full member of the body, first as auxiliary bishop of Krakow, Poland, and then as archbishop of the city.

Among the more than 400 priests concelebrating the Mass, the Vatican liturgical office said there were five who were present at Vatican II, and six bishops alive in the world today

who participated in at least one session of the Second Vatican Council. Among them is Nigerian Cardinal Francis Arinze, an 89-year-old former Vatican official who was ordained a bishop in 1965 and attended the council's last session; he was one of the concelebrants at the anniversary Mass.

Before the Mass, passages were read from the speech St. John XXIII gave at the council's opening. Known by its opening words in Latin, *Gaudet Mater Ecclesia*, the speech begins: 'Mother Church rejoices.'

Selections from the council's four constitutions also were read. Pope Francis has asked Catholics to prepare for the Holy Year 2025 by re-reading and studying the documents: *Constitution on the Sacred Liturgy (Sacrosanctum Concilium)*; *Dogmatic Constitution on the Church (Lumen Gentium)*; *Dogmatic Constitution on Divine Revelation (Dei Verbum)*; and *Pastoral Constitution on the Church in the Modern World (Gaudium et Spes)*.



Clergy process by the glass urn containing the body of St. John XXIII, who convoked Vatican II



## JOURNEY IN FAITH

CHRIS MCDONNELL



# Building bridges to somewhere special

James Joyce once described Kingstown Pier as a “disappointed bridge”. Now known as Dun Laoghaire, it is also where most passenger ships arrive at and leave from Dublin both then and now.

The idea of the Kingstown Pier as a “disappointed bridge,” unable to go all the way across the Irish Sea, says much about our many journeys, as well as telling of our ancestors for those of us with an Irish background. Forced by circumstance, they never the less had courage to leave home.

Piers take you beyond the restrictions of the coastline, offer a different view and, most importantly, some bracing fresh air; bridges, however, take you over obstacles, from one side to the other and enable you to continue the journey.

The council of the mid-Sixties could at first be considered a pier, a vantage point from where, leaving the safety of the shore, new visions could be seen. John XXIII talked of “opening windows”, many of which had been screwed shut for years. There was excitement in the air, a spring time of expectancy, openness and confidence.

But for some it remained no more than a pier and the anxiety raised by this new vision sought to ensure that the pier never became a bridge. At the first opportunity they headed for the safety of the shore. They seemed to disregard the words of the Psalmist ‘Without vision the people perish’.

Kevin Kelly, in his book on the Council *Fifty years receiving Vatican II*, described the Council as ‘a continuing event’ – in other words a pier becoming a bridge. Therefore, in others words, it is still leading us somewhere. It is a gift that has been given,

First of all, by being who we profess to be, a community brought together through the love of Christ.

Secondly, by listening to each other’s story, sensitive to their joys and sorrows, willing to walk awhile in their company; do not be afraid.

Thirdly, by talking with each other, by being with each other and by praying together with sincerity; in that way we make our parish community real, we love one another.

Too often our view of parish is a blend of motorway service station and imposed obligation. Where is the outreach? Where is the living liturgy that goes beyond patterns of words to offer inspiration to the people?

Given the increasing crisis in vocations to the priesthood, one of

the crucial discussions we should be having, both priests and people, revolves around just three words: ‘What is parish?’ for only when we have some grasp of what is, after all, a complex structure, can we continue bridge-building.

One thing we easily forget, that although a parish has become a convenient construct of organization within a diocese, it needs a great deal of effort to make it a living, vital community. Francis, the inspiration of the Bishop of Rome, directly said to the first friars,

“You only know as much as you do!” A parish of passive attenders falls short of the mark.

Not so long ago, those sharing in the Eucharist, knew each other by name, they were ‘local’. Now with our increased mobility that is not necessarily the case. We are often away from our parish home and become visitors in another place sharing their Eucharist, welcome guests at the table of the Lord.

We need to find new ways forward and not be afraid of change.



Dun Laoghaire Pier – or a ‘disappointed bridge’, as Joyce put it

## The wisdom of night prayer

**Laura Kelly Fanucci**

“Lord, now let your servant go in peace; your word has been fulfilled.”

Thus begins the Cantic of Simeon, the prayer drawn from the words of the prophet who held the baby Jesus in the Temple at the presentation (Lk 2:29-32), a prayer often known by its Latin name *Nunc Dimittis* (‘now dismiss’).

A cantic is a hymn of praise, and the Church’s daily prayer through the Liturgy of the Hours includes multiple canticles.

The Cantic of Zechariah (Lk 1:68-79, known as the *Benedictus*) begins the day in morning prayer, and Mary’s Magnificat (Lk 1:46-55) is lifted up in evening prayer. Add in the Cantic of Simeon for night prayer, and the whole day is wrapped round in praise to God.

But the wisdom of Simeon’s song can speak to us not just at night when we release to God’s

mercy all that has been done and undone in the day. Its words also bring truth to each stage of life and each moment in which we need to ask God’s help in closing a chapter.

This autumn I found myself praying the words when I pictured my sister and brother-in-law as empty nesters, launching their last child off to college: “Lord, now let your servant go in peace; your word has been fulfilled.”

The words can speak to both parents and children, caught up in the endless dance of drawing close and letting go. The cantic came to mind again as I watched my fourth son leave for his first day of kindergarten, the lump welling in my throat as it did for all his brothers.

Let him go in peace into this new chapter that’s beginning. Let me go in peace from this stage that’s now ending.

Picture those you know who are transitioning into retirement, leaving behind single life for marriage, starting a new stage in life or watching a child do the same.

A thousand times in the span of a human life, if we’re lucky, we can lift up our hands to Heaven and pray the prophet’s words as our own hope: “My own eyes have seen the salvation which you have prepared.”

The Church’s wisdom invites us to remember Simeon’s words each

night. This short cantic reminds us of God’s providence, preparing a way for salvation, and our own humanity, humbled to praise God for what we have witnessed even as we step back in surrender.

Imagine if we could truly end each day, each week or each year in peace, trusting in God’s word and believing in God’s care. The practice of prayer invites us to engrave these words on our hearts as we engrain these truths in our souls: What God has spoken will

be fulfilled. Even if it takes a lifetime to see. Even if some days we fear it will never come.

Each year on the feast of the Presentation of the Lord, I love to picture Anna and Simeon holding the Christ Child as his parents watch in wonder. I catch echoes of grandparents meeting their new grandchildren, the joy of older faces beholding new ones for the first time.

Simeon’s wisdom invites us to behold – and to let go. To marvel at what God is doing in our lives, in each chapter’s opening and closing.

Then to let ourselves step back, slipping into the silence of the night or the dawning of a new stage, trusting that what comes next has been prepared for us, too.

May *Nunc Dimittis* become your own prayer wherever you find yourself tonight: “Lord, now let your servant go in peace.”



Each year on the feast of the Presentation of the Lord, I love to picture Anna and Simeon holding the Christ Child as his parents watch in wonder. I catch echoes of grandparents meeting their new grandchildren, the joy of older faces beholding new ones for the first time.



## CREDO

FR HUGH DUFFY

# Hope springs eternal from the story of Zacchaeus and the tax collectors

It has been said there is so much good in the worst of us and so much bad in the best of us that it is hard to tell who can reform the rest of us.

Human nature is so fickle; it can turn any which way; it can break bad or it can break good. This is the theological problem of original sin: the downward pull of our nature towards selfishness and evil. But, it need not be that way for there is hope.

There is hope in the story of Zacchaeus in Luke 19: 1 – 10 who shows the change that can happen when Jesus touches the human heart.

Zacchaeus was a notorious sinner who worked as a tax collector for the brutal Roman rulers of the Jewish people. He was shunned with good reason by his own people, and when Jesus invited himself into the home of this outcast, the Jews were in shock. (Luke 19:7).

Jesus answered their objections, saying that he “has come to seek and to save what was lost.” (Luke 19:10).

The little man who feared to approach Jesus in person in Jericho, and climbed up a tree to catch a glimpse of Jesus as he walked by is a symbol of hope.

In Jesus, Zacchaeus found the one who can reform, not only himself, but the rest of us.

Zacchaeus became a new man. He said he would give half his possessions to the poor, and if he extorted anything from anyone he would repay it four times over. (Luke 19: 8 ).

Jesus offers the same hope to all of us by giving us a new commandment to love one another as he has loved us, and he spells out what he means by this in the parable of the last judgement in the gospel of



Matthew, chapter 25. He wants us to feed the hungry, to clothe the naked, welcome the stranger, visit the sick, and bury the dead. This is what he means by loving one another.

Zacchaeus indeed rose to this task. He could put his past life behind him and lead a new life. He abandoned the love of money and embraced the love of others instead.

**Jesus and the tax collector Zacchaeus. The interior of the Coptic Church in Sharm El Sheik, Egypt.**

## The mocking sign read ‘King of the Jews’

**“Above Him, there was an inscription that read: ‘This is the King of the Jews.’”**  
–Gospel of Luke, chapter 23:38

Was Christ truly a king? Not in the earthly sense, certainly. He rejected the attempt of his followers to make Him a king; He rejected all trappings of human power and dominance over others. But, He is a king in the deepest sense of the word: His message and his example speak to the kingliest part of our natures; that is, the part that compels us to live

lives based on faith, hope and love.

We celebrate today the special kingdom that Jesus came to establish; a kingdom in which God’s Son comes to save us at any price; a kingdom that is not of this world for it resides within us. Those who jeered at the dying Jesus on the cross, did not understand this; they expected a kingdom of this world (Luke 23:35-43).

The type of kingship that Jesus demonstrates has no earthly match. This King is a shepherd for us and like the good shepherd, He

does not push or herd the sheep from behind but walks ahead of them and leads them into freedom and security. This King seeks us out when we’re helpless; rescues us when we’re trapped; forgives us when we sin; and raises us up to new life.

Jesus does not come in judgment or with punishment and condemnation but with sympathy and reconciliation. He comes to lift up sinners. He wills not the loss of any of the flock, but only that each member recognize Him. He says that he is to be recognised by all

those in need. Judgment in his kingdom will be levied according to whether we have recognised him in our neighbors in need, by feeding, clothing, housing, refreshing and consoling them. Thus he insists: “I assure you, as often as you did it for one of my least brothers, you did it for me” (Matthew 25:40).

Strive to choose to do good and to do it in the concrete as Jesus tells us. The Gospel reminds us that it is the little things that count: feeding the hungry, clothing the naked, welcoming the stranger,

healing and visiting the sick, giving shelter to the homeless (Gospel of Matthew, chapter 25).

It is the little steps that we take in all these specific areas that build up the Kingdom of Christ which is a spiritual, moral and socially desirable kingdom.

So, put one foot in front of the other and commit yourself to helping others. You are not just trying to reserve a place for yourself in the new Kingdom of Christ; you are leading others to it as well. You are following the lead of Christ, the King.



## SUNDAY WORSHIP

ASSOCIATION OF CATHOLIC PRIESTS



# God wants us to persevere in the face of adversity – and never abandon hope

**16th October – 29th Sunday (C)**  
**Book of Exodus 17:8-13**  
**When Moses prays with arms outstretched, God gives victory to his people**

Then Amalek came and fought with Israel at Rephidim. And Moses said to Joshua, “Choose some men for us and go out, fight with Amalek. Tomorrow I will stand on the top of the hill with the staff of God in my hand.” So Joshua did as Moses told him, and fought with Amalek, while Moses, Aaron, and Hur went up to the top of the hill.

Whenever Moses held up his hand, Israel prevailed; and whenever he lowered his hand, Amalek prevailed. But Moses' hands grew weary; so they took a stone and put it under him, and he sat on it. Aaron and Hur held up his hands, one on one side, and the other on the other side; so his hands were steady until the sun set. And Joshua defeated Amalek and his people with the sword.

**Responsorial: Psalm 120**

*R./: Our help is from the Lord, who made heaven and earth.*

*I lift up my eyes to the mountains: from where shall come my help? My help shall come from the Lord who made heaven and earth. (R./)*

*May he never allow you to stumble! Let him sleep not, your guard. No, he sleeps not nor slumbers, Israel's guard. (R./)*

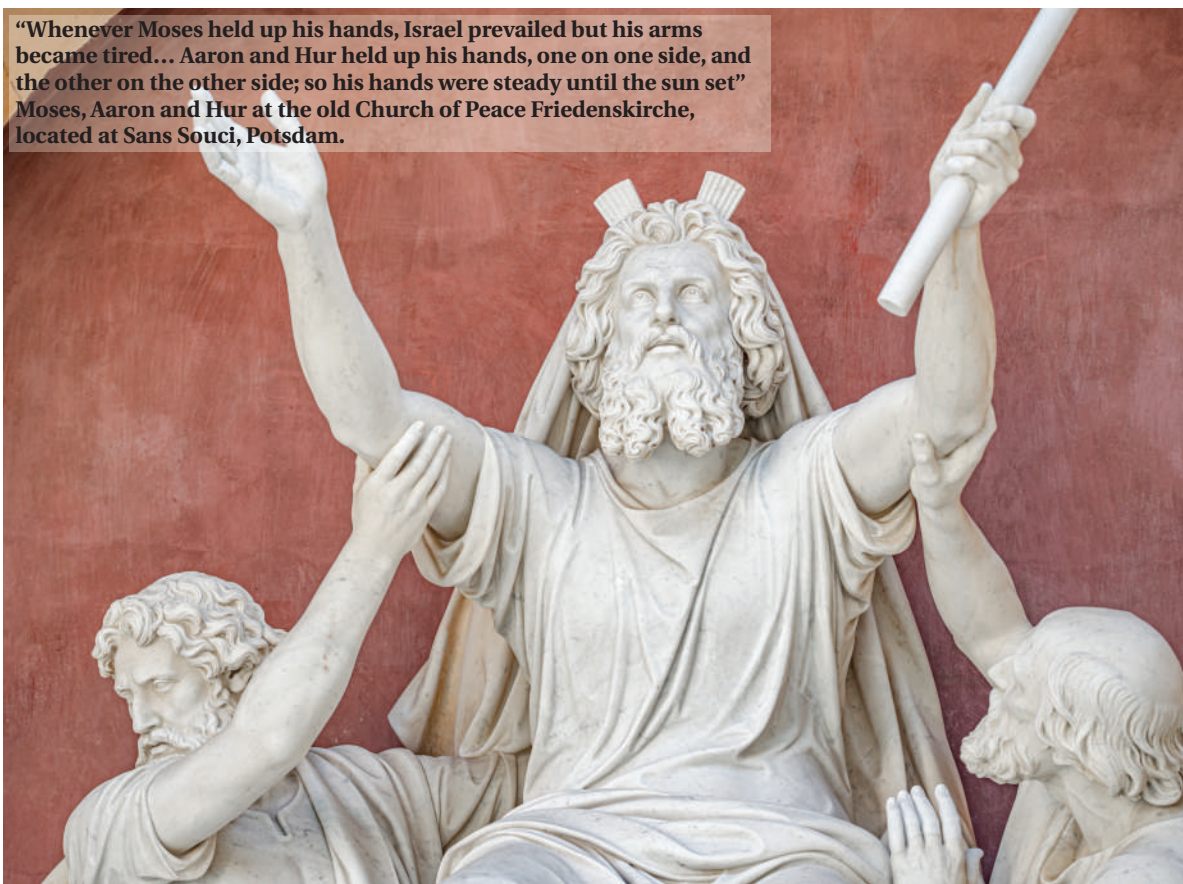
*The Lord is your guard and your shade; at your right side he stands. By day the sun shall not smite you nor the moon in the night. (R./)*

*The Lord will guard you from evil, he will guard your soul. The Lord will guard your going and coming both now and for ever. (R./)*

**Second Epistle to Timothy 3:14-4:2**  
**Timothy stays with the sound doctrine he has been taught since childhood**

As for you, continue in what you have learned and firmly believed, knowing from whom you learned it, and how from childhood you have known the sacred writings that are able to instruct you for salvation through faith in Christ Jesus. All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work.

**“Whenever Moses held up his hands, Israel prevailed but his arms became tired... Aaron and Hur held up his hands, one on one side, and the other on the other side; so his hands were steady until the sun set”**  
**Moses, Aaron and Hur at the old Church of Peace Friedenskirche, located at Sans Souci, Potsdam.**



In the presence of God and of Christ Jesus, who is to judge the living and the dead, and in view of his appearing and his kingdom, I solemnly urge you: proclaim the message; be persistent whether the time is favourable or unfavourable; convince, rebuke, and encourage, with the utmost patience in teaching.

**Gospel: Luke 18:1-8**  
**Like the persevering widow calling for justice, we are never to grow discouraged**

Jesus told them a parable about their need to pray always and not to lose heart. He said, “In a certain city there was a judge who neither feared God nor had respect for people. In that city there was a widow who kept coming to him and saying, ‘Grant me justice against my opponent.’ For a while he refused; but later he said to himself, ‘Though I have no fear of God and no respect for anyone, yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.’”

And the Lord said, “Listen to what the unjust judge says. And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? I tell you, he will quickly grant justice to them.

And yet, when the Son of Man

comes, will he find faith on earth?”

**Praying from the heart**

There is a way to pray with the heart, which reaches out to God, who is sure to answer. To speak from the heart is also to speak to the heart. God can read the human heart, and knows me better than any words I might use; better than I know myself.

Late in Autumn, a family were sitting around eating their dinner. For whatever reason, Christmas came into the conversation. Smiling, the mother asked her son what he wanted for Christmas, and, after a long pause, young John said “A bicycle.” The months went by, and the word “bicycle” was never mentioned again, not even when the mother bought roller blades for John at Christmas. She had decided that, if he really wanted a bicycle, she would have heard about nothing else for all the weeks coming up to Christmas,

There was something that the widow wanted, and, despite all his toughness, the judge simply had to give in to her eventually, because she showed no sign of giving up. If I met an alcoholic who wanted sobriety, my initial question would be, “How badly do you want it? Do you want it enough to do what it takes to stay sober?”

A young lad wanted to work for a

particular firm, and they had no vacancies. So he went back there eleven times in one month, until the personnel officer threw his hands in the air, and gave him a job!

After speaking about the evil judge Jesus speaks of his Father. If even the judge gave in to persistence, how much more will our heavenly Father respond to our prayers? God can read the heart, and knows whether we really want and need what we ask. If sometimes prayer goes unanswered, perhaps it is that God gives us what we ask, unless he has something better to give us.

The prayer in today's gospel is an acute petition. This is a normal form of prayer, of course, but not the most important. Praise and thanksgiving are the highest form of prayer; but that is greatly helped when my prayers of petition are granted. If my prayers are always prayers of petition, I run the risk of being selfish and self-centred; except, of course, when the prayers of petition are for others. Like one of the ten lepers, I can ask, and, when my prayer is answered, I can return to give thanks.

**Not giving up**

Rome was not built in a day: No great work can ever be achieved without long and patients effort. Look at the art of Michaelangelo, the Beethoven concertos, the cathedral

of Notre Dame (How many chisel-strokes to release the Pieta from its marble shroud? How many brush-strokes to transfer the Last Judgment from Michaelangelo's teeming imagination to the sanctuary wall of the Sistine?.) Not just the world's teeming artists and leaders, but everyman, are/is involved in a work of great significance, needing persevering courage to see it through to a successful conclusion; and that work is our salvation. To achieve it, we must co-operate vigorously with God, and in a sense struggle with Him. Today's liturgy invites us to consider two picturesque examples of perseverance in prayer, and the final success that this achieves.

Moses, the man of God, stands on the hilltop interceding for his people who are struggling for their survival in the valley below, attacked by the violent tribe of Amalek. His arms are raised in the classic gesture of intercession (later immortalised in the Cross of Christ, and still used by the celebrant at Mass.) When, out of sheer weariness, his arms begin to droop, Israel fares badly in the battle. With the help of friends he manages to persevere in his mediating prayer, until victory is won.

A beautiful prophetic image for Christ, whose prayer continued even when his soul was sorrowful, even unto death. It supports the ideal of intercessory prayer on behalf of others – not, however, in a superficial way or for petty requests; but for matters of life and death, for salvation, release from sin, recovery from depression, strength to cope with problems, perseverance. And when we pray these things for others, we must do so seriously, with a love that is ready for practical service too.

Today we have the story of the widow, who kept up her petition until finally she forced the judge to try her case and give her justice. There was no doubt about the justice of her case, but the problem was to get a judge to hear it.

That persevering widow encourages us to pray constantly, for ourselves and for others. We recognise our needs (especially for peace, love, grace and salvation), and ask for them. Our God is not like the unheeding judge of the parable, though it may often seem so. We need to persevere and never abandon hope.

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## QUESTIONS & ANSWERS WITH FR DOYLE

# Church is clear on treating the sick – but not at price of their discomfort

**Q. Could you clarify the Church's position on refusal of food and hydration when making out health instructions and living wills? Also, is it true that once a feeding tube has been inserted, it cannot be removed before death?**

A. The overriding principle in Catholic teaching is that one is obliged to use ordinary means to preserve his or her life but is permitted to forego extraordinary means. In most situations, artificial nutrition and hydration would be considered ordinary means. Catholic teaching has traditionally stated that there is an obligation to provide patients with food and water, including medically assisted nutrition and hydration for those who cannot take food orally, but circumstances may override this presumption. Moreover, if the provision or continuation of medically assisted feeding would cause significant discomfort, it becomes morally optional.

In such situations, one must weigh the benefits and burdens, and here the intention is paramount: If the intention of removing a feeding tube is to end the patient's life, that would of course be immoral. If the intention is simply to discontinue a burdensome treatment, however, that is not being assimilated by the patient and is instead causing significant discomfort, it would certainly be moral to remove it.

In making these difficult end-of-life decisions, I have found a helpful Catholic resource to be [www.catholicendoflife.org](http://www.catholicendoflife.org). And if I were formulating instructions in advance for my own health care, I think that I might say something like the following statement, offered by the National Catholic Bioethics Centre: 'I wish to follow the moral teachings of the Catholic Church and to receive all the obligatory care that my faith teaches we have a duty to accept. However, I also know that death need not be resisted by any and every means and that I have the right to refuse medical treatment that is excessively burdensome or would only prolong my death and delay my being taken to God.'

**Q. I recently attended a funeral Mass for a friend, not at my own parish. The pastor informed the family of the deceased that there could be no eulogy given in church, either before, during or after the funeral Mass. They were quite upset because they had already asked a family member to deliver one. This same parish had previously allowed eulogies during funeral Masses; a new pastor changed the policy, stating that eulogies should never have been allowed previously, and**



A Good Friday re-enactment: 'We call the day 'good' because, through it, Jesus has won victory over sin and death, both for himself and for us as well'

**he cited Canon law in support of that. What is the official position of the Church, or is it up to the discretion of the local pastor?**

A. The pastor may have been referring not to Canon law but to the *Order of Christian Funerals*, which is the Church's guidebook for such celebrations. The guidebook does say that 'there is never to be a eulogy'. But that section is meant to offer guidance to the priest-celebrant with regard to the homily.

It reminds the celebrant that a Catholic funeral is not to consist in the glorification of the deceased (even less, the 'canonisation'); the funeral Mass instead is meant to use the scriptural readings to highlight the redemptive power of Christ's resurrection, to pray for the deceased and to comfort the mourners by reminding them that eventual reunion awaits in heaven.

The same *Order of Christian Funerals* says in a later section that 'a member or a friend of the family may speak in remembrance of the deceased before the final commendation begins' (No. 170). Some dioceses have their own regulations, limiting the length of those remarks. Three or four minutes would be typical.

Recently, I have noticed that some parishes move these family remarks up to the beginning of the liturgy, perhaps feeling that if the speaker strays from the purpose of the Mass, the celebrant can 'rescue' the

situation by returning to the themes of resurrection and reunion. In the end, though, much of this does depend on the discretion of the local pastor, who I hope would take into account the feelings and desires of the grieving family.

**Q. Growing up as a Baptist, for us to be 'saved' (gain entrance into Heaven), we had to 'invite Jesus into our heart and accept him as our personal saviour', which I have done. I've been a Catholic now for 10 years, and when I attend Mass, I've never really heard anything about being 'saved' or how to gain entrance into Heaven. I would appreciate your shedding some light on this subject.**

A. It is true that Paul says in Romans that 'if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved' (10:9). But that has never been viewed by the Catholic Church as a one-time act that guarantees entrance into Heaven.

There are a number of other scriptural passages that indicate, instead, that eternal salvation is based on a lifetime of choices.

In Colossians 1:21-23, for example, Paul writes: 'And you who were once alienated and hostile in mind because of evil deeds, he has now reconciled in his fleshly body through his death, to present you holy, without blemish, and

irreproachable before him, provided that you persevere in the faith, firmly grounded, stable, and not shifting from the hope of the Gospel which you heard.'

That 'proviso clause' indicates the Catholic belief that Heaven is won by a lifetime of choices and not by a single act. Salvation is not guaranteed by a decision we have made in the past. We continue to have free will and retain the ability to turn away from God if we choose to do so. Of course, God is always reaching out to us and offering us His love, grace and mercy. We are called to a 'daily conversion' in which we choose to follow the path of love, truth and mercy, loving others as Christ loved us and helping build the Kingdom of God. Asking for the help of the Holy Spirit can really help with this.

**Q. My husband and I were married 47 years ago by a justice of the peace. We could not marry in the church because my husband was married before. When he was 19, he married his 16-year-old pregnant girlfriend in a Catholic wedding. Their marriage was short lived – she soon left him and returned, with the baby, to live with her parents.**

**Our own three children were raised in the faith, and now have their own children. We are also in contact with my husband's daughter from his first marriage. I have been unable to receive**

**Communion due to my husband's first marriage.**

**Last year, his first wife passed away. Could we now rejoin the Church and receive the sacraments once again?**

A. Yes, definitely. Since your husband's first wife is now deceased, the way is open for the two of you to return to the sacraments. What you should do is visit with a priest soon. He will recommend that you go to the sacrament of reconciliation first, to return fully to the graces of the Lord, and then he will be happy to bless your present marriage.

What surprises me a bit is that your husband apparently never sought to have his first marriage annulled by the Church. The circumstances – a 19- and 16-year-old rushing into marriage, impelled by a pregnancy – present a classic case of a marriage where one or both partners probably lacked sufficient maturity to make a binding lifelong commitment.

**Q. Why do we call the day Jesus was crucified 'Good' Friday? Christ was made to suffer horribly, so this has always bothered me.**

A. A fair number of people agree with you, and some have suggested that 'Black Friday' would be a more appropriate designation. Interestingly, in the Greek Orthodox Church, the day is known not as 'Good' but as the 'Great and Holy Friday.'

Certainly, if you had asked the friends of Jesus on that day itself, they would have seen nothing good in what transpired. Christ had been tortured, then executed as a common criminal, and his followers had begun to scatter. But less than 48 hours later, all that changed. The tomb of Christ was now empty, Jesus had risen from the dead and had already begun to appear to those who had been close to him.

One theory, supported by the Oxford English Dictionary and some other linguists, is that the word 'good', as applied to the day of Christ's death, comes from an antiquated meaning of the word, meaning 'holy'. I prefer, though, the more traditional Christian explanation – namely, that we call the day 'good' because, through it, Jesus has won victory over sin and death, both for himself and for us as well.

As St. Paul wrote in his first letter to the Corinthians: 'Where, O death, is your victory? Where, O death, is your sting?... Thanks be to God! He gives us the victory through our Lord Jesus Christ' (1 Corinthians 15:55-57). **Please note Fr Doyle cannot respond directly to reader inquiries or questions**



## SPIRITUAL THEOLOGY

DAVID TORKINGTON



# The inner dynamics of prayer

I am not a particular fan of the endless definitions and divisions that I had to learn *ad nauseam* for my theology exams, but I have to admit that they can often be helpful to clarify something that can otherwise remain obscure.

So let me give you a definition of prayer and then divide it by two! Prayer is the turning and opening of the mind and heart to God and can be divided into perfect prayer and imperfect prayer. Perfect prayer can only be seen in this life as practised by Our Lord Jesus Christ who was at all times able to turn his mind and heart to God. Imperfect prayer can be seen as it is practised by everyone else and can be defined as trying to turn and open the mind and heart to God.

## Spiritual gad flies

The operative word is trying, because with the best will in the world everybody will find that, short of a direct intervention by God, we will always have distractions and temptations in prayer. In fact, the very essence of prayer for us consists in endlessly trying to turn away from these distractions and temptations. From the very first prayer that we are taught, through whatever form of meditation or devotional practice to which we turn, and onward into mystical prayer, these spiritual gad flies will pester us. Far from destroying our prayer, they can be the means of perfecting it by enabling the person who is seeking God to generate the quality of self-sacrificial giving that will always induce God to give us what he created us for in the first place. Namely the love for which we crave more than anything else. Although what we only see as spiritual pests that seem to beleaguer us the moment we try to pray, they afflict us more intensely than ever before when, after first fervour, we are led into mystical prayer.

## Do you believe in Purgatory?

Remember, the word mystical merely means invisible, unseen or hidden. So far, although our prayer may be unseen to others, it was clearly visible to us in our minds, our imaginations and our hearts, but mystical prayer is not, hence the name mystical. That is why it is such a problem for those, and that is the vast majority who have never been told about mystical purification that is a necessity for all, never mind how to pray in it.

It is not just Protestants who deny purgatory, but Catholics who seem to think we can be united with God without being purified. They may believe in it in the next life, but they do not want to have anything to do with it in this life. Materially we have never had it so good, they seem to think, so let us enjoy what we have and worry about what is to come



later. That is why the great Saints and mystics who once led us in the past are so rarely seen amongst us.

## New Goths at the gates of Rome

I have already explained the historical reasons why mystical prayer was removed from the education of priests and religious. And why therefore, at best, the laity have found little authoritative help or encouragement in the mystical prayer life that they have been trying to pursue alone. At worst they have been told they are following a fruitless, if not dangerous pathway. At the present time spiritual ignoramus at the very top of our beloved Church, who have forgotten their origins, are specifically trying to dismantle any institution that encourages the mystic way and the contemplative form of life that promotes it. New Goths are at the Gates of Rome! So let me emphasise

yet again that the God-given spirituality that Christ introduced into the early Church was totally based on love, not primarily our love but the love of God. However, this love, like all love, can only be received by those who learn how to receive it by learning how to love.

This learning process that I have been trying to explain and encourage reaches its climax in the mystical prayer that has been so long forgotten and so treacherously attacked by those who have lost their own spiritual way. I want to encourage those who so far have received but little encouragement, by explaining the essence of the process in which human love is practised, in such a way that it can be open to receive the divine.

## The new worship in spirit and in truth

The emotional enthusiasms that first encourages beginners, far from

being unimportant, are essential to inspire beginners. They are like reservoirs from which spiritual travellers must drink and drink deeply to sustain them when God leads them into the spiritual desert where true love, not cupboard love, is learnt. Giving and giving again and again when all that sustained them emotionally before is taken away, is the only way that true selfless sacrificial loving that is the heart and soul of our faith can be learnt.

This is the most profound and effective way in which we can take up our daily cross to follow Christ so as to be purified to enter into him as fully as he would wish. As selfless loving is being learnt, most especially when all seems to be spiritually dark and gloomy, we are demonstrating to God the true quality of our selfless loving to which he will always respond. This is

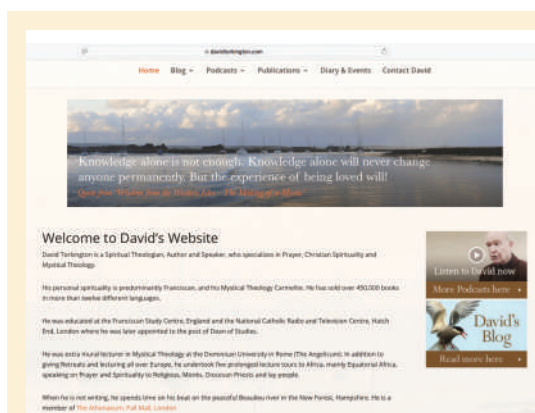
the very essence of the new worship in Spirit and in truth promised by Christ to the Samaritan woman and practised throughout his own life before he bequeathed it to the early Church. A brief resume of how to pray in this the most testing time in the spiritual life can best be summed up by referring you to a very great English mystic who wrote *'The Cloud of Unknowing'* in the middle of the 14th century.

## The Cloud of Unknowing

When it seems and feels at the beginning of the mystic way that there is a Cloud of Unknowing between you and God, the author insists that you must place all the distractions and temptations that have followed you into prayer into what he calls a Cloud of Forgetfulness beneath you. Then choosing a short prayer that sums up your desire for union with God, repeat it slowly and prayerfully so that you can at all times keep what he calls 'your naked intent upon God'. This prayer will eventually, not in weeks but rather in months, enable you to pierce the Cloud, eventually making a mystical passageway through which your love rises to God and his love descends into you. The measure of God's love into you will be determined by the measure of the ongoing selfless loving that you have demonstrated in what seems to be, at least at first, a desert without any oases. *The Prayer of Naked Faith* made by a Christian mystic finally leads to being drawn up and out of oneself into God's love, experienced to various degrees of intensity. It begins with the Prayer of Quiet, rises to full union and then from ecstasy and the spiritual betrothals to the mystical marriage or the transforming union as described by St Teresa of Avila in her masterwork *Interior Castle*.

And this is only the prelude to what is to come!

David Torkington's blogs, books, lectures and podcasts can be found at <https://www.davidtorkington.com/>



For more on David Torkington, see [www.davidtorkington.com](http://www.davidtorkington.com)

## David Torkington reads from The Hermit – Episode 1

by David Torkington | Jan 10, 2021 | Mystical Prayer, Podcast | 10 comments



To hear David read extracts from his best-selling book on spiritual theology, *The Hermit*, click on the graphic left





# AROUND THE PARISHES & EDUCATION



The Universe Catholic Weekly's guide to Catholic life in your neighbourhood

## Fr Antony takes over at Co. Durham retreat centre

Minsteracres Retreat Centre has announced a new rector and retreat director as Fr. Antony Connelly CP takes over the reins.

Minsteracres Retreat Centre in County Durham is a Christian place of prayer with a resident community of Roman Catholic Passionist priests and lay people.

Fr Antony shared the story of his calling and ministry.

"I was born and raised in Glasgow. I had an interest in science and went on to study biomedical sciences. It was while doing research in the pharmaceutical sciences at Strathclyde University that I felt a strong call from God to serve the poor with the Missionaries of Charity, which took me to Italy, Mexico, Kenya and Albania," he said.

"Upon returning to Glasgow, I began to discern a call to the Congregation of the Passion (Passionists), and to continue to service Jesus Crucified, in many different ways, as a religious and priest.

"I spent five years in Mungo's Parish, Glasgow, as a college and university chaplain, as well as a port chaplain with Stella Maris.

"I am now very happy to be part of the Passionist community at Minsteracres."

The entire community wishes him all the best in his new role in which, with God's help, he will be a huge success.



## Ecumenical event sees a meeting of Christian minds from West Midlands



Senior West Midlands Church leaders, including Archbishop of Birmingham Bernard Longley, have met at a leaders' summit to discuss faith issues and future areas of joint working and collaboration.

Over a 24-hour period from Sunday 2nd and Monday 3rd October, 23 leaders gathered at the Woodbrooke Quaker Centre in Birmingham.

At the summit, the leaders took time to listen to each other, to pray together and to consider 'what the Spirit is saying to the Churches' at this time of challenge, change and opportunity.

The conversation was conducted in an open and friendly manner, facilitated by respected ecumenist Bishop Joe Aldred.

Following the summit, the Church leaders agreed the following statement: 'We met together in Birmingham to pray and encourage one another. We represent a range of traditions and ethnicities and rejoice in that diversity. We gathered united by our faith in Jesus Christ, the hope that he inspires in us and the love which motivates us to love in response. We sought in prayer to discern God's word to us and the West Midlands area we love and serve.

'We rejoiced in stories of growth, whilst realistic about the challenges of sustainability post COVID.

'We want to build our unity through prayer and mutual understanding so we more faithfully



reflect our faith in Jesus Christ. Our call is to be more effective in blessing our communities in his name and sharing the reason for the hope that is in us. We encourage all our Churches to engage locally and internationally, working with all of good will to contribute to the

common good. In these challenging days of the cost-of-living crises, wars and climate crisis, we long to be a transforming presence, creating warm and safe spaces and living sustainably.

'In a world that often seeks simplistic answers, we are called to

hold the space for complexity and conversation across difference. We want that for our Churches, and we seek to be facilitators of that respectful dialogue in the wider community.'

In addition to the statement, a number of practical 'next steps' were agreed to continue the journey of relationship-building and co-operation. The full group will reconvene in October 2023.

Church leaders and representatives present during the day were drawn from a vast number of Christian denominations.



We seek to be facilitators of respectful dialogue in the wider community, as we serve the West Midlands area that we all love...



# Star Shreya is school's shining light

A multi-talented student and young people's parliamentarian with a strong social conscience has received a prestigious award recognising her academic talents, as well as her work in the local community.

Shreya Bhardwaj, of St Wilfrid's RC College in South Shields, received the Pupil Academic Award at the Lord Glenamara Memorial Awards 2022, which took place on 6th October at St James' Park, Newcastle.

The awards, which are managed by the Department for Education, are now in their tenth and final year of recognising pupils across the North East who have achieved academic excellence, as well as making significant civic contributions.

Mrs Denise Ritchie, head of school at St Wilfrid's South Shields, said she was incredibly proud of Shreya's achievement, after successfully competing with the best students across the North East to take the award.

"We are delighted to see Shreya's outstanding academic performance, as well as her commitment to social justice, recognised at the Lord Glenamara Memorial Awards," Mrs Ritchie said.

"This is a very proud moment for Shreya, her family and the whole school community and demonstrates what our pupils can achieve with the type of hard work and commitment Shreya has devoted to her studies and extra-curricular activities."

Bilingual Shreya, who is fluent in Hindi, achieved six grade nines in her GCSEs, including in all the sciences, Maths and History, as well as one grade 8 and three Grade 7s.

This made her the tenth highest performing GCSE student at St Wilfrid's RC College and her A-Level predictions currently stand at A\*

grades in Maths, English Literature and History.

Shreya, who also enjoys playing cricket for two teams in the borough, singing with a choir and playing the piano, was also recognised for going out of her way to support other St Wilfrid's students, as a reading club mentor to year seven pupils and a history mentor.

Shreya's five years with the student council were also recognised with the award, as well as her work with the South Tyneside Young Person's Parliament (STYPP), running yearly campaigns and events tackling a range of local and national issues.

Thanks to her work with STYPP, St Wilfrid's College achieved a gold award and became the school with the highest number of voters in our borough.

A keen volunteer who gives her time to assisting with UK Maths Challenge competitions, Shreya is also a GirlKindNE ambassador and a Holocaust Educational Trust student ambassador, who will educate students across the UK about the Holocaust.

Shreya took part in the Oxford Summer School this year, as well as the BVL Introduction to Law course, which aims to improve social mobility in the subject.

She was part of the BVL Modern Law Commission Project focusing on reform in AI law and has been mentored by a barrister in London.

Mrs Ritchie said: "Shreya is a shining example to other students at St Wilfrid's and the wider North East region and we hope that many more of our pupils will follow in her footsteps in the years to come."

"We are excited to see what Shreya achieves next in both her academic career and her work in the local community and beyond."



Star pupil: Shreya Bhardwaj, of St Wilfrid's RC College is not only achieving high grades in her academic studies but she's also a huge asset to the wider community, too – which is why she won the the Pupil Academic Award at the Lord Glenamara Memorial Awards

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Job Details: New Hall is committed to increasing the number of staff from ethnic minorities, across all roles and at all levels, to reflect our diverse student population. The Equal Opportunities Policy can be found on our website.

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Early applications are encouraged and interviews will take place on a rolling basis.

JOB ID: NH0384.

For further details and an Application Form, please visit: [www.newhallschool.co.uk/job-opportunities](http://www.newhallschool.co.uk/job-opportunities) or contact the HR Department on 01245 467 588.

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And we love great pics – so send them too!





# AROUND THE PARISHES & EDUCATION



The Universe Catholic Weekly's guide to Catholic life in your neighbourhood

## UCM celebrates 60 years of faith and service in Maidenhead

Isobel Flynn, UCM Portsmouth Diocesan President, shares news of recent celebrations for 60 years of the UCM in Maidenhead.

Maidenhead UCM Foundation marked its Diamond Anniversary in St Joseph's Church, Maidenhead, on Wednesday, 21st September, with founder member Maureen Francis invited as our guest-of-honour.

Former diocesan president, Carol Willis, presented Joan Boland, Maidenhead President, with a framed certificate to mark this 60-year milestone.

The special UCM Mass was celebrated on the Feast of St Matthew the Apostle by Fr Liam Cummins MHM, who in his inspiring Mass encouraged all to think of changes and turning points in their own lives – so far.

Fr Ephraim Odhiambo MHM

concelebrated and Fr Joe Gruszkiewicz, UCM diocesan spiritual director, gave a short address.

Mass was followed by a delicious afternoon tea for the 60 members and guests, many of whom had travelled from across the diocese to attend. Tea was served by parishioners, members of Mothers Prayers Group, the Vision Group and UCM. A beautiful celebration cake, made and decorated by another parishioner, Marlene, was ceremonially cut and shared out – along with glasses of bubbly.

Thanks to all who prepared for and shared in this day, and to the UCM Foundations who travelled long distances and shared many thoughtful gifts, including Masses.

The Maidenhead UCM will include them in prayers at the October meeting.



## SCHOOLS MEDIA COMPETITION

Columban Missionaries are looking for students (aged 13-18 inclusive) to submit an original piece of writing or an original image on the theme:

- ✓ Is conflict inevitable?
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From the Columban Statement on Peace

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## Bishop Richard cuts the ribbon as new diocesan office opens

Bishop Richard Moth welcomed people from across the Diocese of Arundel and Brighton to the newly renovated St Philip Howard Centre (SPHC) in Crawley for the official opening and blessing of the Centre in late September.

He was joined by members of clergy, diocesan staff, head teachers, commission members and numerous invited guests for the event.

The St Philip Howard Centre sits geographically at the heart of the faith community and is an important place of mission within

the diocese. Before the pandemic, the diocesan education service, Lourdes office and the formation team were based at the Centre, with other departments working at High Oaks in Pease Pottage (which remains the Bishop's residence) and Bishop's House in Hove.

Both of these offices have now closed, with SPHC providing a single, shared curial office that is fully fit for purpose and built to last.

Teams are already settled in the new space, and are really enjoying serving parishes and schools together in one building.

## Ideas come flooding in as children welcome Caritas to St Walburga's

Caritas is excited to partner with a new primary school after its school project officer spent the day at St Walburga's in Bournemouth on Wednesday, 21st September.

The pupils were introduced to Caritas and the mission of Catholic Social Teaching, with a special emphasis on the environment and the principle of stewardship. Assemblies were presented to the whole school and consultation workshops held with each Key Stage 2 class, during which pupils were invited to engage with the different project posters and a selection of plants and herbs.

In promoting the concept of 'using your voice for good', there was the opportunity for each student to share their own ideas for projects that Caritas could do around St Walburga's to promote biodiversity and improve the school site.

The responses from the pupils were amazing, as shown by one comment: 'I liked seeing the herbs. The visit felt like a special treat. I

enjoyed coming up with the different ideas to help make our school better.'

With over 260 Post-it notes from the children, there are plenty of student-centred proposals to consider as work begins in the school year.

Caritas is happy to welcome St Walburga's to its growing partnership of schools and are keen to begin engaging the school community in these projects.



The children's ideas Post-It notes

## Warning over school meals

Children face a deterioration in school meals due to shortages and increasing prices, a survey suggests.

Ninety-one per cent of the 99 school meal providers polled by Laca The School Food People across England and Wales said they are experiencing food shortages, with over 60 per cent saying this has not improved since May. Bread, fish, cheese, pasta and potatoes are the items most affected.

The survey also found that prices have risen by a further 30 per cent since May. This is in addition to the 20 per cent price increases in May.

According to the survey, some caterers have experienced 50 per cent price increases since May.

The survey also found that 28 per cent are now using more processed foods to cope with rising costs, while almost 35 per cent are considering switching from British meat to meat from abroad.

The survey found that 52.2% expect the quality of school meals to continue getting worse over the coming weeks and months.

### St Dominic's R.C Sixth Form College requires a new

# Chaplain

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Owing to the promotion of our current Chaplain to a post in South London, we are seeking to appoint an experienced individual to this important and high profile role at **St. Dominic's Sixth Form College**.

The successful candidate will build on the excellent work undertaken by the out-going Chaplain to further grow and enhance our chaplaincy offer. He/she will need to be confident in delivering CPD on themes exploring the ethos of the College and the Church's mission in education. The Chaplain will be developing the Catholic Life of the College through their ministry and providing the strategic direction needed for this.

#### The Chaplain will also have responsibility for:

- Leading the Collective Worship Programme
- Organising and leading St. Dominic's annual Westminster Diocesan pilgrimage to Lourdes.
- Running face based and wellbeing activities
- Running the St. Dominic's social justice programme
- Supporting the various events planned for our academic year.

*As well as play a full part in every aspect of College life*

To apply, please download the application form by clicking [here](#).



St Dominic's Sixth Form College

Deadline for applications Friday, October 28th at 12 noon. Interviews week beginning Monday, 31st October. For more on the college, see [www.stdoms.ac.uk](http://www.stdoms.ac.uk)

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St Dominic's Sixth Form College





GARDENING

## Beef-up your homegrown veg

**Fennel looking a bit feeble? Growing enough vegetables to feed yourself depends on these three things**

Isobel Violet Hume, Matthias Salomon and Timothy Cavagnaro

Farming inside city boundaries is on the rise as countries become more urbanised and people seek to connect with the source of their food and improve their sustainability.

But despite the productivity potential of home food gardens and the like, they are rarely analysed as serious farming systems. There's little data, for example, on how much can be grown on an average suburban property.

As climate change threatens global food supplies, however, building sustainable urban food systems will be crucial.

Our research has examined how productive the average home vegetable garden really is, and how to get the most from your patch.



**Lawn with a side of salad?**

Urban agriculture refers to growing produce and raising livestock inside a city's boundary. In most cities, it might involve a home vegetable patch, community garden, backyard beehives, an edible rooftop garden on an apartment block, indoor hydroponics, a communal orchard and more.

Sometimes, especially in developing countries, urban farming can help address issues such as poverty, unemployment and food insecurity.

More broadly, it can increase access to healthy, fresh produce and lead to more sustainable food production. It can also help us save money and improve our well-being.

Societies have traditionally lent on urban farming during times of stress. So it's no surprise the practice resurged during the COVID pandemic. Keeping edible gardens significantly helped people maintain mental health during lockdown, particularly those on low incomes.

But to what extent can we rely on our

backyard gardens to meet all our fresh produce needs? Our research shows these three factors are key.

**1. Give up some lawn**

We looked at the potential for food production at about 40,000 residential properties in a typical city suburb – mostly free-standing homes.

We calculated the amount of land required for a household of 2.5 people to grow the recommended five servings of vegetables per person each day. Then, using high-resolution aerial imagery to get a bird's eye view of properties, we identified those with enough lawn area to make that happen.

Some 21m<sup>2</sup> of lawn is needed to produce the recommended vegetable intake. In a scenario where a garden is high-yielding, this would require converting 23 per cent of lawn area on a typical block into a vegetable patch. Of the properties modelled, 93 per cent had the room to create 21m<sup>2</sup> garden from the total lawn space.

In a medium-yield garden, 72 per cent of lawn on a typical block would need converting to produce enough vegetables to feed a household – equating to 67m<sup>2</sup>.

We limited the research to in-ground vegetables production and didn't include fruit trees. So a property's potential to grow food would be even higher if food gardens or fruit trees already exist, or other garden beds or paved areas could be converted.

**2. Up your gardening game**

Research which surveyed about 30 home gardeners, found yields per square metre ranged from 0.24kg to 16.07kg per year. This suggests a high rate of variability in home garden productivity – notwithstanding the fact people grow different crops.

Not all of us have green thumbs and in some cases, your veggie patch might not yield as much as you hoped.

Perhaps you gave it too much or too little water. Maybe you didn't have time to pull out weeds or harvest produce. Pests

and fungus might have struck down your crop. You may have planted the wrong seeds at the wrong time or just have poor soil.

Our research suggests low-yield gardens would need 1,407m<sup>2</sup> of converted lawn to meet the vegetable needs of a household. However, less than 0.5 per cent of properties in the analysed sites had so much land. So to reach self-sufficiency in urban agriculture environments, medium to high yields are preferred.

Skilled gardeners with high yields will need much less land. Given the space constraints in cities, up skilling gardeners is important to maximising production.

**3. Know what's in your soil**

Good soil is a key factor in productive gardens. It needs a good structure (one that allows water and air to enter and drain easily, while retaining enough moisture) an ample supply of plant nutrients and a rich microbial community.

In city areas, heavy metal

contamination and pollution of soils can be a concern.

We examined soils at 12 urban agricultural sites in and found in all cases that metal concentrations did not exceed health guidelines for residential areas – even at sites with an industrial history.

But this might not always be the case. An analysis of residential and community gardens in another city for example, showed some soils were contaminated at levels which could pose a human health hazard.

This highlights the importance of testing urban soils before planting.

Proper management of inputs – particularly fertiliser – is also key. Our research has found urban gardeners can choose from a variety of organic waste-based fertilisers such as spent coffee grounds, food scraps or lawn clippings. But this abundance can lead to imbalances.

In some cities, for example, the widespread use of freely available horse manure led to excessive phosphorous levels in almost all of the 12 tested sites. This imbalance can depress plant growth and damage the broader environment.

So don't just assume that liberally coating your garden with free of charge horse manure is good for it!

**Helping city gardens flourish**

Urban agriculture has been identified as a £3.5 billion pound economic growth opportunity. However, suburban blocks in new build properties are trending towards smaller yards with less growing space.

Given the many benefits of urban farming, it's time to think more seriously about maximising efficiency and scale.

Funding for more community gardens, and other education opportunities for urban gardeners, would be a valuable investment in improving public health and sustainability.

This should be coupled with policy and planning decisions designed to increase the amount of urban farming space in our cities.

Isobel Violet Hume, Matthias Salomon and Timothy Cavagnaro are all research fellows at the University of Adelaide



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## HEALTH

# Quality sleep matters for your health, not just the duration

## Neil Walsh

The American National Sleep Foundation recommends that adults get seven to nine hours sleep each night. But many people fall short of this because they restrict their sleep to make way for a change in their life, such as having a new baby, taking on a new job that starts much earlier, or moving to a new home that is further from work.

Our latest research shows the detrimental effect this can have on some people's health – some, but not all.

Our study, published in the journal *Sleep*, shows that adults who restrict their sleep by two or more hours each night are more likely to suffer a respiratory illness, but only in those reporting poor sleep quality. Adults who don't get the recommended amount of sleep but report getting a good night's sleep seem to be protected from respiratory illness, including colds, flu and COVID. Good sleep quality is associated with a stage of sleep known as "slow-wave sleep".

## Sleep stages

There are four sleep stages, distinguished by patterns of brain activity, eye movements and muscle tone. On a normal night's sleep, these four stages cycle every 90 minutes or so. Stages one to three are characterised as non-rapid eye movement sleep (non-REM) and stage four is REM sleep, where your eyes move rapidly behind your eyelids. Non-REM sleep comprises light sleep in stages one and two through to deep sleep in stage three. This deep sleep in stage three is slow-wave sleep.

Slow-wave sleep helps you feel

refreshed when you wake up and is linked to how people rate their sleep quality.

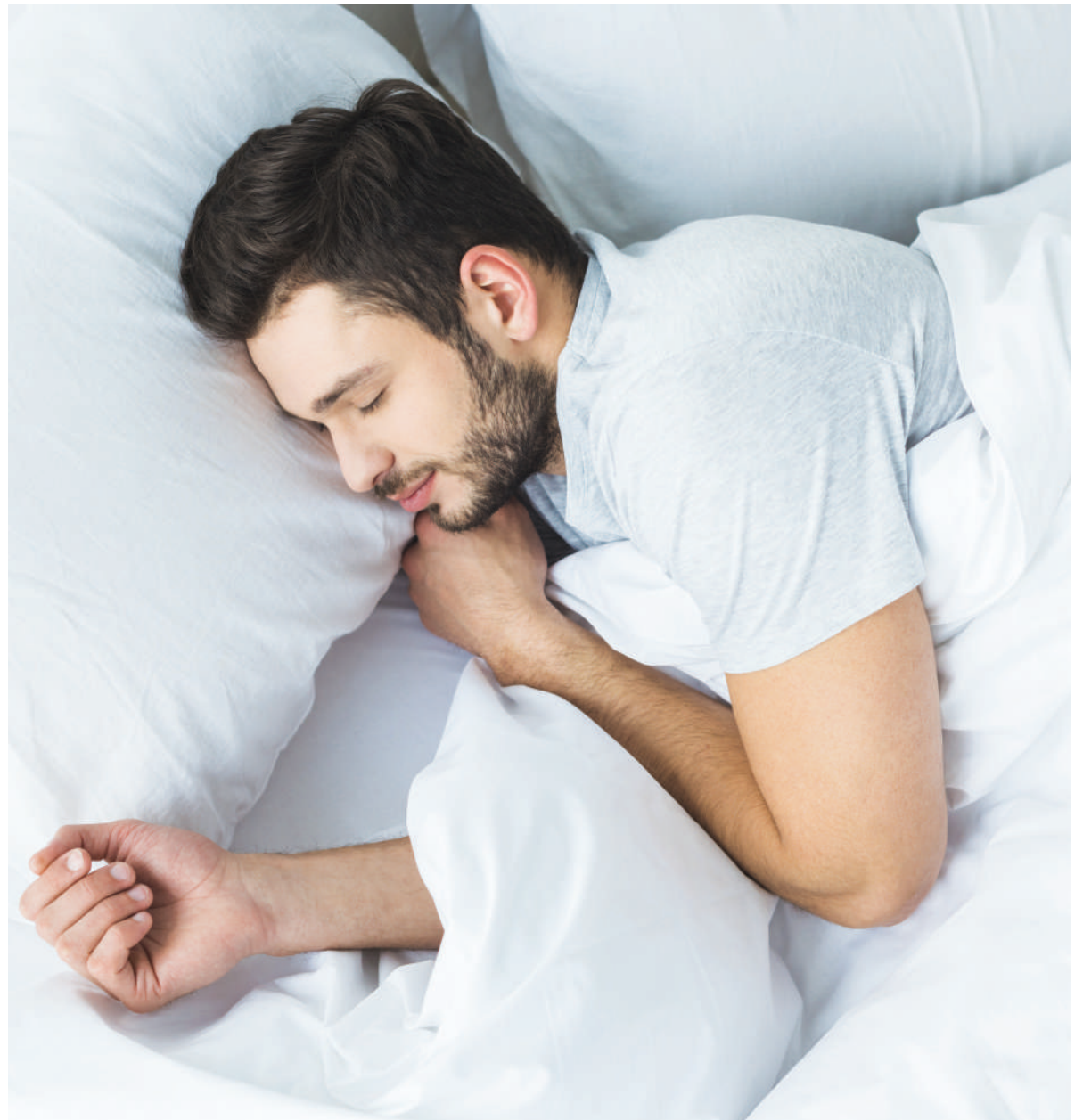
Research shows that adults who usually get less than seven to nine hours of sleep are more likely to suffer ill health. Obesity, type 2 diabetes, cardiovascular disease and respiratory infection are all more common in habitual short sleepers – those sleeping less than six hours a night.

These findings provide a solid foundation for the one-size-fits-all sleep duration recommendation. Yet sleeping for seven to nine hours each night is probably not necessary for everyone to achieve optimal health. People may differ in their sleep needs.

Our new research was inspired by the findings of a 2012 study showing that pneumonia risk was increased among short sleepers (less than five hours sleep a night). However, the risk of pneumonia was only increased in short sleepers who perceived they had inadequate sleep. The risk of getting pneumonia was not increased in short-sleepers who reported adequate sleep.

In our study, we wanted to know whether sleep restriction increases the risk of getting a respiratory infection and whether good quality sleep protects

**'Adults who restrict their sleep by two or more hours each night are more likely to suffer a respiratory illness'**



against respiratory infection during a time of sleep restriction.

Civilians entering basic military training offered us an opportunity to answer these questions under standardised living and working conditions, such as diet and physical activity. Sleep restriction during military training is largely because of early morning awakening.

We recruited 1,318 healthy adults (68 per cent males) and asked them to report their sleep duration and quality during civilian life and at the start and end of 12 weeks of training. We defined sleep restriction as a two-or-more-hour reduction in sleep each night compared with civilian life. Respiratory infections were diagnosed by a doctor.

We found that sleep restriction increases respiratory infection, but only in those with poor quality sleep.

On average, recruits slept two hours

less during military training than in civilian life. Despite this, over half of those with sleep restriction rated their sleep as good quality.

Recruits who experienced sleep restriction during training were three times more likely to suffer respiratory infection. This finding remained after taking into account factors that influence the risk of respiratory infection, such as season and smoking. But that wasn't the end of the story.

Further analysis of the data revealed that sleep restriction only increased respiratory infection in recruits reporting poor sleep quality. Good sleep quality was associated with protection against respiratory infection.

The next step is to investigate whether improving sleep quality translates to reduced respiratory infection in those who can't afford the recommended seven to nine hours of sleep each night.

## Ways to improve your sleep quality

Here are five ways to improve your sleep quality that may boost your resistance to respiratory infections:

- Adopt a consistent sleep schedule (similar bed and wake time), including weekends.
- Avoid large meals, caffeine and alcohol close to bedtime.
- Ensure the bed and pillow are comfortable and that the room is cool, dark and quiet.
- Establish a relaxing bedtime routine. Go screen-free 30 minutes before bedtime and go to bed when you feel sleepy.
- Exercise during the day as it may help you fall asleep.

**Neil Walsh is a Professor, Applied Physiology, Liverpool John Moores University**



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## FOOD

# Double chocolate delight!

## CHOCOLATE AND RAISIN MERINGUES

Meringues are a light but indulgent treat, and these chocolate versions are very decadent without taking too much time.

### INGREDIENTS

- 150g egg whites
- 300g sugar
- 300g milk chocolate
- 150g double cream
- 5g vanilla essence
- 120g raisins
- 100g melted chocolate to coat the base of the meringue

### METHOD

1. Heat the oven to 125°C
2. Whisk the egg whites to stiff snow peaks. Add 200g of sugar whilst still whisking – until the meringue is stiff.
3. Gently stir in the remaining 100g of sugar.
4. Place the mixture in a piping bag and pipe out 30 meringues before placing in the oven for approx. 30 mins (with the door slightly open to allow moisture to

escape) then turn oven off and leave the meringues inside.

5. Once dry and light brown in colour, take them out of the oven and allow to cool.
6. To make the ganache, heat the cream and vanilla to 72°C and hold for two minutes before adding the milk chocolate and mixing well.
7. Add the raisins and allow to cool.
8. Take a meringue and brush on melted chocolate to the base. Once the chocolate has set, pipe a disc of ganache on to the meringue and place another on top to form a sandwich. Repeat until done.



## CHOCOLATE ORANGE FUDGE

This fudge recipe uses simple ingredients and combines chocolate chips, condensed milk, pecans and orange zest. Walnuts can be used instead of the pecans if preferred. If making for a party, decorate with a dusting of cocoa powder and slivers of orange peel. Best of all, it's a tempting treat that you can make easily at home without loads of fancy ingredients or sophisticated kitchen kit without breaking the bank – good news in these times of a cost of living crisis when we're all desperate for a cheap pick-me-up!

### INGREDIENTS

- 380g chocolate chips or chocolate drops
- 1 (397g) tin of condensed full cream sweetened milk
- 60g chopped pecans
- 1 dessert spoon of grated orange zest

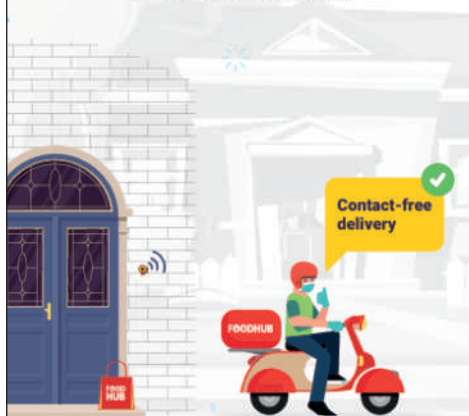
### METHOD

1. Line a 20x20cm square tin with baking parchment.
2. Melt the chocolate with condensed milk in a double boiler or in a bowl in the microwave. Stir until smooth.
3. Remove from heat and stir in pecans and grated orange zest.
4. Pour chocolate mixture into prepared pan.
5. Chill for 2 hours, or until firm, and cut into squares.
6. Store, covered, in the refrigerator.


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## CINEMA

# Actors make Amsterdam worth price of the tickets

**Amsterdam**  
Certificate: 15

Set in the 1930s, the plot of *Amsterdam* follows the story of three friends who get entangled in one of the most famous murder cases in American history. Initially witnesses of the incident, they somehow become the primary suspects. Now, the three friends – a nurse, a doctor, and an attorney – must follow the case closely and deal with all the proceedings in an uphill struggle to clear themselves from all charges.

*Amsterdam* is the latest film from seasoned director David O. Russell. Starring Christian Bale, Margot Robbie and John David Washington, the period film is also packed with renowned and rising stars, including Anya Taylor-Joy, who rose to prominence in Netflix's *The Queen's Gambit* (2020) and Margot Robbie, who's known for her roles in *I*,

*Tonya* (2017) and as Harley Quinn in *Suicide Squad* (2016) and *Birds of Prey* (2020). Also featured are Zoe Saldana, who plays Neytiri in *Avatar* (2009), Uhura in *Star Trek* (2009) and Gamora in the *Guardians of the Galaxy* series, as well as Rami Malek, who portrays Freddie Mercury in *Bohemian Rhapsody* (2018). Pop singer-songwriter Taylor Swift and stand-up legend Chris Rock also make an appearance in the film.

It is a film which divides opinion, with *The Times* describing watching it as 'an endurance test.' 'The film itself is an absolute bore,' critic Kevin Maher wrote. 'Terribly written by Russell and obtusely edited (huge gaps between lines), it stars our threesome as First World War veterans who are trying to avert the rise of fascism in 1930s New York while maintaining friendships and discussing art, trauma and mental health woes. It's mostly an endurance test.'

However, *The Guardian* gives the film a more positive review, with Peter Bradshaw highlighting 'some very good performances', especially from Washington. '(He)pursues a policy alien to his co-stars: less is more. His performance is cool, unruffled and his address to the camera is very seductively underplayed,' Bradshaw writes.

He also highlights 'some great supporting turns'. 'Rami Malek is very funny as Valerie's wealthy, silken-voiced brother Tom, always charming and insinuating. Mike Myers is amusing as MI6 operative Paul Canterbury,' he writes. 'Andrea Riseborough is elegant and stylish as Burt's snobbish wife Beatrice, and Matthias Schoenaerts and Alessandro Nivola get laughs as two lumpen cops.'

It is a touch over long and needed a bit of sharper editing, but the performances alone from the ensemble cast are worth

the ticket price and after a period when well crafted, well acted films that taxed the brain a little appeared out of fashion, *Amsterdam* is a welcome bit of relief. There's a hint of classic 'film noir' style cinema about it, with more than a nod to

the sardonic but stylish Bogart movies of the 1940s and 50 – which was probably the intention all along.

*Amsterdam* is out now in cinemas.



## LIFESTYLE

## FIVE ECO-FRIENDLY TIPS FOR THE SUSTAINABLE SHOPPER

**We're often told how we can be more eco-friendly in the home but never forget that our shopping has a huge impact. The good news is taking a more sustainable approach to your shopping habits doesn't mean you have to give up the things you love; you simply need to change your shopping habits.**

### Shop and buy local

Whenever possible, you should try to shop and buy products from local businesses in your community. In addition to supporting your local economy, it also means you are buying products that haven't been transported from far afield. Therefore, you aren't contributing to the waste of natural resources on the international transport of goods.

If you're shopping for food, it's likely to also be fresher.

### Buy less products

When buying an item, especially

clothes and gadgets, ask yourself if you really need it? The chances are that, after a few months, you may be bored of it and it will end up in a landfill where it will remain for years.

Alternatively, if you love an item, but it's broken or ripped, try to mend it instead of throwing it away.

Food waste is also a huge problem so, when you're next out shopping, write a list before you leave the house and avoid impulsive buying.

### Check delivery and packaging

How many times have you bought something that comes wrapped in unnecessary packaging?

Although it's not always possible to shop in person and buying online is convenient, check out if the companies you're buying from follow eco-friendly practices.

Businesses, for example, should offer multi-drop services and include recycled packaging to limit waste.

When you go out shopping yourself,

make sure you take a tote or net bag instead of using plastic bags.

### Choose second-hand

The online market for buying and selling second-hand clothes and other household items has rocketed over the last few years.

You can rest assured that the bargain deal you found online or in a charity shop won't end up in a landfill. Whether you need new furniture, books or clothes, shopping around for these second-hand items is both a sustainable and ethical way to shop.

### Shopping for new

If you're shopping for new items, always check the label and the company's sustainable practices, so you're aware of their community trade and eco-friendly ingredients.

Right, the hottest new item in eco-fashion – the net bag.



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# Football's nowhere near home... and it shows in the desert of Qatar

**Simon Chadwick**

When Denmark play at the men's Fifa World Cup in Qatar this winter, their shirts will mask the name and logo of their sponsor, the sportswear brand Hummel. One of the strips is all black, which Hummel described as the "colour of mourning".

The company explained the unusual design by directly referencing migrant construction worker deaths in Qatar, as well as the state's much questioned human rights record. A social media post said: "We don't wish to be visible during a tournament that has cost thousands of people their lives."

It added: "We support the Danish national team all the way, but that isn't the same as supporting Qatar as a host nation."

Hummel's criticism of Qatar was not the first, and as the tournament gets closer, there will be more to come. Former Manchester United star Eric Cantona has said he won't be watching the competition, and some French cities have banned screenings of matches in their public spaces.

But the response from Qatar to Hummel's view seemed to demonstrate a change in tactics. In the past, the Qataris have often been slow in reacting to such criticisms. Yet within hours of Hummel voicing their concerns, the organisation responsible for organising the event had issued a robust statement.

In it, the country's Supreme Committee for Delivery and Legacy claimed that Qatar had implemented significant labour market reforms, adding that all countries, Denmark included, should focus on promoting human rights.

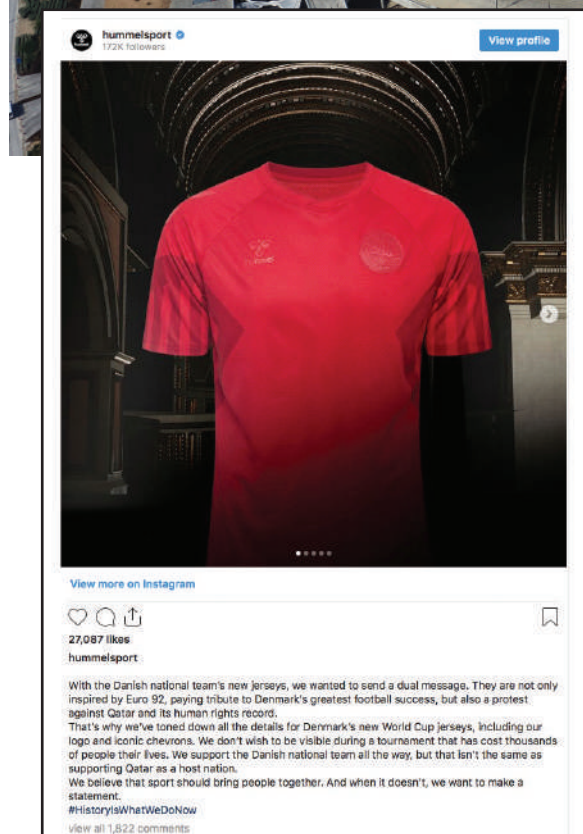
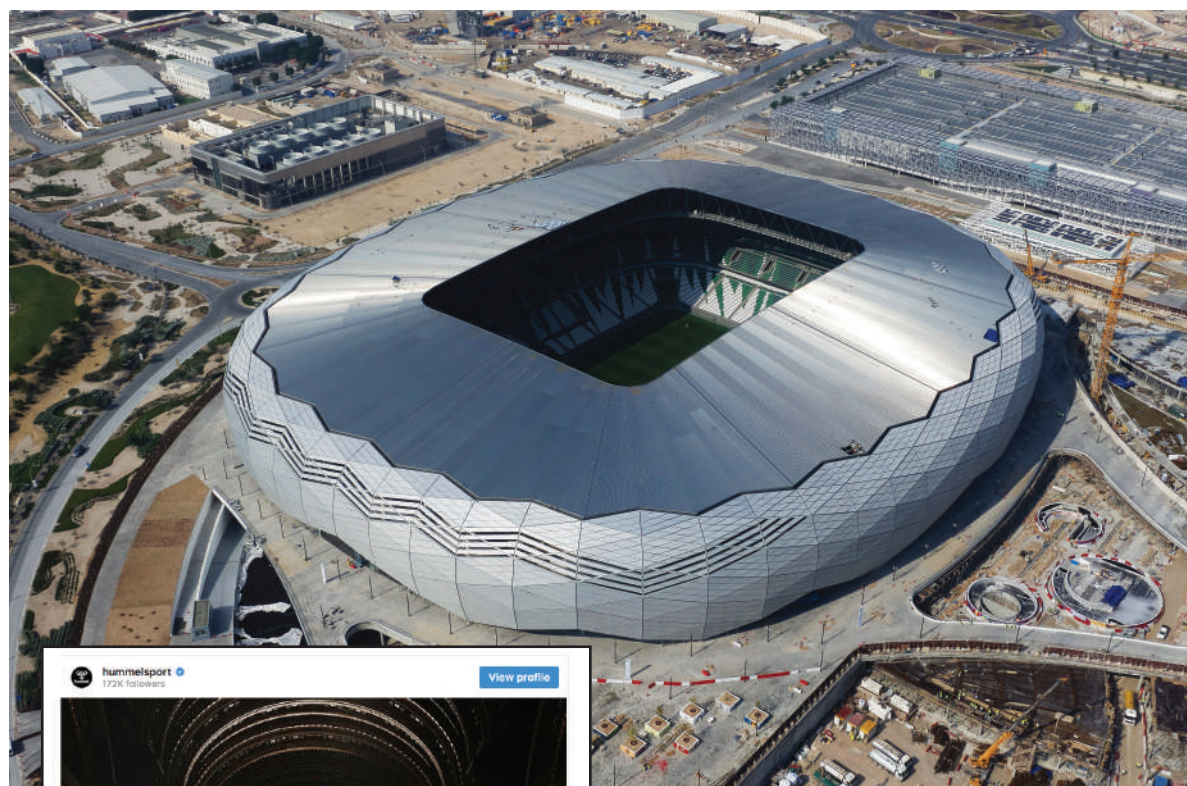
Such a strident response was noteworthy, appearing to mark a development in the nature, tone and speed of communications coming out of Qatar.

Officials have clearly been readying themselves for an intense period of scrutiny and activism at one of the most controversial World Cups in football's history.

They have also been preparing for the possibility of the event being disrupted, buying in everything from Moroccan police officers and American surveillance equipment, to Turkish drones and Italian frigates.

It remains to be seen how these resources will be deployed, or whether they might be linked to the recent announcement that alcohol will be sold for up to 19 hours a day.

When it comes to logistics too, Qatar has been practising. It has hosted several high-profile, mass-attendance events to establish its level of preparedness, including the Fifa Club World Cup in 2019 and the Fifa Arab Cup in 2021. Both tournaments were staged without major incidents. But a recent test event at the Lusail Iconic Stadium



Qatar has raced to put in place the infrastructure required to host the World Cup, building eight stadiums with capacities of 40,000+ and the hotels and facilities needed to welcome the estimated 1 million+ visitors expected.

But the development has not come without price: The Guardian claimed that as many as 6,500 migrant workers had died in Qatar since the World Cup was awarded to the Arabian emirate, though the hosts said only 37 were directly related to incidents in stadium construction.

Right, Al-Rayyan's Education City Stadium and below, the Al Janoub Stadium

Below left, the tweet from Hummel revealing the Danish0 team's new kit – without sponsor branding in protest at Qatar hosting the World Cup



(which is due to stage the final match on December 18) was less encouraging, with water shortages, faulty air conditioning, and the need for hour-long walks to the stadium in 35 heat.

Such obstacles are not insurmountable before November's opening game between Qatar and Ecuador. But there is little margin for error in staging sports events of this nature. In March, the F1 Grand Prix in Saudi Arabia was almost cancelled after a Houthi drone attack, while in May, crowd management issues caused serious problems at the Uefa Champions League Final in France.

A major challenge could simply be the volume of visitors, with some suggesting over 1.2 million people will travel to Qatar over the period

November to December. For a country with a population of three million, this is a huge influx which will test the resilience of critical infrastructure, including roads, public transport, water supply and sewage capacity. Already, some immigrant workers have been told to leave Qatar and only return once the tournament is over. Government workers have been told to work from home during the World Cup, and schools, colleges and universities will be closed.

Fearful of congestion, the Qatari government will stop traffic from entering Doha on a Friday (often the busiest day of the week) and is currently testing 700 World Cup branded electric buses in anticipation of potential transport issues. And, as I discovered on a visit

in September, with just weeks to go before kick-off, significant sections of Doha's streets are inaccessible as the country belatedly seeks to upgrade its water and sewerage system.

During that trip, I was struck by the scale of infrastructural development that has taken place since I was last in Qatar before the pandemic. The city seemed a lot quieter than before, which a taxi driver told me was because local people have been instructed to either leave the country or stay away from the capital as final preparations take place. In some places, roads were still unfinished, as were several areas where football fans are expected to congregate.

Among some migrant workers I spoke to, issues remained of long

working hours and low pay. But both they and others talked, almost without exception, of their excitement about the tournament.

That many of them will be unable to afford match tickets will not concern the Qatari authorities. Its 12 years of planning for the World Cup have been about nation-building ambitions, projecting soft power and changing international perceptions.

As it races ahead with final preparations, there is not long to go before the Doha government decides whether its massive gamble has paid off.

**Simon Chadwick is a Professor of Sport and Geopolitical Economy, SKEMA Business School**



# ‘Talent wins you games but it takes teamwork to win championships’

## FAITH IN SPORT

## Fr Vlad Felzmann

Collaboration, for today's younger generations, is no longer a dirty word, though in the context of World War II, the term "collaborators" applies to those who aided the Nazi.

The prefix *col* is a variant of *com*, meaning "together." At the heart of the word is *labour*, meaning "work." Until 1933 it was a clean word. It's a bit like my father's name when in 1909 he was baptised Adolf.

In the Olympic and Paralympic Games, competitors return to the origin of that word *com* – *petito*: to strive together.

Many clubs, in various sports, are exploring ways to collaborate with organisations, communities, and local clubs to develop and facilitate inclusive health and wellbeing opportunities.

Liverpool FC currently provide a range of youth sessions a week from a young ambassador programme, IT workshops, yoga, to supporting local organisations such as Army Cadets and the Jamie Carragher Academy.

Arsenal Football Club has always had community at its heart, and celebrated 100 years in the Borough of Islington during 2013/14.

As well as its charitable endeavours, The Arsenal Foundation supports an array of good causes in the community, providing practical and financial support to a number of initiatives in the local boroughs of Islington, Camden, Westminster and Hackney.

Freddie Hudson, head of Arsenal in the Community, is one of two loyal Arsenal staff members to be named a Premier League Community Captain to recognise his outstanding contribution to our local area.

QPR Football Club and QPR Trust cares about its local community. It is empathetic, supportive, professional and passionate.

Here is the QPR vision: 'To create a stronger, healthier, more active community where everyone can thrive.' Its mission? 'To address local needs and make a difference to individuals and our communities.'

Its core values? 'Driven by local needs by partners, funders and stakeholders. To be positive role models promoting positive change.'

Now we face a new leadership challenge in sport: it is the era of coaching by collaboration. It is the time where everyone associated with the team – players, coaches, staff and management – must take full responsibility for every aspect of their own preparation and performance.



Collaborative team leadership is a management practice that aims to bring managers, executives and staff out of silos to work together. In collaborative workplaces, information is shared organically, and everyone takes responsibility for the whole.

The importance of communication in sports is clear to researchers and integral to successful sports organisations. Teams that promote positive communication and respect among players improve overall motivation.

The modern mindset makes coaching strategy about more than just winning; positive language and clear communication are paramount.

It is beneficial to praise the players on their strengths, and be vocal on how the players can work together and help each other. Experience shows that using clear, positive communication, avoiding singling out players for mistakes and being generous with positive feedback produces better results.

A good coach, like any good parent, teaches those under their care to play for each other and not just themselves. Playing for each other means helping make the key pass, giving others opportunities to score, and celebrating others' wins.

When players understand how each individual position supports the other, they can visualise working together and show them the significance of their role outside of their own glory. This kind of approach keeps them from feeling a joint mission, knowing that each person is crucial.

While having lofty goals can be motivating, it's important to have team-oriented goals that are within reach. Consider listing out goals around fitness achievements, or team bests – things that have less to do with winning against the opposing team and more about

celebrating positivity and group wins. Players can also share their personal goals with the team, who can help offer support and encouragement throughout the season.

We have all heard a lot about team-building exercises, but there's a reason these have value. Learn more about the kinds of team-building exercises you can work into your coaching routine. Key tips: keep the activities movement-oriented – and keep it fun.

When thinking of coaching strategies for better teamwork, it is good to prioritise building connections among players by staying positive, reinforcing strong values, and making it all about having fun.

"Alone we can do so little; together we can do so much," said Helen Keller (1880-1968), an American author, disability rights advocate, political activist and lecturer. Born

**QPR in the Community Trust has worked hard to bring all members of the community together: 'To create a stronger, healthier, more active community where everyone can thrive.' Its mission? 'To address local needs and make a difference to individuals and our communities.'**

in West Tusculum, Alabama, she lost her sight and her hearing after a bout of illness at the age of 19 months. For her work she was awarded the Presidential Medal of Freedom.

Michael Jordan, widely considered to be the greatest basketball player of all time, said: "Talent wins games, but teamwork and intelligence win championship."

"It is literally true that you can succeed best and quickest by helping others to succeed" – Napoleon Hill (1883-1970). Oliver Napoleon Hill was an American self-help author. He is best known for his book *Think and Grow Rich*, which is among the 10 best-selling self-help books of all time. Hill's works insisted that fervid expectations are

essential to improving one's life.

"None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful," encouraged Mother Teresa (1910-1997) also known as Saint Teresa of Calcutta, an Albanian-Indian Roman Catholic nun who, in 1950, founded and was an active member of the Missionaries of Charity.

"Coming together is a beginning, staying together is progress, and working together is success," declared Henry Ford, (1917 – 1987). The performance of his motorcar factory proved the accuracy of his policy.

Amy Poehler (born 1971) an American comedian, actress, writer, producer, and director, made a fine statement with which any parent would agree when thinking about their offspring: "A group of people who challenge and inspire you. Spend a lot of time with them, and it will change your life."

Truly, it is better to work together and to collaborate together than to work alone. This, indeed, is how the Trinity works – love passing continually between the Father, Son and Spirit. We are stronger together.



**Left, Michael Jordan, widely considered to be the greatest basketball player of all time, said: "Talent wins games, but teamwork and intelligence win championship."**



**IN PICTURES...**

Editorial Contact: [Andy Drozdzak – News@universecatholicweekly.co.uk](mailto:Andy.Drozdzak@universecatholicweekly.co.uk)



A pictorial round-up of the past seven days...



Above, the House of bears by Dmitry Kokh, winner of the Urban Wildlife category of the Wildlife Photographer of the Year competition, which is developed and produced by the Natural History Museum, London. Above right, Karine Aigner's 'Big buzz', overall winner of the Behaviour: Invertebrates category of the same competition.



Randy Topolnitsky from Calgary in Canada, takes the winning shot in the men's competition during the annual World Conker Championships at the Shuckburgh Arms in Southwick, Peterborough

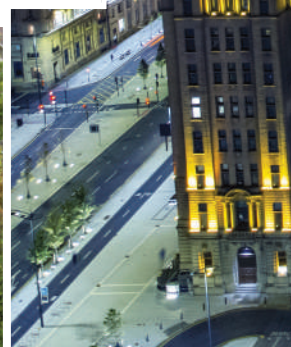
Below, a member of staff observes a plaster cast of a battle scene from the temple at Karnak on display during the Hieroglyphs: unlocking ancient Egypt exhibition at the British Museum in London.



The Royal Liver Building in Liverpool, Merseyside is illuminated in yellow for World Mental Health Day 2022.



Autumn colours: The changing colours of the season are captured in this aerial photography near Coventry



Holly, aged 5, and Miles Trainor-McFerran, aged 10, at the new London North Eastern Railway (LNER) Family Lounge at King's Cross Station, ahead of it opening to the public on Wednesday





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**The need is always there – and so is the invitation.**

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## LITURGICAL CALENDARS

### Ordinary Form

#### Sunday Year C, Weekday Cycle II

**Sunday, 16th October: 29th Sunday in Ordinary Time:** Exod. 17:8-13; Ps. 121r.2; 2 Tim. 3:14-4:2; Lk. 18:1-8

**Monday, 17th October:** St. Ignatius of Antioch, bishop, martyr, Eph.2:1-10; Ps.100; Lk.12:13-21

**Tuesday, 18th October:** St. Luke, evangelist 2 Tim.4:10-17; Ps.145; Lk.10:1-9

**Wednesday, 19th October:** Ss John de Brébeuf and Isaac Jogues, Priests, and their Companions, martyrs; St Paul of the Cross, priest, Eph. 3:2-12; Isa.12; Lk.12:39-48

**Thursday, 20th October:** Eph.3:14-21; Ps.33; Lk.12:49-53

**Friday, 21st October:** Eph.4:1-6; Ps.24; Lk.12:54-59

**Saturday, 22nd October:** St John Paul II, Pope Eph.4:7-16; Ps.122; Lk.13:1-9

### Extraordinary Form Calendar

according to the Roman Missal of 1962 (Tridentine Rite)

**Sunday, 16th October:** Nineteenth Sunday after Pentecost, Eph. 4:23-28; Mt. 22:1-14

Alcantara, confessor, Phil. 3:7-12; Lk. 12:32-34

**Monday, 17th October:** St Margaret Mary Alacoque, virgin, Eph. 3:8-9, 14-19; Mt. 11:25-30

**Thursday, 20th October:** St John Cantius, confessor, Jas. 2:12-17; Lk. 12:35-40

**Tuesday, 18th October:** St Luke, evangelist 2 Cor. 8:16-24; Lk. 10:1-9

**Friday, 21st October:** Feria Readings of Sunday repeated

**Wednesday, 19th October:** St Peter of

**Saturday, 22nd October:** Feria Readings of Sunday repeated

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**Cardinals and bishops process out of St Peter's Basilica after Pope Francis celebrated Mass on 11th October to mark the 60th anniversary of the opening of the Second Vatican Council.**