

The Parish Proclaimer

Harvest 2011



Cathedral Parish of Our Lady & St. Philip Howard,

Arundel, West Sussex

Published in September 2011

All about the Parish

Rev. Canon Tim Madeley - Dean

Rev. Mr. David Clifton - Deacon

Rev. Malcolm King - Priest in Residence

Louise Sharp - Parish Secretary*

Cathedral House, Parsons Hill, Arundel, West Sussex BN18 9AY

Tel: 01903 882 297 Fax: 01903 885 335 Email: aruncath1@aol.com

Web: www.arundelcathedral.org

* The Parish Office is open 9am – 1pm, Monday – Friday

MASS TIMES AT THE CATHEDRAL

Sunday	9.30am	Family Mass on the third Sunday of the month; Children's Liturgy available other Sundays.
	11.15am	Cathedral Choir.
Weekdays	10am	Monday, Tuesday, Wednesday, Friday and Saturday. Saturday: Exposition of the Blessed Sacrament after Mass.
Saturday	11am	Benediction.

MASS TIMES AT THE CONVENT OF THE POOR CLARES, CROSSBUSH

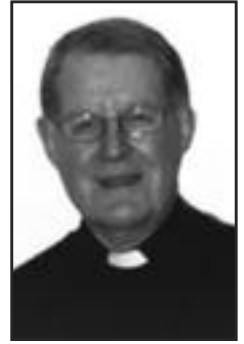
Saturday	5.30pm	Vespers.
	6.15pm	Vigil Mass (entry at 6pm).
Sunday	4pm	Exposition of the Blessed Sacrament.
	5pm	Vespers and Benediction.
Thursday	8.30am	Mass – <i>for Mass times on other weekdays please call the Convent the night before on 01903 882 536.</i>

SACRAMENT OF RECONCILIATION

Saturday	Cathedral:	10.30am otherwise by appointment.
	Convent :	Before/after the Saturday 6.15pm Mass.



A Reflection on
Harvest
by
Father Malcolm



A story I was fond of telling to children when I visited schools during Harvest Thanksgiving Celebrations went something like this:

‘A vicar was walking through his parish in the Vale of Evesham when he stopped to admire a market garden full of the choicest vegetables. Row upon row of onions, leeks, cabbage, lettuce, celery, beetroot and other vegetables stretched away in the distance. As he stood there, leaning over the gate, he caught sight of the market gardener approaching.

“Good afternoon, Fred,” nodded the vicar. “The weather seems to be bringing the crops along well”. “Yes it is,” replied Fred, “but they are not fetching a very good price on the market this past month. It is all that foreign stuff they’re importing, undercutting our prices”. “Well you may be right,” sighed the vicar, “but whatever the market is like, I think these vegetables are superb. I cannot but say that I think God’s garden is a beautiful place.”

“Yes that’s as may be,” replied Fred with a smile playing around his eyes and the

Continued overleaf...

+++++

ARTICLES FOR THE **ADVENT ISSUE** OF THE PARISH PROCLAIMER:
3 November 2011

Email your written piece and photos to clouter@mac.com
or post to Cathedral House, Parsons Hill, Arundel, West Sussex BN18 9AY

corners of his mouth, “but you should have seen the mess this patch of land was in when God had it all to himself.”

Harvest thanksgiving affords us all the opportunity to once again see and accept ourselves to be co-workers with God. God has left much of his work of creation unfinished so that we can, by completing it, experience fulfilment and satisfaction in our life. We can all perceive this when we again recall some basic facts though there are many others which each could add to the list.

God gave the dog rose, but he let us cultivate it into the lovely roses in the garden.

God gave great rivers flowing into the sea. He let us construct dams across them until the waters are harnessed and obedient. As a result parched lands are watered, deserts bloom and people enjoy health and prosperity.

God made a mountain with a heart of stone. He let us quarry and shape its rugged mass into a Cathedral where we kneel at last to pray.

God gave the wild flower, but leaves us to make the garden.

Yes, we are co-workers with God, our Creator, as Harvest Thanksgiving reminds each one not the destroyers of his creation which is so often the case to be seen.

Development Project of St. Mary’s Hall

On 2 August the Vicar General, Monsignor Canon John Hull, officially authorised the rebuild of St. Mary’s Hall. By competitive tender, R Durnell & Sons won the contract.

A meeting was held on 30 August between the Cathedral architects, St. Anne’s Gate Architects of Salisbury, and the contractors resulting in the latter making known its desire to take possession of the site on Monday, 19 September, with a projected finishing date of Friday, 18 May 2012.

There will be a Parish Meeting on 7 October to discuss this project. On the agenda will be the financing of the project and the parish’s contribution, the history of the project and what is planned, the refurbishing of the completed hall and its management in the future.

Although there is going to be upheaval in parish life during the coming months, at the end we should have a wonderful amenity both for us and the diocese as well as for the wide community at large. We appreciate your understanding in this.

In memory of Sister Mary Therese

By Sister Susanna

Marguerite June Dennison was a Yorkshire girl, born in Kingston-upon-Hull on 8 June, 1926. She is one of three, a sister four years older, Sheila, who is in a nursing home in Nymfield, near Woodchester, and a brother, Brian, who sadly died about 14 years ago. He had a son, Paul, and a daughter Anne, who has been very faithful and caring towards her two aunts. Anne is happily married to Colin, and they came to see Sister a few weeks ago. Her great-nieces, who live near Worthing, visited Sister as well.

Sister Mary Therese went to Boynton Hall, a school run by French nuns, where she and Sheila were boarders during the war. She was very happy there, and spoke often of fond memories. While she was there, one of her school friends brought in a book, which the mother didn't want in the house, so she gave it to Sheila, who read it and passed it on to Mary Therese. She passed it on to her parents, who read it and the whole family were converted and became Catholics. The book was '*Story of a Soul*', the life story of St. Thérèse of Lisieux. Her father subsequently discovered that his family were all Irish Catholics. Her parents were very devout and the family prayed the Rosary together every evening.

After leaving school, Sheila joined the Wrens and Sister went to the University in London to read English Literature. She then got an excellent teaching post at Ascot Girls School. While she was there, she spoke to a friend who was a Franciscan Friar and shared that she wanted to become a nun, but didn't know any who were not teachers. He recommended a lovely convent in the Cotswolds where he had just been visiting and they didn't teach! So Sister wrote to ask if she could visit the Franciscan Sisters at Woodchester. She knew immediately that the place was right for her.

Sister entered in 1950 as the 29th member of the Community. She was with eight others in the Noviceship. During her time at Woodchester she held the post of Novice Mistress for many years and was loved for her gentle, understanding manner. She was very generous with her time, always patient and kind, ready to listen to any story or tale of woe. She would take the novices for picnics in the fields on feast days! She was very creative and clever with her hands, and did some beautiful illuminations and calligraphy, needlework and embroidery until her sight failed in the last few years. She taught Catechism to the local children, who still love and visited

her at Woodchester. She would often quote poems or indeed rhymes at the most appropriate moments. She worked tirelessly in the sacristy until the day we left Woodchester.

We are so very happy to know she was at peace and she loved it so much here at The Poor Clares in Arundel. Nothing was amiss for her here; she said every day since we arrived how lovely it is here... the Sisters, the garden, cells, refectory, food, in fact, everything, and how blessed we are to be here. We thank God for her faithfulness and love and that she was taken to Him without too much suffering.

MEMORIES

1 - Just before her final profession, Sister found a ladder left by workmen against the high wall onto the road. She climbed up and shouted "Goodbye, sweet world!" But, unknown to her, a friend was walking on the road and heard her. They told Sister's parents who had come for the profession and it was reported to the Abbess!

2 - She enjoyed many excitements; one of her favourite being tobogganing down the slopes of the Convent fields. She also had the novices up to no good when she decided to allow them to make Spaghetti Bolognaise instead of boring tea. When Mother Abbess came in they hid the food behind the curtain – but the smell found them out!

3 - She went with Sr. Mary Bernadette to buy bananas. MB was not used to being out, and was surprised at the expensive bananas, which left them short of money for the return bus fare. So MB told the bus driver, "Don't worry, just put it down as an expense on to the Convent's account!"

4 - The Rose window in the Chapel was sent away for repairs. When it returned, Sister asked Mary Elizabeth if she had seen what a good job they had done. ME tore up the stairs to see, and came back breathless, saying in a Yorkshire accent "Eee, have you seen how good they've made the devil?!"

Do visit The Convent of Poor Clares in Crossbush, near Arundel. We have a gift shop with a wide range of items for sale. There is also a guest house available for visitors with provisions for self-service breakfast and supper; for those wishing to be more independent there are also some caravans.

Visit www.poorclaresarundel.org

Will we ever meet our Guardian Angel?

By Mike Webster

At dinner parties, conversation often ranges across a number of topics. Recently the question of guardian angels came up with surprising results. For many of us, guardian angels have been part of our lives from our earliest years. Some people believe in them and some don't. I for one do! It is said that we each have a guardian angel if we choose to listen and pay attention. Whatever view you take, it is a subject worth an airing.

Most of us could reflect on our lives and feel that the way our lives have turned out have been guided in some way to the point at which we are presently. If we were asked, I am sure we could quote instances in our lives when we were unable to offer a reasonable explanation for the way something in our lives has happened. It may have happened over a long period or it may be something more recently. The first thought that comes to mind for some of us is "my guardian angel is looking after me". Others may consider it to be complete rubbish. But a recent survey revealed that some 30% of people in the UK believe they have a guardian angel looking after



Gaskyns



The café/sandwich shop for young families to get together!

Mondays from 9am: an informal local meet up of young families

Tuesdays from 9.30am: Clair's 'Little Movers' (1-5 years)

Wednesdays from 10am: Clair's 'Baby Movers'

Thursdays from 10am: 'Bee-fit' classes for toddlers (10 months - 4 years)

**Gaskyns can also cater for birthday parties
and other special occasions - contact us for more details:**

**4 Queen Street, Arundel, West Sussex BN18 9JG
01903 884 392 - www.gaskyns.co.uk**

them, often in the form of a loved one who has died but continues to watch over us. This is balanced by the usual level of scepticism expressed by those who believe in nothing. If angels are communicating with us, in various ways, we may struggle to recognise or interpret their messages.

An angel is a supernatural being found in many religions; typically they act as messengers from a supreme being. They may also act as a warrior or guard; the concept of a "guardian angel" is popular in modern Western culture. While the appearance of angels also varies, many views of angels give them a human shape.

Tradition has assumed nine orders of angelic beings; Angels, Virtues, Powers, Principalities, Dominions, Thrones, Cherubim, Seraphim and Archangels. Angels are ranked and vary in their abilities and duties. Duties may include recording every human being's actions, placing a soul in a newborn child, maintaining certain environmental conditions of the planet (like nurturing vegetation and distributing the rain), taking the soul at the time of death and more.

Some of the most fascinating and uplifting stories of the unexplained are those that people perceive as being miraculous in nature. Sometimes they are in the form of answered prayers or are seen as the actions of guardian angels. These remarkable events and encounters lend comfort, strengthen faith - even save lives - at times when it seems these things are needed most. Are they literally from heaven, or are they created by a little-understood interaction of our consciousness with a profoundly mysterious universe? However you view them, these real-life experiences are worth our attention.

There is a widely held view that guardian angels are with us from the moment of our birth, helping us throughout our lifetime. Under spiritual law, angels are not allowed to help someone until asked - but they are always very willing to help.



What are angels?

An angel is a pure spirit created by God. The Old Testament theology included the belief in angels: the name applied to certain spiritual beings or intelligences of heavenly residence, employed by God as the ministers of His will.

The English word 'angel' comes from the Greek 'angelos', that means 'messenger'. In the Old Testament, with two exceptions, the Hebrew word for 'angel' is 'malak', also meaning 'messenger'. The prophet Malachi took his name from this word. He was himself a messenger, and he prophesied about the coming of "the messenger of the covenant", Jesus Christ (Malachi 3:1). Although the word 'angel' in the Bible, meaning a messenger, nearly always applies to heavenly beings, it can occasionally apply to human messengers. Malachi himself said a priest was a messenger (malak) of the LORD of hosts (Malachi 2:7) and in the Book of Revelation the elders of the seven churches of Asia were called angels (1:20; 2:1 etc.). But when we meet messengers doing supernatural things, there is no doubt they are heavenly beings - God's messengers, working for Him and for the ultimate benefit of mankind.

How do we know angels exist?

Scriptures give us no indication of the precise time of the creation of angels; their existence is assumed at the earliest times. Our Lord often spoke of angels; in New Testament times they are numerous and seven orders are mentioned: Angels, Virtues, Powers, Principalities, Dominions (ations), Thrones and Archangels. The Old Testament specifically mentions two others: Seraph(im) and Cherub(im). God bestowed upon angels great wisdom, freedom, and power, and their numerous appearances in the New Testament are indication of the lead role assigned to them. Both the New Testament and Old Testament refer also to the fallen angels. Thus, the Church teaches that everyone has a guardian angel, based on references to them throughout the Bible.

Why did God create angels?

The Creator Himself is so powerful and glorious that He cannot be approached in person by human beings. Angels do not have man's shortcomings, and can therefore act for God and represent Him when communicating with men and women. They bridge the huge gap between the holiness and perfection of God in heaven and the shortcomings of dying people on this planet. Angels were made



Guardian Angels in the Cathedral Gift Shop

Glow in the dark figures (L)
(‘love’, ‘faith’ and ‘peace’)
£4

Pinned brooches (R)
£3.50



immortal (that is, never to die).

Angels with names

Only occasionally are the angels given names. ‘Michael’, for instance, was "the great prince which standeth for the children of thy people (Israel)" (Daniel 12:1). Undoubtedly, among the most significant of angelic appearances were those by the angel whose name was ‘Gabriel’. He was sent twice to the prophet Daniel. On the second occasion Daniel was at prayer, and Gabriel, "being caused to fly swiftly, touched me ... and talked with me" and proceeded to prophesy the date of the first coming of the Messiah, Jesus Christ (Daniel 9:21-27).

Who are our guardian angels?

Psalm 91: 10-12 explains that they are heavenly spirits assigned by God to watch over each of us during our lives. The doctrine of angels is part of the Church's tradition. The role of the guardian angel is both to guide us to good thoughts, works and words, and to preserve us from evil. Since the 17th century the Church has celebrated a feast honouring them in October throughout the Universal Church. Since the last calendar revision this feast is 2 October. The existence of guardian angels, is a teaching of the Christian faith. That being so, surely we should respect the presence that is ever present at our side; and make sure we do not offend those who watch over us.

Will we ever meet our guardian angel?

The conclusion of the conversation was that some looked forward to being able to thank their guardian angel for how their lives had unfolded. Some were curious as to the being designated to look after them and others were ambivalent about the whole thing.

Discover a wealth of gems at

Il Lusso

*Situated in the heart of Arundel,
Il Lusso is a ladies fashion boutique
offering an extensive range of beautiful
products which are just that little bit different.*

**Clothing
Handbags
Jewellery**

PLUS

the award-winning
**Lily Lolo Mineral Make-up
from only £3.99**

***Il Lusso** is Italian for 'luxury', which is reflected
in the **quality** of our products.*

OPEN 7 DAYS A WEEK

9 Tarrant Street, Arundel BN18 9DG

01903 884 436

www.illussoinarundel.co.uk

Proclaimer Crossword Puzzle 13 - Solution

By Chris Dinham

Across: 1. Speculate 9. Alpine 10. Dastardly 11. Jest 12. Lied 15. Meteor 17. Potato
18. Violin 19. Basket 22. Fell 23. Rail 25. Limitless 26. Clawed 27. Desdemona

Down: 2. Praise 3. Cattle 4. Larder 5. Talk 6. Ely 7. Sidewalk 8. Beetroot 13. Ionic
14. Moral 15. Maverick 16. Tropical 19. Behind 20. Slalom 21. Edison 24. Hide 23. Led

+++++

Comedy with the Clergy

A priest is walking down the street one day when he notices a very small boy trying to press a doorbell on a house across the street. However, the boy is very small and the doorbell is too high for him to reach. After watching the boy's efforts for some time, the priest decides to help. He walks across the road, up the path to the front door and gives the doorbell a solid ring. Crouching down to the child's level, the priest smiles and asks, "And now who do we expect to come to the door, your mum or dad?" The boy replies, "Now we run!"

Farid's
Kitchen

Real French Food

with a hint of Moroccan Spice

**'Early Bird' Autumn/Winter dining from
6 - 7.30pm every Wednesday/Thursday evenings
with 25% off your food, ordered during this period.**

2 Castle Mews, Tarrant Street, Arundel BN18 9DG
Email: bookings@faridskitchen.com Tel: 01903 883 477
www.faridskitchen.com

Parish People: Pat D'Avray

By Colin Swanton



When talking to Pat two things strike you – firstly her love of music and, secondly, her enthusiasm for the Hill Organ in the Cathedral. After the first time she played it, she says that she went home in a ‘mood of entrancement’ as it is the most beautiful instrument to play.

Pat was born in Ndola in what was then Northern Rhodesia, now Zambia, where her father was a Colonial Civil Servant serving in the British Protectorate. She first studied music in Lusaka before the family moved back to England around the time of Northern Rhodesia’s independence in 1964, continuing her music studies at the instigation of her grandmother at the Villa Maria Convent in Bognor Regis. Later in life Pat studied music at Bristol University before becoming a primary school teacher in Kent where she taught all subjects and was responsible for music in the school.

As her parents lived in West Sussex, she came home to them at weekends and became involved in services at the Cathedral, first joining the choir under Stephen Dean. One weekend, around 1985, Philip Taylor, who was organist at the time, was unwell and at the Friday night choir practice Stephen, knowing of her keyboard skills, asked Pat if she would like to play at Mass that Sunday. The piece the choir were to sing was a favourite of Pat’s – ‘*How lovely are thy dwellings O Lord*’ from the *German Requiem* by Brahms. It was quite a hard task as Pat was out of practice in playing the organ at that time but with Stephen showing her which stops to use

and after several hours' intensive practice on the Saturday, Pat felt confident enough to play it on the Sunday. Fr. Tony Whale encouraged her to do more on the organ, and she began playing at the 9.30am Mass. Lessons followed with Andrew Benians from Chichester Cathedral who came to Arundel to teach Pat; under Andrew she first got her Grade 7, then her Grade 8 and finally her Organ Diploma. In 1991, following the death of Philip Taylor, Pat became the Cathedral's regular organist.

During the last ten years or so, Pat has gone to London, often once a month, to see and obtain instruction from Anne Marsden-Thomas who helps her on general repertoire and on particularly difficult pieces. Pat also attends a yearly Summer School where she gets to play various different organs in and around London and she says that she finds this a wonderful experience.

Amongst her other 'loves' Pat likes languages – she has studied French, Italian and German. She once learnt a little Russian but confesses that she has now forgotten it all! Visits to stately homes, museums, art galleries and gardens are done in her spare time as is embroidery but “Only when I am completely relaxed”, she says.

Pat also gives back a lot of what she has learnt by teaching others “aged from 6 to 76”. This has included both Sr. Luke and Sr. Felicity at Crossbush Convent. Pat loves the variety of music that Elizabeth Stratford has introduced at the Cathedral and has learnt some beautiful pieces to play. Clearly Pat has a great deal to offer - both to the Cathedral and to other people.

+++++

SARDHANA

By Monica Clifton

A further £1,000 has been despatched for the orphans of Sardhana. Once again many thanks for your generosity. Our fundraising events will be put on hold over the coming months due to work on St. Mary's Hall. With this in mind we ask you to continue with the jar collections as a means of contributing to this worthy cause.

Although the economy in India is growing, the Caste System prevents those on the lower level from improving themselves. We will of course continue to have Masses said regularly for the people of Sardhana and look forward to resuming our Quiz Nights and Dances as soon as we can.

JOHN BAYLEY CARPETS

From inspiration to installation

Home selection service

Carpet, vinyl and laminate flooring

We come to you, so you pay less

Evening appointments no problem

Traditional personal service

Guaranteed expert fitting

01903 882 466

07810 007 899

www.jbcarpets.co.uk

Checkatrade
Member

Preserve those *MEMORIES* and
family histories



From Super 8, 16mm | Hi8 or Hi8mm? | Betacam... | Transfer to DVD

CARROLL media Limited

01483 722211

Chesham - Bucks - Near to EMO

www.carrollmedia.co.uk

Darina Beesley

**Curtains, Blinds,
Shutters, Tracks, Poles
& Soft Furnishings**

Supplied & Fitted, No Obligation Estimates
Home Visits, Domestic & Commercial

Goring-by-Sea, West Sussex

Tel. 01903 536732

info@darinabeesley.com

www.darinabeesley.com

**Sam Swanton
Painter & Decorator**
Fully insured. Free estimates & advice. References.

PLUS

We arrange & oversee a home maintenance service - our group of friendly, experienced, fully-insured professionals cover all aspects of property & garden maintenance from small jobs to entire house renovations.

AND

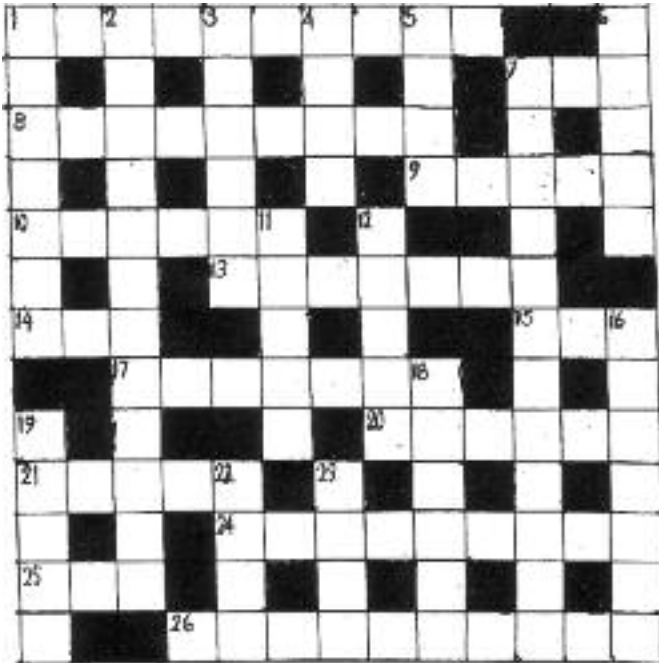
Sam & Ruth Swanton are experienced in property renovation, painting & decorating, interior design & project management. Together they provide high quality work at reasonable prices, whatever size the project.

Tel: 01243 551290

Mob: 07507 444556

Proclaimer Crossword Puzzle 14

By Chris Dinham



CLUES ACROSS

- 1) Not moving (10)
- 7) Steal from (3)
- 8) Grasping and greedy (9)
- 9) Footwear, or hits hard (5)
- 10) Cancels; abolishes (6)
- 13) Breed of dog (7)
- 14) Right now; so soon (3)
- 15) Sadly, a tree rarely seen nowadays in England (3)
- 17) Someone who'll save you from danger (7)
- 20) School classroom instruction time (6)
- 21) Anagram of 'wines' (5)
- 24) Increase to your wages (9)
- 25) Word to precede 'burner' or follow 'coal' (3)
- 26) A person who encourages sales (10)

CLUES DOWN

- 1) Review; precis (7)
- 2) 'Organs's prints' (anag); part of kitchenware (5,7)
- 3) People who represent perfection (6)
- 4) Close to (4)
- 5) Beams of the sun (4)
- 6) Deep chasm (5)
- 7) Indiscretion; risk of serious danger (12)
- 11) Aromatic kitchen flavours (5)
- 12) A darling cherub -- (5)
- 16) -- or a demon brute (7)
- 18) Outcome, or what happened (6)
- 19) Custom; tradition (5)
- 22) Plant not wanted in your garden (4)
- 23) Bay; beach inlet (4)

The Patriarchal Basilicas of Rome 1

By Ian Fricker



Santa Maria Maggiore

Hello and welcome to Rome – the Eternal City! Over the next six issues of the Proclaimer I will be taking you around the six patriarchal basilicas of Roma. The major basilicas are San Paolo fuori le Mura, San Giovanni in Laterano and Santa Maria Maggiore and the minors are San Lorenzo, San Clemente and Santa Croce in Gerusalemme. Now, before anybody shouts, San Pietro is *not* in Rome. It lies in the Vatican City! The Holy Father is the Bishop of Rome and, as such, his Cathedral is St. John Lateran. Don't worry – San Pietro will be covered in Part 7!

I will start with the basilica where I attend Mass every Sunday whilst I am in Rome and, in my opinion, the most beautiful. Santa Maria Maggiore, also known as the Liberian basilica, named after Pope Liberius. It is the most ancient and greatest amongst the basilicas dedicated to the cult of the Virgin Mary.

On 5 August 358AD, a snowfall covered the Esqilian Hill and, in the snow, and acting upon the instructions of a vision of Our Lady, Pope Liberius traced the perimeter of the future church. Until this day, 5 August is 'Patronal Feast of the Basilica' and commemorates the miracle of the snow, 'Santa Maria de Neve'. The Gloria is intoned and before tearful eyes of the congregation, thousands of white flower petals fall from the ceiling, creating nearly an ideal union between the faithful and the Mother of God. It is just after this Mass that I am beginning to write this

Continued on page 19

Belinda's Tearooms



We are a 16th Century restaurant and tearooms, one of the oldest in Arundel.

Everything is home-made in our bakehouse, specialising in morning coffees and cakes, as well as lunches and afternoon teas, including cream teas and clotted cream.

Belinda's has been known well over half a century for good quality home cooking using traditional recipes and fresh local produce.

You can find us at
13 Tarrant Street, Arundel

Telephone: 01903 882 977

CATHEDRAL GIFT SHOP

Religious statues, greetings cards, CDs, devotional candles, books, a variety of Saints medals, note pads, leather bookmarks, pewter pocket prayer tokens and much more!

THERE'S LOTS TO SEE AND BUY!

Up to 31 October:

Monday - Saturday, 10.30am - 4.30pm

1 November - 31 March

Monday - Saturday 10.30am - 12 noon

PLUS

Sundays, after 9.30/11.15am Masse



The Swan Hotel

We have 15 bedrooms plus a comfortable restaurant/bar, offering dishes made from the finest local produce and complemented by Fuller's award-winning ale.
*Serving food every day: **Mon - Fri** 12-3pm & 6-9pm, **Sat** 12-9.30pm and **Sun** 12-7pm*

'Best of Sussex Food Night' on Tuesday, 18 October from 7pm

*Try our Autumn Menu and meet our local suppliers, producers and our kitchen team!
Only £10 per person incl. full menu tasting and hot buffet. Booking essential.*

Come to us on Sunday and experience our finest roast, thanks to Arundel's excellent butcher!

01903 882 314

27-29 High Street, Arundel, West Sussex BN18 9AG

article and hopefully will have it finished when I return for The Assumption later this month.

Although it cannot be verified that the current building is the Liberian basilica, its origins are undeniably ancient: the construction dates back at least as far as Pope Sixtus III, who built a church here to celebrate the end of the Council of Ephesus, which in 431 had solemnly conferred upon the Blessed Virgin, the title of Mother of God (Theotokos), thereby founding the vibrant cult of Mary.

The current building follows the original structure, although it shows traces of various enlargements, additions and embellishments made over the course of the centuries and display in its interior some particularities which are unique: the mosaics of the centre nave and of the triumphal arch going back to the fifth century built during the pontificate of Sixtus III (432-440) and those of the apse of which the execution was entrusted to the Franciscan Friar Jacopo Torriti by orders of Pope Nicholas IV (1288-1292); the 'cosmatesco' pavement was donated by Knight Scoto Paparone and his son in 1288; the lucunar ceiling in golden wood was designed by Giuliano San Gallo (1450); the crib of the 13th century of Arnolfo di Cambio; the numerous chapels (from the Borgese to the Cistina (Blessed Sacrament), from the chapel Sforza to the Cesi, from the crucifix to the San Michel; the main altar was created by Ferdinand Fuga and, subsequently, enriched by Valadier: finally, the relic of the Sacred Crib and the baptistry.

Every column, picture, sculpture, and every single piece of this basilica epitomise historic and religious emotions.

The Bernini family tomb lies in Santa Maria, So humble in comparison to the grand work of the genius, on it is inscribed "The Noble Bernini Family here awaits the Resurrection". One of Bernini's son's was, in fact, a priest of the basilica.

There are two particular treasures I will mention. Firstly, an image of the Virgin Mary called 'Salus Populi Romani' (Protectress of the Roman People). The picture is venerated by the people of Rome and, indeed from the beginning of his pontificate, Blessed Pope John Paul II asked that a lamp be burnt under the icon as a testimony of his great devotion for Our Lady. Whenever I arrive in Rome, I go to the basilica to thank our Lady for bringing me back to my second home and, as I leave, I pray for a safe journey back to England. After a Pope has been crowned at his installation in the Vatican he takes possession of his Cathedral, St. John Lateran, usually about two weeks later.



Salus Populi Romani



The Sacred Crib

After this occasion he travels down the long road to Santa Maria Maggiore to pray before the icon and incense it. It was on this occasion that I was present for Benedict XVI together with Monsignor Jeffrey Scott, also having also attended his inauguration at San Pietro. Happy memories.....

The second treasure lies under the Papal altar, in front of a kneeling statue of Pope Pius IX – a famous relic commonly known as the “Sacred Crib”. We are not sure this piece of furniture conserved in the basilica truly held the body of Christ. We know only that a similar object was worshipped for a long time in the Church of the Nativity in Bethlehem. This coming from testimonies including St. Girolamo which, around 404AD, confirmed that when entering the Specum Salvatoris in Bethlehem, saw the worshipped crib that honoured the place where the body of the baby Christ was laid. It was probably St. Sofrono of Jerusalem, in the time of the Arab conquest, who sent the remains of the Crib of Bethlehem to Pope Teodoro I (642-649) in Rome.

As I started by saying, this is the church in Rome where I worship on a Sunday and it is its first class liturgy, probably the best in the Holy Roman Church, that piece by piece I try to bring back to Arundel. I have been greatly helped and encouraged by His Eminence Cardinal Law (Archpriest of the basilica) and his MC. The liturgy reflects the greatness of the Roman Catholic tradition and is a worthy offering to God. The music is nothing short of superb, all drawn from Gregorian chant, although this is no wonder since the Director of Music (maestro) is no less than Monsignor Canon Valentino Miserachs Grau, head of the Pontifical Institute of

Sacred Music (whose roots can be traced back to Palestrina who held the same position). It is here the music truly enhances the worship rather than distracting from the Holy Mass and the actions of the priest. The beauty of Gregorian Chant forms the basis of the music and indeed the many wonderful compositions of this musical genius.

A final point of interest – the basilica actually has a direct connection with the Diocese of Arundel and Brighton. In 1982, when Blessed Pope John Paul II came to England, he was accompanied on his 'plane back to Rome by a certain Monsignor Dilwyn Lewis (a priest of our diocese), who was later appointed by the same Pope as Archpriest of the basilica! He carried out some amazing work in his role and cleaned and restored the basilica to its current glorious state, often using his own money.

For nearly sixteen centuries this church has dominated the City of Rome: the Marian temple for excellence and a centre of artistic civilisation represents a reference point for the 'cives mundi' that come from every part of the globe to reach the Eternal City in order to enjoy what the basilica offers through its monumental greatness.

Santa Maria de Neve, pray for us.

Santa Maria Salus Populi Romani, pray for us.



HD TRIBE Ltd

FUNERAL CATERING · FLORISTRY DEPARTMENT · STONEMASONS

3 Generations Of Service, One Standard Of Excellence



- An independent family firm established in 1929
- Quality, affordable funerals from a local company that you can trust
- Funeral services how you want them, when you want them

24 HRS
A DAY

TEL: 01903 234516

Head Office: 130 Broadwater Road, Worthing BN14 8HU

www.hdtribe.co.uk



QUALITY ASSURED

Local Offices at Goring, Rustington, Littlehampton, Sompting, Storrington, Lancing & Shoreham

Music at the 9.30am Mass

By Monica Clifton

By the time you read this there will have been some considerable changes to the words we say and sing at Mass. Some of you may find this difficult where others welcome it as a fresh start. Old favourite Mass settings will no longer be used but many new ones have been composed and, where possible, existing ones adapted. Christopher Walker has composed a 'New Celtic Liturgy' and, subject to approval by the Liturgy Board of England and Wales, we will also be introducing a specially commissioned 'Arundel Mass.'

A word about choice of music or, as I would rather call it, Preparation of the Liturgy. There is a list of priorities with regard to what is sung at Mass.

The Gospel Acclamation, the Holy Holy, the Memorial Acclamation and the Great Amen should always be sung by the people, even during weekday Masses where possible. Next in order, comes the Responsorial Psalm and the Gloria on Sundays and Feasts. Third comes the Penitential Act (Kyrie) and the Agnus Dei.

Other chants may be included where possible. A chant for all to sing by heart or one with a response is recommended for the Communion Procession as it is not a good idea to carry a hymn book up to Communion. A period of silence for prayer is best observed after Communion, An appropriate entrance song may replace the Entrance Antiphon. A piece of music, a motet or a suitable hymn may be used during the Preparation of the Gifts.

This may surprise you but hymns come low in the list of what is to be sung at Mass. Before the introduction of our current Roman Missal, which was published in 1969, hymns were not allowed at Mass, only chants with words from the missal. The hymns we knew then were used at other devotions such as Benediction.

In accordance with the teachings of the Second Vatican Council, the congregation should participate in the spoken and sung responses and Acclamations. In the early days of the Mass in English, very little suitable material was available, so a hymn, not always appropriate, was put in. Now there is a wealth of recently composed music, which is scripturally based and liturgically sound, we must embrace this in the spirit it was intended. Words are all important.

When preparing the Liturgy, the very first consideration is the Readings. It is upon these that the theme of Mass, the Homily and choice of hymns depends. We should not choose hymns on the basis of a good tune or that everyone knows it. They are chosen on the theme of the Mass for that day. They should be an integral part of the Mass not an afterthought or a first thought for that matter. Sometimes the words of a hymn are so appropriate that it should be included even if it is not that familiar.

Expert resources from the Church, a number of reliable publications and attendance at various relevant courses plus experience of several years and a good memory have all helped me when preparing your Sunday Liturgy with the Music Group. It is done with great care and attention to the instructions laid down by the Church.

We will be there to assist you with the changes. Please respond with an open and generous heart and do remember... *Soul of my Saviour* was new once!

+++++

Pannonhalma - Part 2

By Peter Cullinane



The monastery sits on its own steep hill, commanding a panoramic view across the countryside.

Founded in 996 with an endowment from St. Stephen, the Hungarian king, the monastery grew substantially in the Middle Ages, receiving further grants of land. In the 19th century a significant expansion took place with the addition of a library in classical style reminiscent of the British Museum, containing an immense book collection of national importance.

During its millennium in 1996, the buildings were updated as far as limited funds would allow in preparation for Pope John Paul's visit.

Apart from the active monks, there is a home for elderly clergy and nuns. It is hard to believe that in term time with its 325 pupils, some 500 people live on a site similar in size to the 'hill' area in Arundel, say from the castle to St. Mary's Hall.

As one looks down from the battlements to the village 350 feet below, one realises the historic importance of the abbey, which miraculously survived the invasions of the Turks, the Germans and the Russians as well as persecution by the Communists until comparatively recently.

The abbey is the seat of Hungary's smallest diocese - the Archabbot is also a Bishop with a dozen village parishes of which the teaching monks are the parish priests.

It was in the news in July when the heart of Otto von Hapsburg was buried in the crypt. Previously a pupil at the school, he would have been the Austro-Hungarian Emperor had Sarajevo not happened.

Apart from the educational activities in the school and since the fall of Communism, the monks also teach at Budapest University and Catholic adult institutes.

The monastery's substantial estates were confiscated by the Communists but a small portion has been reacquired. The historic vineyard has been re-established and with EU support a modern winery installed, producing award-winning wines. In addition to this, lavender is grown and crushed for oil.

Pannonhalma relies heavily on income from tourists and visits often guided by the senior boys take place throughout the year.

As a place of pilgrimage it is completely unknown in Britain and I am contemplating organising a small pilot pilgrimage in about a year's time after the current extensive updating works in the abbey church have finished. If anyone might be interested, please let me know via the Parish Office, contact details in the front of The Parish Proclaimer.

Do visit the Pannonhalma Archabbey & School website at **www.bences.hu**

Corpus Christ 2011

By Alex Clouter



For those of you unable to have seen the Carpet of Flowers for Corpus Christi, the above photo is for you! Full colour photographs of this year's design are of course available from the gift shop in the Cathedral.

Our thanks and appreciation go to the many people who helped with everything for the preparation over two days as well as during 22/23 June when there were literally hundreds of visitors to the Cathedral.

It is timely that we received an email from Amanda Browning recently. She kindly wrote an article in the Harvest 2010 Proclaimer about a Carpet of Flowers for their church, All Saints Floreat Uniting Church, in Floreat in Western Australia.

Amanda writes: "I am very excited to let you know that the good name of Arundel Cathedral is once again in our hearts! While we will be holding our Floral Carpet at All Saints Floreat in 2012, the Uniting Church in the City (Adelaide) has taken up the challenge this year!

"They will be taking their inspiration from the rich colours and history of the stained

glass windows of the Wesley Church.

“Knowing your magazine is not in colour, it’s best if you look at their website to really appreciate the magnificence of the stained glass windows. Fingers ready on the keyboard? It’s <http://wesleykenttown.org.au/index.php?page=stain-glass-windows>

“The Floral Festival will run from 29 September to 2 October, although I took part in the early meetings, I am now looking forward to playing a relaxing role in helping with the flowers, phew!!

“Wishing everyone - the clergy, support teams, members of the congregation and other enthused Proclaimer readers all the very best for this season of Harvest.”

+++++

Our Man in Rome

By Father Bruno



Holy Week in any parish is always a busy time as the most involved and complicated liturgies of the Church’s year occur in direct succession. But you can imagine that in Rome things require even more planning and ceremony and nowhere more so than the Papal liturgies of the Holy See. So, it goes without saying that the organisation of these ceremonies is planned to the last detail.

I have direct experience of this masterpiece of choreography for this year I was asked to be Christus in the sung Passion for the Good Friday liturgy at St. Peter’s. I was

Continued on page 28

Adams Airport Cars

"We Go Out of Our Way To Help You On Yours"



Airports – Seaports

Long Distance

Saloon – Estate Cars

7 Seater VW Transporter

All Vehicles Air-conditioned

Also Childs Seat Available On Request

ALL VEHICLES LICENSED & INSURED

01903 719119 or 01243 554123

email: postlandrita@adamsairportcars.co.uk www.adamsairportcars.co.uk

Gaskyns

Licensed Café/Restaurant and Sandwich Shop

Enjoy dining inside our period building, once part of Arundel's brewery, or outside in our delightful rear garden to enjoy the autumnal weather!

Also there's a wide range of cakes, pastries, made-to-order sandwiches, tea, coffee, local dairy milk and other Fairtrade/organic groceries to choose from. We are just a few minutes' walk from one of Arundel's main car parks.

OPENING TIMES

Monday - Saturday: from 9am/Sunday: 10am - 4pm

Friday evening dinner: 5 - 9.30pm

We can also cater for special functions like celebratory parties and wedding receptions

4 Queen Street, Arundel, West Sussex BN18 9JG
01903 884 392 - www.gaskyns.co.uk

impressed by the simplicity of movement. In order to ensure the maximum precision with the minimum fuss, each group of ministers (ministerial Deacons, readers, Deacons of the Passion) were shepherded by their own 'Master of Ceremonies'. So, at the practice we each rehearsed with our group and only the actions that really concerned us. Thus no time was wasted running through information we did not need to know. Each group rehearsed its own role and nothing more. Our personal MC was by our side throughout the ceremony itself too. Nevertheless, rehearsal was not laboured or intense. We were treated as if we ought to know what we were doing. The atmosphere was relaxed and prayerful: the whole cast prayed the rosary in front of Michelangelo's *Pieta* before the procession and the service began.

So, I was able to appreciate what care and attention went into the solemnity of the liturgy the following week when I attended the Beatification Mass of Bl. John Paul II in St Peter's Square. The whole city was charged that weekend with a fervent and devout atmosphere brought by the millions of pilgrims that descended on the city, mostly from central Europe. I was informed that the attendance in St. Peter's Square on the Sunday (that reached all the way up the Via della Conciliazione to Castel Sant' Angelo) was twice the population of Malta – just in that square! Such devotion was quite uplifting.

I had a seat in the priests' section that was in front of the altar steps. The Mass took place in the Piazza outside the basilica, while the exhumed coffin of the new Beatus was displayed inside in front of the high altar with an honour guard of two Swiss Guards posted either side. Immediately following the Mass, the Holy Father made his way inside the basilica to be the first to venerate the relics of Bl. John Paul II. This began the procession of the faithful from the square to do the same, something that for most that would take many hours of queuing. I knew it was easy for me to come back in the future so returned to Santa Sabina for a late lunch.

As well as liturgical spectacles there are also cultural ones. Italy being the home of Opera, and Rome having its impressive monuments, the Teatro Dell'Opera produces a summer season against the backdrop of the ruins of Terme di Caracalla. I went to see *Aida* in this setting in August and it was an extraordinary spectacle with world-class performers. Just a stroll away from the Priory.

All part of the experience of living in Rome.

Postcards from the Camino - Part 4

By Ruth Johnston



Pontevedra - Caldos de Reis - Colin & Joyce were going by bus to our next stop so we left her in bed whilst Francis & I set off at 7am. It was still dark & the streets deserted. Stopped at a little café for coffee & biscuits before meeting some of the others at the bridge. Margaret, Francis & I walked on, climbing all the time. In the first small village there was a statue of obviously a much loved priest sitting on a bench under the church. Pleasant walking, some inclines plus some lovely forest walking. Stopped at a café for foot & rest. Met a nice young German couple, he was having trouble with his Achilles tendon. We saw families harvesting their grapes together. Arrived here in Caldos de Reis about 2pm. Town hall was just as the edge of Caldos as we walked in, needing a stamp. Being a Saturday afternoon, it was closed but the police station on the ground floor got to

stamp our credentials. Met Colin & Joyce, having lunch with them. After dropping our rucksacks at hotel, went to explore the town, famous for its hot springs and there was one large bath so we sat round together, met our young German couple again plus the doctor & his wife who were at the café when Colin dislocated his shoulder. All greeted each other like old friends. Met the others by the bridge and had a drink in the café. Went to Mass at the Church of Saint Thomas à Becket in the evening. There was a statue of the Little Infant of Prague. Light supper and bed, ready for an early start next morning. *Saturday, 25 September 2010*

Caldos de Reis - Padron - Met Margaret at a café in town & had tea with croissants at 7.30am. Walking very difficult in the beautiful scenery but mountainous with lots of ascending/descending with sandy & shaley terrain, hard to get footholds. Feet hurting, rubbed skin of 2nd toe, left foot & right leg hurting around top of boot. Eventually had to stop & loosen my right boot. Walked on again through a very beautiful forest, onto a village where a woman was washing all her clothes in a



communal washing bath. She let us take a photo. At last we came to outskirts of Padron, stopping at a café by a bridge for lunch. Took off my boots & socks, discovered my toe nail had come off on my 2nd toe of left foot so I quickly put a plaster round it. Had a good lunch and I was gradually joined by most of the others. Walked another 3km into Padron then to the hotel. Showered, washed clothes and went on to see the sights. Went to the church, which has the post under the main altar where the boat carrying St. James' body was moored. The cart, said to have taken his body to Compostela, was outside the church. Went up to the Benedictine Monastery Church to

Mass and got our credentials stamped (and at the previous church). Met Marion & Lawne in the town, where we had drinks & a tortilla in a very noisy café before returning to hotel and my bed. *Sunday, 26 September 2010*

Padron - Compostela - Set off this morning from Padron with toe well padded but right leg very painful. Quite a lot of road walking today. I was counting off the kilometre markers and was so relieved when got down to 750m, shortlived as that was literally the outskirts. We had at least another 5km into Compostela. Met up with all



the others on the edge of the town and 7 CSJ members who had just flown in this morning and we walked together to the Pilgrim Office by the Cathedral. It was very crowded with pilgrims and a slow moving queue up the stairs. I took my pack off as I was feeling rather faint and next thing I knew, I woke up lying on the stone steps with Gosia trying to revive me. I sat up & was promptly sick - only water as we only had a few snacks en route. Two young Spaniards carried me to a café opposite & Joyce gave me Dextrose tablets with Vincent passing across orange juice with sugar in. Fortunately our hostel was only 100 yards away & after a short rest, shower plus change of clothes I was fine. We all attended the Pilgrim Mass at 8pm. There were 15 priests, 30 bishops & the Archbishop of the Diocese, all there for a worldwide

Continued on page 32



ARUNDEL FINE GLASS STUDIO

Glass engraving for presentations and gifts.

We also sell modern and classical style glassware.

Visit our shop in Arundel:
The Old Stable, Tarrant Street

01903 883 597

www.arundelglass.com

CHALK PIT FORGE

Alex Smith has worked all over the country as an Artist Blacksmith, working on different projects for clients. He can make, restore and fit products like...

**GATES
RAILINGS
BALCONIES
INTERIOR FURNITURE
FIRE BASKETS
LIGHTING
SCULPTURES
EXTERIOR SIGNS
GARDEN PRODUCTS**

Visit **www.chalkpitforge.co.uk** to see more about the bespoke work Alex has done.

Bespoke work made to order plus one-to-one lessons available at Chalk Pit Forge, Amberley Museum.

01798 831 370

07793 679 788



**For all Skincare and
Beauty Treatments**

Gift Vouchers Available

69 High Street
Arundel
BN18 9AR
Tel: 01903 884100

www.Chester-House.co.uk



*Same Day Flower Delivery
available...order daily by 2pm.*

Contemporary and traditional flowers, bouquets and hand-tied bouquets, beautifully packaged and delivered locally for a lovely gift experience.

We deliver to Angmering, Arundel, Barnham, Bognor, East Preston, Ferring, Lancing, Littlehampton, Walberton, Worthing and Yapton.

01903 713 578
www.margueritesflowers.co.uk
79 High Street, Littlehampton,
West Sussex BN17 5AG



conference for priests who organise pilgrimages. The botafumiero was swinging after the Mass to great applause. Then all 27 of us went out for a splendid meal and got back to the hotel at 12am. *Monday, 27 September 2010*

Santiago de Compostela - Up at 8am and went with Joyce to the Pilgrim Office to finally get my compostela. Showed my Pilgrim Passport with all the stamps and got my certificate. Joyce got her serial stamp at the office as she could not get a compostela due to the fact that she had not walked all the way. You have to walk at least 110km to be eligible for a compostela. We three then caught a bus to the bus station, after stopping for breakfast first, to get to our coach. Price for Thursday to go back to O'Porto 26 Euro. We returned on the bus and went down a steep hill to the Church of Santa Maria



de Sar where Colin arranged a service for us. It was very nice & Colin was assisted by Theresa who is also a C of E priest. Colin preached a lovely homily & then we all went to lunch, which was truly splendid. About 5pm Joyce, Francis & I met Gosia outside the Holy Door. It was a quiet time & we went in straight away as usually there are queues (it won't be open again until the next Holy Year in 2021) & we hugged St. James' jewel-encrusted statue behind the altar. Then we went down & said some prayers at his tomb. We then found some time to write some postcards & get some souvenirs after wandering around the Cathedral for a while. We actually gave our washing to the man at the hostel to do and it was all done/dried/back in our room this evening for 2 Euros each! *Tuesday, 28 September*



Santiago de Compostela - Today there is a huge national strike and nothing is moving. Margeret & Carol were flying back from O'Porto tomorrow but had to leave yesterday as there are no buses or trains today. Joyce went to 7.30am Mass at the Cathedral while Francis & I met her there at 8am & we went to the Paradour for breakfast (a very expensive hotel in Cathedral Square, originally, built by Charles & Isobelle of Spain as a hospital for sick pilgrims). We had a huge buffet breakfast as it was Joyce's treat to mark the 17th year today since her husband died. She then went back to the Cathedral to say some prayers with Fran & I going to the shops that were open for some last

minute presents to take home. Only one or two open. We all then went to 12 noon Pilgrim Mass as Colin was giving an invocation to St. James in Spanish. Fortunately we had a translation. It was a truly wonderful speech about the Confraternity & what we do, about the 2 refuges at Rabanal & Miraz that we ran. It got a huge applause. I had a confraternity shirt from Gosia, for me to wear. Then Vincent, Marion and myself were allowed to sit around the front of the altar so we had a great view of the botafumiero as it was swung. At the end of the Mass the organist played 'Jerusalem'. After lunch in the square we met a guide & had the special privilege of being taken up to the organ loft while the organist told us all about it. Again he played 'Jerusalem' specially for us and of course we all sang lustily! He said today was the first time he had ever played it. The guide then took us all round the Cathedral and the town, showing us all the interesting things we would not normally notice. It was pouring with rain & we got soaked through but at least we were not wearing our packs! Later we met ten of the others and we went for a lovely meal and a chance to say goodbye to everyone. The photos shown against this day relate to the Pilgrim Mass. The 2 on the previous page show Colin on the altar giving the invocation to St. James and the Bishop putting the incense into the botafumiero. The 2 on this page show six men pulling on the ropes to get it higher to swing it right up to the ceiling (left photo) and a rather short man getting hold of it and running round to stop it (right photo) *Wednesday, 29 September 2010*



Relaxed and refreshed by the sea in O'Porto!

Read about Ruth's last diary entry in the Advent issue...

If you would like to share your special trip or holiday with us:

By email: please send a Microsoft Word document for your article
and photos(in JPG/PDF formats) to clouter@mac.com

By post: please send any written/typed text and photos, including your name
and address, to the Parish Office address (see inside front cover for details)

In Memoriam

By Anne Brearley-Smith

During the next few weeks, I will be updating our Cathedral 'In Memoriam' Book.

On permanent display near St. Wilfrid's Chapel, this book records all those listed in our Parish Register of Deaths who have died since our church was first built in mid 19th century. The pages are turned over regularly to highlight those people whose anniversaries fall on that particular day.

Do look at the display if you can. If, by chance, you notice any mistakes, please bring them to my attention, via the Parish Office - contact details can be found in the inside front cover. (In compiling the book, there was plenty of scope for error!)

It is hoped that the 'In Memoriam' Book will be welcomed by the families of all whose names appear inside, and be of interest to other parishioners and visitors alike.



The Eagle Inn

41 Tarrant Street
Arundel, West Sussex
BN18 9DJ

Delicious homemade meals, made from fresh, locally sourced produce.

Open for lunches: Tuesday - Sunday 12 noon - 3pm
Evening meals served from 6.30pm
Sunday roasts: 12 noon - 3pm

Enjoy our friendly and relaxed environment - bookings highly recommended

Now taking bookings for Christmas lunches, dinners and parties

Please call 01903 882 304 now!



Green Wright
Chalton Annis
SOLICITORS

Your First Choice For Law

**Conveyancing
Commercial
Family Law
Litigation
Personal Injury
Wills and Probate**

For more information contact Jon Rogers, Gavin Clark
or Katie Hoare at our Arundel office now.

**01903 881 122 - arundel@gwca.co.uk
1 Tarrant Street, Arundel BN10 9AZ
www.gwca.co.uk**

GWCA also has other offices across West Sussex:

Goring	Lancing	Rustington	Steyning	Worthing
01903	01903	01903	01903	01903
700220	752918	774131	814190	234064

**GWCA Solicitors are authorised and regulated by
the Solicitors Regulation Authority SRA No. 205902.**

We need more Cathedral Holy Dusters!

By Mary Corbyn

Our holy dusters do much more than dust!

There are tasks to suit all ages and capabilities, various skills and preferences... from running the vacuum cleaner over the carpets to prizing off the wax drippings from the candle-stands and sometimes from the carpet. The decorative stonework needs an occasional flick-over with a feather duster and the woodwork benefits greatly from a good polish. The floors must be swept and the kneelers mopped to keep pace with the various debris left behind after people left. This is 'interesting' after special events like weddings, concerts, school party visits and the annual Animal Blessing! The glass doors, now they offer a special challenge, being targets for sticky fingers and small noses... and we all know that smudges are *always* on the other side!

There is another aspect to all this - and a very valuable one - as visitors seeing a friendly face over the broom handle are encouraged to ask questions. Things like: how old is the Cathedral, does the Bishop live here, why do you have statues, when do you have the Carpet of Flowers... and so on.

A great opportunity for another kind of Good Work! We regard Friday mornings, after Mass - about 10.30am - as holy dusters' time but it is seldom that we meet at full strength. In theory we number around 7-8 but in reality could be 3-4 or 1-2! So a few more helpers would be a very good thing, to spread the load and enable us to tackle jobs that get left when we are so few. If you feel you could offer some time, come along on a Friday morning and talk to us, we might even offer coffee and cake, or something. Here's a poem by Ray Weatherley, one of our number, to encourage you to join our motley crew... and as you can read, no gender barrier here!!

The holy dusters are a breed apart, they keep Arundel Cathedral clean and smart.
They carry out their tasks with care and piety, and have always been part of our Big Society.
Their collective longevity is a sight to see. 'Where are the young ones?' has become their plea.
Altars, pews and floors they clean with zest, when little consideration is given to rest.
They sometimes are known to take a break and they furnish it full with coffee and cake.
Septuagenarians, octogenarians nearly all... even a nonagenarian has had the call.
Why should our Big Society be an Old Society? Keeping our Cathedral clean should be a priority,
for all that worship in such a beautiful place, and help lead them into a state of grace!

Please call 01903 882 297 to volunteer to be one of the holy dusters!

Parish Notice Board

WELCOME!

If you are a new parishioner, we hope that you will quickly feel at home with us...

Please make sure that you have completed one of the special forms kept at the back of the Cathedral (to the left of where the newspapers are displayed) so that you can be registered on our Parish Database.

Make a bequest to Arundel Cathedral

A leaflet is available to all parishioners who would like to include Arundel Cathedral in their will. The leaflet gives some guidance as to how to make a bequest using the right wording if you wish to make...

1. A bequest to the Cathedral Parish
2. A bequest for Masses
3. A bequest for a Foundation Mass

Leaflets available at the back of the Cathedral or call 01903 882 927

JAM JARS NEEDED!!

If you have any 1lb jam jars to spare, the Convent of Poor Clares would be happy to have them from you for their jam making with this bumper crop of fruit!
YUMMY

Dates for your diary!

2 October - Youth Gathering
The Towers, Upper Beeding

15 October - Diocesan Mission & Unity
Gathering, 10am - 2.45pm

15 October - Diocesan Altar Servers' Mass,
2.30pm, Arundel Cathedral

19 October - Domestic Abuse Awareness,
7 - 9pm, Cardinal Newman School, Hove

22 October - Marriage Anniversary Mass,
11.30am, St. Dunstan's Church, Woking

More info on posters at back of Cathedral.

Abstaining from meat on Fridays

The Bishops wish to remind us that every Friday is set aside as a special day of penitence, as it is the day of the suffering and death of the Lord.

They believe it is important that all the faithful again be united in a common, identifiable act of Friday penance because they recognise that the virtue of penitence is best acquired as part of a common resolve and common witness.

The law of the Church requires Catholics, on Fridays, to abstain from meat, or some other sort of food, or to observe some other form of penance laid down by the Bishops' Conference.

The Bishops have decided from Friday, 16 September 2011 to re-establish the practice that this penance should be fulfilled simply by abstaining from meat (or or other food/penance) and by uniting this to prayer.

See the noticeboard at the back of the Cathedral.



arundel
bathrooms

Arundel Bathrooms has been in the business for 35 years and grown rapidly since 2006.

We have now expanded into an adjacent shop, introducing a greater range of both traditional and contemporary bathroom and shower suites alongside stone floors and wall tiles.

We very much look forward to seeing you in our showroom very soon

Traditional & Contemporary

design - installation - supply only

21 high street, arundel - 01903 884 754

www.arundelbathrooms.co.uk

Martin Steels Limited

Optometrist & Contact Lens Practitioner

- **Comprehensive Eye Examinations**
Including Glaucoma Screening and Retinal Imaging
NHS tests available to eligible patients
- **Contact Lenses**
Complete fitting and follow up service
- **Latest Budget & Designer frames available**
- **Wide range of Sunglasses in stock**

01903 883444

**39 Tarrant Street,
Arundel, BN18 8DG**

and at

01903 740420

**11 Old Mill Square,
Storrington
RH20 4NQ**

Opening Times: Monday-Friday 9.00am-5.30pm

Closed for Lunch 1.00pm-2.00pm

Saturdays 9.00am-1.00pm

www.martinsteels.com

Parish Diary

OCTOBER

Saturday 1	12 Noon 2.30pm	Order of St. Lazarus Investiture Ecumenical Animal Blessing Service
Tuesday 4	12 noon	Visiting Group from Salford – Mass
Friday 7		CAFOD Harvest Fast Day
Sunday 9		CAFOD Fast Day Collection
Wednesday 12	3.00pm	Wives' Fellowship Service
Saturday 15	2.00pm	Diocesan Altar Servers Mass
Sunday 16	3.00pm	Mass for the Feast of St. Philip Howard with Bishop Kieran Conry followed by the 'Friends of Arundel Cathedral' AGM
Thursday 18	11.30am	Ecumenical Conference visit from Bamberg
Saturday 22	7.30pm	Arun Choral Society Concert - for tickets visit www.arunchoralsociety.co.uk or call ACS Box Office 01798 831234
Saturday 29	3.00pm	Wedding

NOVEMBER

Tuesday 1		ALL SAINTS' DAY Masses at 8.30am at the Convent, 10am & 8pm in the Cathedral
-----------	--	---

Tuesday 2	ALL SOULS' DAY 10.00am Mass in the Fitzalan Chapel
Saturday 5	12 noon Latin Mass Society – Mass
Sunday 6	3.00pm Blessing of Graves in St. Philip's Cemetery
Saturday 12	7.30pm The Angmering Chorale Concert tickets www.theangmeringchorale.org.uk
Sunday 13	REMEMBRANCE SUNDAY Mass at the Convent of the Poor Clares on Saturday (12) at 6.15pm Masses at 9.30am and 11.30am (not 11.15am) 10.45am Remembrance Service in the Town Square 3.00pm Knights of St. Columba – Mass for deceased members
Friday 18	11.00am Chapter Mass
Saturday 19	1.00pm Wedding
Sunday 20	SOLEMNITY: CHRIST THE KING Mass at the Convent of the Poor Clares on Saturday (19) at 6.15pm Masses at 9.30 & 11.15am in the Cathedral
Friday 25	10.00am Mass in the Fitzalan Chapel
Saturday 26	3.00pm Wedding
Sunday 27	1ST SUNDAY OF ADVENT Mass at the Convent of the Poor Clares on Saturday (26) at 6.15pm Masses at 9.30am & 11.15am in the Cathedral

BUTLERS

restaurant & bar

Come and soak up the friendly Butlers atmosphere...

Relax and unwind on our stylish, comfortable furniture...

Sit indoors or on our beautiful outdoor terrace...

Enjoy choosing from our extensive bar drinks menu ...

Feast on the wide choice of our delicious homemade food...

Relish our courteous service we provide with a smile...

Be assured of our tremendous value for money...

OPENING TIMES

Lunch time: 11am - 3.30pm

Evening: 7pm - 11pm

Closed: Sunday and Monday evening

25 Tarrant Street, Arundel, West Sussex BN18 9DG

BOOKING FOR CHRISTMAS & NEW YEAR NOW!

01903 882 222

www.butlersarundel.co.uk

St. Philip's Catholic Primary School News

By Elizabeth Hargreaves, Deputy Headteacher



St. Philip's pupils are continuing to take up the challenge to make the world a better place with their 'Going for Gold' initiative. All Key Stage 2 children and staff are committed to developing further the excellent work in the four key areas: Eco Schools, Healthy Schools, Fairtrade & Community Cohesion.

From humble beginnings, the progress made by the pupils in all four areas has been impressive! The Eco Warriors have organised a meter that will allow them to monitor energy consumption in the school. Colourful notices near every electrical socket are just one of the many ideas that they have implemented to help us protect the environment. The Eco Warriors also visited Viridor Recycling Plant at Ford with the other deanery schools to see how they can help the environment by reducing waste. This very informative day concluded with a super visit to the Greenpower Centre at Fontwell whose new build is a superb example of an eco-friendly office.

Pupils and staff were delighted when Healthy Schools status was achieved this year with guidance from the headteacher, Mrs Margaret Fraher. The School Council met with the other deanery school councils for a mobile and internet safety awareness day. The school's police liaison officer, PC Claudine Bishop, worked with the children at Chichester University to make multi-media films to take back to show the children in school.

Fairtrade is in its fourth year of activities. The children have prepared assemblies to promote fair trade for all, and regularly sell Fairtrade goods after school. Their work includes research, art and music and events to raise awareness.

Community Cohesion is established as a key part of the children's learning. Haiti is the main focus for detailed study by the pupils. Exciting activities help them to learn more about the wider world.

The pupils are enthusiastic, motivated and bring new ideas on how they can care for themselves, their brothers and sisters in the world and the environment. Christ's message to 'treat others as you would like to be treated' is being lived out by our younger citizens!

St. Philip Howard Catholic High School News

By DJ Todd, Headteacher

We have much to remember, celebrate and for which we can thank God for the last academic year.

In August and September students and staff celebrated the best GCSE results the school has ever produced and our Sixth Form numbers grew by 25%. In communion with the rest of the Church in the UK we rejoiced in the visit of our Holy Father Pope Benedict XVI in September. We also celebrated Mass for each class and the sacrament of reconciliation as well as a whole-school Mass with Bishop Kieran.

We witnessed the completion of the new Sports Hall after years of negotiations and attempts to raise funds, followed by our new art space and 'inclusion' area. Members of the school excelled in a variety of sporting achievements, for example, Thomas Ackerman and Nathalie Godden represented West Sussex athletics at national level in Gateshead, the Year 7 rugby team came from small beginnings to win the area tournament. The Year 10 cricket team made it through to the area final and Year 10 girls' rounders team came third in an area tournament.

We gained 'Healthy Schools' status and the 'Dyslexia Friendly' award.

Reviews raved about our production of 'The Little Shop of Horrors' at the Minerva Theatre in Chichester and the students involved (almost a quarter of the student population) had the experience of a lifetime. We had six 'Deep Learning Days' whereby departments worked with students for a whole day on some aspect of the curriculum, allowing them to explore issues in greater depth and the students to complete a task or project in one day.

Our Kirkland Rowell survey of parents, staff and pupils rated the school as very good by 79%. Facets of school regarded as very good by parents included developing moral values, control of bullying and discipline, happiness of child, homework, exam results and community spirit. Our staff were rated as 'outstanding' their morale and the vision of school leadership. We avoided a visit from Ofsted – unfortunately since our School Improvement Partner (from West Sussex Learning Service) urged us to upgrade our internal judgement of the school's performance to be 'Outstanding'.

The school also lost a very cherished and professional teacher and colleague this year when Miss Lynda Wilson died following her long battle with cancer. We continue to remember her in our prayers.

In fact it is a fitting tribute to her, and to the team of dedicated teachers led by Nesta McNeil, that we had stunning results of Year 13 students, all of whom gained an A* or an A grade this year. With over 20% of entries being awarded grades at A* and A, the school is equally delighted that a 100% pass rate was achieved in the vast majority of subject areas, nearly 3/4 of all results being at grade C or above.

This can only be achieved by thorough hard work on the part of students and staff. I congratulate and thank the parents of these students too, for the support they have given their children throughout the time with us. These results can only come from a solid partnership between school and home.

And finally...

Do we want more light-hearted things in our parish magazine?

Let's hope so and we wait on you, the readers of *The Parish Proclaimer*, to send in any ramblings, observations, humorous quips, etc that you feel you would like to include here. For the moment, please read the following verse kindly given to us via 'The Green Bough', a quarterly magazine distributed to 'indoor people' in Arundel.

THE HUG

It's wondrous what a hug can do.
A hug can cheer you whenever you're blue.
A hug can say "I love you"
Or, "I do hate to see you go".
A hug is "Welcome back again"
And, "Great to see you, where've you been?".
A hug can soothe a small child's pain,
And bring a rainbow after rain.
The hug! There's just no doubt about it,
We scarcely could survive without it.
A hug delights and warms and charms,
It must be why God gave us arms.
A hug can break the language barrier,
And make your travels so much merrier!
No need to fret about your store of them,
The more you give, the more there is of them.
So stretch those arms without delay,
And give someone a hug today!

Anon

Send in your written piece by email to clouter@mac.com or by post to The Parish Office, address on the inside front cover. You know you want to... so go on!!

Congratulations & Commemorations

Baptisms

11 June - Barnaby Garrity
26 June - Robbie Nathaniel Moore
3 July - Grace Estelle Middleton
17 July - Zachary Logan Pincock Jones
24 July - Beau Bea Patrick William Buckley
13 August - Oliver George Tufnell Bellord
14 August - Luke Alexander Jonathan Monk
21 August - Safia Jolie Payne

Marriages

11 June - Jason Myddleton and Gina Ormesher
25 June - Alessandro Mancini and Vincenza Carbone
16 July - Gareth Bydowell and Letitia Spanner
6 August - Dustin Conrad and Jodee McDonald
12 August - Robert Dixon and Katie Clark
8 September - Rowland Voss and Tara Redmond

Deaths

4 June - Michael John Bradnock Reeves (aged 71 years)
23 July - Patience Mary Elizabeth Leslie (aged 89 years)
31 July - Rev. Mgr. Provost Emeritus Terence Stonehill (aged 85 years)
10 August - Sister Mary Therese (aged 85 years)

Ordinations to the Priesthood

17 June - Neil Chatfield, Geoffrey Cook & Ronald Robinson

Views expressed in *The Parish Proclaimer* are not necessarily the views of The Catholic Church, the Catholic Diocese of Arundel & Brighton, its affiliated companies and charities, employees thereof or persons otherwise associated directly or indirectly.

The content of *The Parish Proclaimer* is provided by parishioners and advertisers, published in good faith, without guarantee.

The Arundel and Brighton Diocesan Trust is a Registered Charity - No. 252878

The Parish Proclaimer has been produced by Alexander Clouter, a parishioner who happens to be a writer, proofreader and graphic designer. Email: here@rite4u.biz

A Prayer at Harvest

God of light and God of night
Creator of seed and mountain
raindrop and fountain
We bring our offering of praise.
God of right and God of might
Lover of child and childless
rich and homeless
We bring our offering of praise.

By faith
I gaze up to the heavens and know
within its vastness that this is your creation
planned and effected within eternity.

By faith
I pluck an ear of corn and know
within its symmetry lies the chemistry of life
the potential of creation within my hand.

By faith
I listen for your voice and know
the whisper that I hear breathed a world into existence
yet listens to the prayer within my soul.

By faith
I strive to do your will and know
the door that I approach may lead me to shadows
where my roll is to become your light.

By faith
I cling to your word and know
the strength that I receive has its source within the love
that is at the centre of all things.

Courtesy of www.faithandworship.com

During this season of Harvest we pray to the Lord...



27th week of the year

Sunday 2nd Oct.	That we may become more prayerful in our lives
ROSARY SUNDAY	
Monday 3rd	In thanksgiving for our food; and that we may be generous with those who have so little
Tuesday 4th	For the Poor Clares at Crossbush and for the team running our Cathedral Shop
Wednesday 5th	For those who have lost homes and livelihoods through natural disasters or civil unrest; and that we respond kindly to them
Thursday 6th	For those trying to establish peace and stability in parts of the world where, currently, there is friction
Friday 7th	For those anxious about their health
Saturday 8th	That we truly know that by following Christ we possess all things

28th week of the year

Sunday 9th	For the grace to thank you for your blessings
Monday 10th	For unemployed people, that they retain their sense of worth as they seek to find new work
Tuesday 11th	In thanksgiving for friends who are there for us, both in times of joy and sorrow
Wednesday 12th	In thanksgiving for St. Wilfrid (634 – 749) who brought your message of salvation to Sussex
Thursday 13th	For those who visit and minister to the sick and housebound in our parish
Friday 14th	For those troubled in mind, body or spirit
Saturday 15th	For our politicians that they serve our country well, showing integrity and justice

29th week of the year

Sunday 16th	That those in positions of power base their authority and decisions on your values
Monday 17th	Thanking those parishioners who clean and care for our Cathedral each week
Tuesday 18th	For steadfastness and hope when our lives seem to lack purpose
Wednesday 19th	For the Friends of our Cathedral - that their support helps to sustain and develop the Cathedral as a place of welcome and enlightenment
ST. PHILIP HOWARD	
Thursday 20th	That we acknowledge our need of each other
Friday 21st	or children who suffer from bullying; and that those who resort to bullying are helped to deal with their problem effectively
Saturday 22nd	That we live according to the two great commandments; loving you above all, and loving our neighbour as ourselves

30th week of the year

Sunday 23rd	For those working in the Missions, especially those facing hostility and extreme hardship
Monday 24th	For those who have to live in exile or as refugees
Tuesday 25th	In thanksgiving for those who inspire us to do good
Wednesday 26th	For children who have to grow up without any experience of being in a secure family
Thursday 27th	That our minds are sufficiently open to see the Holy Spirit at work
Friday 28th	That we help instill greater understanding between different cultures and faiths in society
Saturday 29th	That we are humble

WE PLOUGH THE FIELDS & SCATTER

31st week of the year

Sunday 30th	That we have the resolve to practise what we preach
Monday 31st	For forgiveness when our pride and sense of self-importance prevents us from showing true Christian love
Tuesday 1st Nov ALL SAINTS' DAY	That we live our lives firmly believing we are called to sainthood
Wednesday 2nd ALL SOULS' DAY	For comfort in knowing that those for whom we grieve are experiencing your eternal peace
Thursday 3rd	For children with special needs and those who adopt or otherwise care for them
Friday 4th	For our catechists, and those deepening their faith under their guidance
Saturday 5th	For the gift of wisdom

32nd week of the year

Sunday 6th	That our lives are rooted in preparation for your coming
Monday 7th	For families and others caring for those who are terminally ill
Tuesday 8th	That whatever our work, we do it conscientiously and with good cheer
Wednesday 9th	For prisoners; and for all who are vulnerable and easily led into criminal activity
Thursday 10th	For those who are wrongly convicted; and those imprisoned by virtue of their faith or political persuasion
Friday 11th	That prisoners gain the confidence and determination to change their lifestyle
Saturday 12th	That we are honest and trustworthy in all things

THE GOOD SEED ON THE LAND!

33rd week of the year

Sunday 13th	For those who gave their lives in the two World Wars so that we may enjoy freedom
Monday 14th	For babies who die before, or soon after, birth; and for their families who carry their memory in their hearts
Tuesday 15th	That we may have the courage to stand up for our beliefs and do what we know to be right
Wednesday 16th	For those who feel trapped by difficult circumstances at home or at work
Thursday 17th	That we welcome newcomers to our parish with generosity and friendship
Friday 18th	That as a society, we protect vulnerable people from abuse and exploitation
Saturday 19th	In adoration of you as King of all; that you will reign in our hearts and mind

34th week of the year

Sunday 20th CHRIST THE KING	That our young people feel secure and valued, and grow in strength, wisdom and your grace
Monday 21st	For help when we find it hard to forgive
Tuesday 22nd	That we reach out to those who are lonely and housebound, especially during the coming winter months
Wednesday 23rd	For families who find it difficult to cope
Thursday 24th	For our teachers in our Primary School and at St. Philip Howard's High School, Barnham and all the pupils in their care
Friday 25th	For patience and gentleness in relating to those who are more frail and limited than we are
Saturday 26th	That we may enter the Season of Advent in a spirit of prayer and reflection

