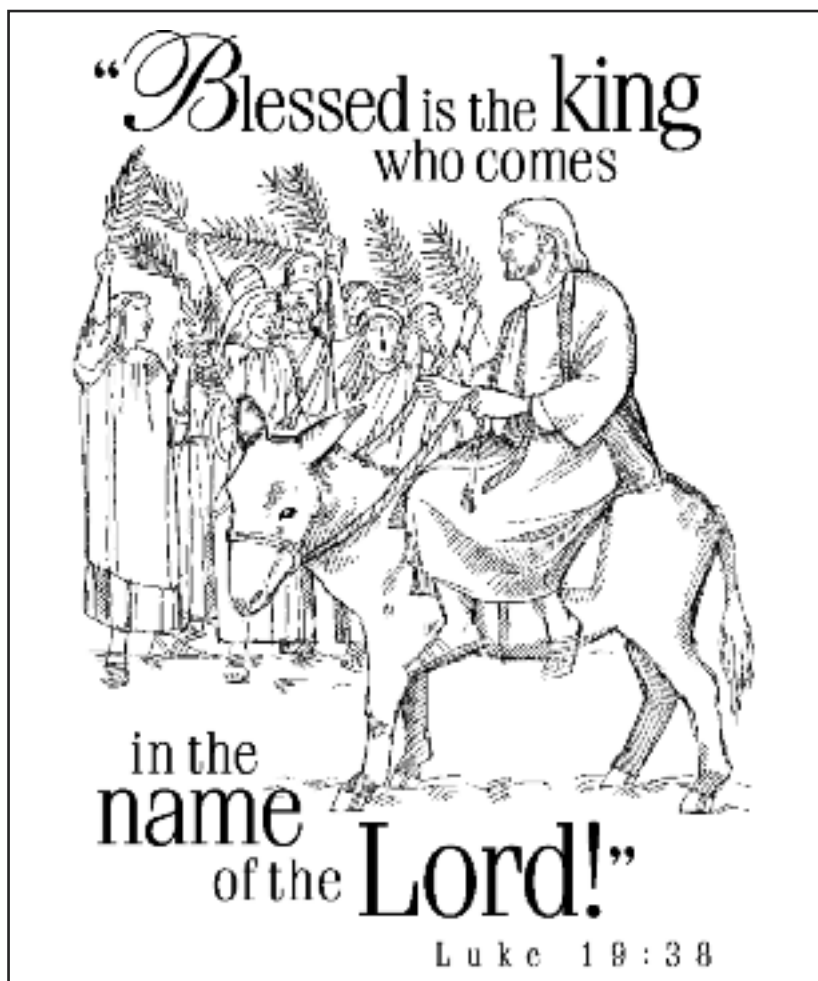


The Parish Proclaimer

Lent 2012



Cathedral Parish of Our Lady & St. Philip Howard,

Arundel, West Sussex

Published in February 2012

All about the Parish

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Rev. Mr. David Clifton - Deacon

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* 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	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.
Monday /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 Lent

By Canon Tim



With the closure for refurbishment of St. Mary's Hall late last summer, this has meant a lot of upheaval both for the parish and the wider community. A number of regular hirers have had to find temporary venues for their events. Some parish activities have had to be curtailed while others have been transferred in the Cathedral, the Cathedral Sacristy or Cathedral House. I am very grateful to all those who have so willingly had to change their regular work patterns for the duration and no doubt we all look forward to getting used to normality when the hall reopens in the summer.

What we have seen so admirably is a level of sacrifice and sharing of resources between different parish groups. As we enter the Lent season this sharing and sacrifice is a mark of who and what we are as Christians, a virtue to be encouraged and nurtured, not just for forty days but as a solid mark of God's grace in each one of us.

The circumstances of St. Mary's Hall has shown us the way, let us continue in this path of charity throughout Lent and beyond.

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ARTICLES FOR THE **EASTER ISSUE** OF THE PARISH PROCLAIMER:
8 March 2012

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

Ecumenical Coburg Conference XIV

By Anne Dunkley & Sherien Morgan

Since the 1980s, delegates from the Anglican Cathedral of Chichester, the Evangelical Church of Bayreuth, the Lutheran Church of Berlin, and the Roman Catholic Cathedral of Bamberg, have met every two years to discuss current topics which affect them.

The 25th anniversary of the first conference was held in Chichester on 16 - 19 October last year, the delegation being led by the Dean of Chichester, the Very Revd. Nicholas Frayling and attended by the Bishop of Chichester, the Rt. Revd. John Hind. There were thirty-four delegates present and the conference took place largely within the Cathedral Close, using Vicars' Hall and George Bell House. The Chichester delegation consisted of eight members, one of whom had not attended before. The theme was 'The Challenge of Secularism in the New Europe'. Once again, summaries of the texts of the two keynote presentations had been translated and circulated in advance, and this was a great help in enabling delegates to discuss points arising from the presentations, both with the speakers, and with each other in the group sessions. This year's theme was *'The Challenge of Secularism in the New Europe'*. Daily worship was led in turn by the different delegations, whether in the Bishop's private chapel, the Lady Chapel of Chichester Cathedral or Arundel Cathedral; also the delegates had the opportunity to attend Evensong in Chichester Cathedral sung by the Cathedral choir.

The second day of the conference was held in the local parish of Arundel. Bishop David Farrer, vicar of St. Nicholas Church, welcomed the delegates to the parish church, itself unique in being an Anglican church which is attached to the Roman Catholic Fitzalan Chapel, property of the Duke of Norfolk, and resting place of deceased members of the Fitzalan Howard family for many hundreds of years. Only a glass screen separates the two places of worship. Arundel parish has an active ecumenical partnership with the town of Stegaurach in Franconia, where the Roman Catholic congregation shares its church building with the Lutheran community, and both communities jointly support an Indian aid project in Tamil Nadu.

Here, seated in the Anglican pews, the delegates heard the second keynote speaker of the conference, Bishop Kieran Conry, Roman Catholic Bishop of Arundel and Brighton, in a stimulating paper on *'The Challenge of Secularism for the Churches in Europe today'*.

Bishop Kieran explained that if secularism means the appropriation by the state of things which formerly belonged to the church – amongst them authority, property and social function, including teaching and nursing – it is not entirely negative. The media expected the Pope's visit to England and Scotland last year to be very unpopular, in that he is Head of a Church that is seen to be contrary to values promoted by society today, when in fact they were quite wrong and he was received with great enthusiasm.

Society is not openly hostile, but the problem lies with the separation of the sacred and what might be termed 'secular'. The natural world is governed by reason, and the Church can no longer claim its ancient authority as being the voice of God, as this is not open to scientific scrutiny. Modern civilisation must be tolerant of religion, but it is preferred that it is practised in private. The great threat is the indifference of the great majority in society for whom religion is irrelevant, and the danger is that we start to believe it and lose our nerve. But one of the most positive aspects of the response to the Pope's visit is a renewed sense of confidence amongst Catholics and other Christians, and this must be one of the first responses to the challenge. Dialogue between religions must be promoted and deepened, enabling us to understand their 'otherness' as well as transcendent 'otherness' of God. This dialogue will promote living together, working together for peace and justice, mutual understanding and sharing of spiritual riches. And finally the need for humility is very important, with Christ as our model. The church will not be heard today if she shouts more loudly, but may be heard if she speaks more quietly.

Delegates divided up into small discussion groups to examine questions Bishop Kieran had suggested. Meanwhile, it was indeed heart-warming to see Anglican Dean Nicholas Frayling, Roman Catholic Bishop Kieran, Lutheran Bishop Dorothea Greiner, and Anglican Bishop David Farrer deeply engrossed in discussion standing in the chancel of St. Nicholas parish church.

Then to Arundel Cathedral, where the Dean, Canon Tim Madeley, introduced both the building and the shrine of St. Philip Howard, son of the 4th Duke of Norfolk. The daily conference worship was led here by the Bamberg delegation, and again was felt to be particularly relevant, as it was the feast of St. Luke, who himself brought many secular, positive elements into the church. The delegates were warmly welcomed by the Mayor of Arundel, Mrs Wendy Eve, to Arundel Town Hall where lunch was provided and served by the ladies of St. Nicholas church and Arundel Cathedral together. Both Bishop Kieran and Canon Tim were able to join the conference

delegates for lunch and also later for dinner. After lunch there was a visit of Arundel Castle, by courtesy of His Grace, the Duke of Norfolk. During the tour of the Castle the delegates learnt more about Arundel as the seat of the Earl Marshal of England, and the home of the leading Roman Catholic family. It was remarked that many of the portraits on the walls were of the same people whose portraits were seen in Schloss Coburg during the last conference, and that they did not look any more cheerful at Arundel!

The evening was dedicated to an Anniversary Dinner to celebrate 25 years of the Coburg conferences, with the all-Sussex food being generously donated by local producers. Guests of Honour were His Excellency Mr Georg Boomgaarden, the Ambassador of the Federal Republic of Germany and Mrs Boomgaarden. The Ambassador made reference to his own keen interest in Bishop George Bell and his work with Dietrich Bonhoeffer. There were many present with long-standing and close links with the Coburg conferences both past and present, in particular Bishop John Hind and Canon of Honour Wolfgang Klausnitzer, and it was a very happy occasion.

St. Nicholas Church founded a thriving and enthusiastic link in 2002 with the Roman Catholic Parish Church of the Immaculate Conception of Mary, sited in Stegaurach, a small town on the outskirts of the World Heritage medieval city of Bamberg in Bavaria, southern Germany. Many friendships have been formed with the people of Stegaurach as a result of visits both ways, in which everyone, young and not so young, is invited to take part. This link is of particular importance, as it is a truly ecumenical link, St. Nicholas is the first Anglican Church in their diocese to twin with a Catholic Church, which itself is shared with the Lutheran community of Stegaurach, and the partnership is shared with us, the parishioners of the Cathedral.

Many visits have taken place since the summer of 2003, during the summer of 2010 thirty seven of us went again, when we visited Flossenburg concentration camp with our friends – a deeply moving experience – and it was there that Dietrich Bonhoeffer, great friend of Bishop George Bell, was executed in 1945. Indeed we look forward to the next visit of our German friends this summer; they will arrive on Wednesday 15 August and remain with us until Monday 20 August.

Whilst they are here, there will be a full programme of social activities, trips out and many opportunities to join with them and our friends from St. Nicholas in acts of worship, and you will also have a chance to meet with them after Mass at the Cathedral.

They are a very friendly group who speak English well. We have many host families who already welcome visitors into their homes, however, this year we are looking for even more volunteers to help with this side of the undertaking.

All we need is people to offer, for the most part, bed and breakfast. We would be particularly delighted to hear from people who could host a young family.

If you are interested, or know someone who might be, please keep an eye on the weekly parish newsletter for further details.

Editor's Note

You can look at many photos and use the Google Translator (or similar) on the website for Stegaurach: visit www.stegaurach.de

If you want to read more about ecumenism at work, you can visit a special page on the Diocese of Chichester's website: from their home page at www.diochi.org.uk visit the 'Activities' section and then click on 'European Ecumenical Committee'.



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Put the kettle on for Marie Curie!



In June and July 2012 Marie Curie Cancer Care's Blooming Great Tea Party is back. The charity is asking people to hold their own tea parties to raise money to help Marie Curie nurses to provide free care to people with terminal illness. Your own blooming great tea party could involve anything from a cuppa and cakes in the office during the week, a vintage inspired high tea with your neighbours at the weekend to a garden tea party with the family any time you like! It's a great way to get together with friends and family to do something easy and fun for charity.

In 2012 Marie Curie is encouraging people to hold a blooming great tea party any time in June or July. There will be hundreds of parties happening across the UK during this time and we want to make Sussex community fundraisers want to make sure our area is one of the most popular places for parties to happen. Don't forget the official Jubilee weekend is 2-5 June 2012 so that would be the perfect time to hold a Blooming Great Jubilee Tea Party!

TV actress and baking enthusiast Fay Ripley, who has supported the Blooming Great Tea Party in the past, said: "I love nothing more than a good chat over a cup of tea so what better excuse to indulge than holding a Blooming Great Tea Party for Marie Curie Cancer Care? Your tea party will allow Marie Curie Nurses to provide more free care to people with terminal cancer and other illnesses in their own homes - so what are you waiting for?"

Funding a Marie Curie nurse costs the charity £20 per hour. This year we are hoping to raise over £24,000 in Sussex alone from tea parties held in June and July. All money raised will really make a difference to the amount of people our nurses can support. If you would like to hold a tea party, visit www.mariecurie.org.uk/teaparty to register and we will send you a pack with all you need to put on your event. If you would like to speak to a Sussex community fundraiser about your party please call 01273 492739 or email hollie.lucas@mariecurie.org.uk

Parish People: Stephanie & Michael Hawkey

By Colin Swanton



Stephanie and Michael Hawkey met whilst working for British Caledonian Airways. Stephanie's work involved both flying as an air hostess, escorting passengers on one of their 28-seater Sikorsky helicopters, or on private or promotional flights when a helicopter was needed for publicity purposes, and, as a ground stewardess, checking in passengers and meeting and greeting flights. Michael was a member of their flight operations section.

During their marriage they have been blessed with five children – now aged between 13 and 28 – Alexei, Eleanor, Kevin, Lee and Matthew. Three of the children are still living at home. For their 25th Wedding Anniversary, Stephanie and Michael renewed their vows before Canon Tim during a Mass – an occasion that meant so much to them both. They celebrated 30 years of marriage on 20 June last year with a quiet dinner for two, since Stephanie had only just come out of hospital following a serious operation for the removal of part of a lung due to cancer. A Mass of Thanksgiving and Blessings for 30 years of marriage was held later in the Cathedral on 20 November.

Stephanie's operation was at Guy's Hospital in London where she had been sent from Worthing Hospital. She was in hospital for just over a week and her operation was on 13 May. Masses were said for her at the Cathedral before the operation when she was also anointed with the oil of the sick by Father Malcolm and afterwards to aid her recovery. Talking to them both about this event in their lives, it is obvious that they showed great courage at the time and they are grateful for the care given to them by the National Health Service. Stephanie said, 'Not many people get the view

I had from my hospital bed in a ward on the ninth floor. I could see over London and, in particular, Big Ben and the London Eye, and even St. Paul's Cathedral from another window in the ward!

Stephanie has since resumed her busy life within the Cathedral including being a First Holy Communion catechist and the Cathedral representative for CAFOD. She was invited to attend a special Mass of Thanksgiving and Celebration for the work of CAFOD over the past fifty years that was held at Westminster Cathedral on 28 January. She also loves Corpus Christi and helps in the café and with the children's procession – an event also much loved by her youngest son, Alexei.

At the time of my visit to see her, Stephanie said that whilst it was early days yet she has been told that she is currently clear of the cancer. Although they make light of the experience, I was impressed by the courage shown by Stephanie and Michael as they went through these difficult and painful times. Let us all keep her and her family in our thoughts and prayers, that she may go on to a full recovery.

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Poor Clares 2012 Programme

All year round: Taize evening, every last Friday of the month. 7.15 - 8.15pm

Every Sunday: Exposition at 4pm followed by Vespers with Benediction at 5pm

Every Tuesday: John Main Meditation Group at 7.15pm

Easter Triduum services:

Maundy Thursday: Mass of the Lord's Supper at 6.30pm

Good Friday: Liturgy of The Passion at 3pm

Way of the Cross at 5.30pm

Holy Saturday: Easter Vigil at 8.30pm

Easter Sunday: Easter Morning Mass at 8.30am

Planning ahead an Icon Retreat is planned on 3 - 7 September, If you are want to join, please contact Sr. Maria on marialukeong@gmail.com or come to the convent!



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St. Mary's Hall - Update

By Canon Tim

Work on the hall is progressing well. The shell of the building is now fully complete. Timber floors to the rooms at the front of the building are being replaced. By the time you will be receiving this magazine issue, the 'first fix' of both electrical and plumbing works (things that are hidden from view!) will have started.

As of today's date (5 February) £30,535 has so far been collected from 62 donors. A huge thanks for your very worthy contributions - you know who you are! This now means we can pay our debt to the diocese.

However we still have to focus on the £10,000+ needed for the furnishing of St. Mary's Hall: chairs, tables, cutlery, crockery, etc.

A 'Hall Committee' has now been established to look at what can be done in raising funds, the management of the refurbished hall, the effective purchase of what is needed and its staffing. So our thanks go to the following people who have kindly volunteered their services to help: Mike Bloxham, Cora Gillies, Ruth Johnston and Jack Kelly. Deacon David will be chairing the committee meeting.

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Comedy with the Clergy

There was once a little old church in the countryside, painted white and with a high steeple. One Sunday, whilst doing his daily walk in the graveyard surrounding the church, the priest noticed that his church needed painting. Checking out eBay, he bought a gallon of white paint and started the huge task ahead of him.

By the time he completed the first side, there was half a gallon of paint and being the creative person that he was, he took a gallon of thinner from his shed and thinned the remaining paint. He managed to have enough for the other sides, so the job was done. That night it rained hard and emerging from the front door next morning the priest saw that 3 of the 4 sides had washed away. Looking up to the sky, he cried out "What shall I do?" from which a voice replied, "Repaint and thin no more!"

Hildegard, Abbess of Bingen 1098 - 1179

By Mary Corbyn

Tune into any music-requests programme and there's a good chance that you will hear the soaring sounds of Hildegard's chants. A mystic and visionary who died more than 800 years ago, she remained unknown beyond the locality of her abbey, until the modern medium of recorded music brought her close to us; now CDs of her chants are everywhere.

Born in 1098, Hildegard was the youngest of ten children of a noble family living at Bermersheim in the Rhineland. A visionary almost from infancy, she was placed in the care of Jutta, a respected anchoress in a small community of religious attached to the Abbey of Didibodenberg. Jutta and the child Hildegard, with a few servants, were 'enclosed' in a form of cell, consisting of small, spartan rooms close to the abbey church.

Hildegard's education was limited to the liturgical needs of the community – the Latin psalter, with the daily round of prayers and chanting; simple handcrafts were encouraged as an antidote to idleness.

This was a time of great turmoil, also of reform in the Church. The second Crusade was being fought, with idealism and barbarity, supported by the great Cistercian, Bernard of Clairvaux. In Rome, Pope Gregory VIII insisted that 'all Christians were subject to the Pope' – including kings and emperors - which led to centuries of conflict between Church and state.

Jutta and Hildegard, meanwhile, were joined by other young women, requiring an expansion of their small hermitage into a convent. At the age of 15, Hildegard took the habit of a Benedictine nun and following the death of Jutta in 1136, was elected leader of the community.

Their proximity to, and dependence on the Abbey brought benefit to Hildegard in the person of Volmar, provost of the monastery, who was given responsibility for the nuns' spiritual welfare and became a good friend to Hildegard, eventually assuming the role of scribe and secretary when, in 1141, she began to make her visions known...in response to 'divine command'.

Continued on page 16

Darina Beesley

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Thus Hildegard, at 43 began her first major work – *SCIVIAS* (Know the Ways of the Lord) assisted by Volmar and a nun – Richardis. She felt that she had been granted a new understanding of scripture – of creation, of humanity with its sin and redemption – and how we human beings share with all creation in the loving, creative energy of God; she urges us to be ‘useful’ in carrying forward this creative work.

In 1146 Hildegard sought confirmation from Bernard of Clairvaux that her vocation as a visionary was authentic and assured that it was so. This was communicated to Pope Eugenius, then presiding at the Synod at Trier, who sent a delegation to visit Hildegard and obtain a copy of her work; he was sufficiently impressed to authorize the publication of ‘all that she had learned from the Holy Spirit’.

Hildegard saw herself as a prophet – a ‘mouthpiece of God’ – a ‘small trumpet’, a ‘feather on the breath of God’ whose task was to glorify the Creator and to instruct others to do the same. Her visions were realized in picture form consisting of complex and symbolic imagery unlike any other. It seems that she ‘dictated’ them in detail together with explanatory texts, but who actually executed them with such intricate skill, remains a mystery.

During this time – of producing her visionary work – she became aware of other gifts which she understood as part of her vocation as a channel of inspiration to others. She began to compose ‘songs with their melody, in praise of God and the saints’ at first employed within her community, but soon becoming known well beyond the cloister. It is believed that she composed seventy-seven songs in all, known together as *SYMPHONIA*. As Hildegard’s fame spread it enhanced the reputation of the Abbey, bringing new vocations and dowries and a steady stream of visitors – but no independence for the womens’ cloister. Hildegard was then faced with a decision: to remove her community from Disibodenberg and establish a new foundation. The move was strongly resisted by the Abbot but, with support from the Archbishop of Mainz, it was eventually achieved. Hildegard’s Abbey found a home at Rupertsberg, close to the riverside town of Bingen.

Her next achievements were two scientific works: *A Natural History* describing the healing powers of the natural world and *A Book of Causes and Cures* based mainly on the understanding of the Four Elements characterizing the human temperament, rendering them prone to certain ailments. At the age of 60 or so, Hildegard embarked on a preaching tour in the towns and villages along the River Main, a tributary of the Rhine; other tours followed during a period of twelve years, some far distant from

her homeland. She also corresponded with many eminent persons (including four popes!) both clerical and lay with whom she discussed her personal insights and teaching.

Her last important work was the *Book of Divine Works* – in fact, three books each of several parts and covering ten of her visions. It is indeed a profound reflection on humanity's place in creation leading on to divine judgement and the end-times. Hildegard's long life ended on 17 September 1179, peacefully among her sisters at Bingen. A process of canonization was begun but never completed although she is regarded as a saint in her homeland. Her feast is celebrated in Germany on the anniversary of her death. It is rumoured that her cause may soon be re-opened and her 'sainthood' declared officially. There is also the possibility that she will be honoured as a Doctor of the Church.

In many ways, Hildegard is a prophet for our times with her insights into the wholeness and interdependence of humanity with the created world of nature. She even invented the word 'Viriditas' to describe the 'greening' of plants, trees and all that flourishes in the land – it is synonymous with 'blessing'. Conversely, she sees sin as a 'drying up', losing the vitality that brings and maintains life. 'It is justice which, when sprinkled by the dew of the Holy Spirit, ought to germinate good works through holiness'.

Words that might have been written today so it could be that her time has come to be acknowledged as Saint Hildegard of Bingen.

For a full account of her life and works see *Hildegard of Bingen – an Anthology* by Fiona Bowie and Oliver Davies, 1990, published by SPCK.

For a selection of her 'realized visions' see *Illuminations* with text and with commentary by Matthew Fox O.P, 1985, published by Bear and Company, Santa Fe, New Mexico 87504.

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Correction Notice

In the Advent Proclaimer we inadvertently wrote Bishop Kieran in Ruth Johnston's 'Camino' article where it should have read Kieran, her husband.
Our sincere apologies for this.

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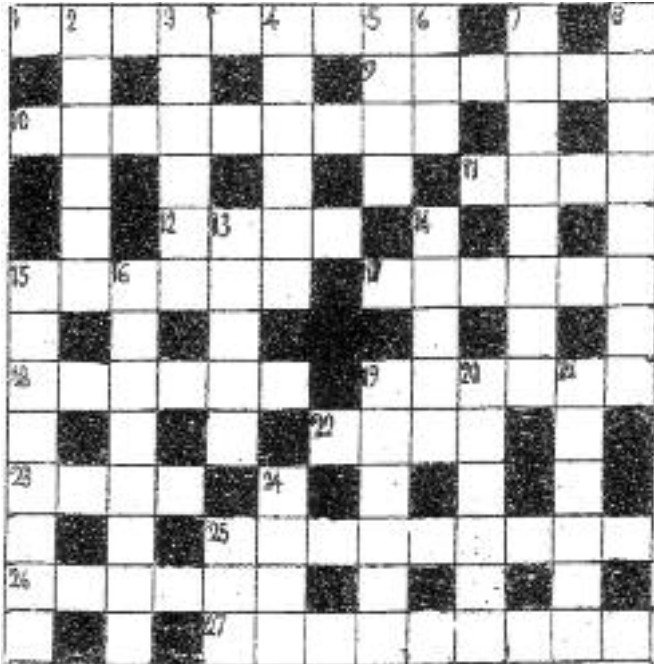
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Proclaimer Crossword Puzzle 16

By Chris Dinham



CLUES ACROSS

- 1) Related to they who administer affairs (9)
- 9) Gobble; eat at speed, perhaps (6)
- 10) Cooked the egg, probably with toast (9)
- 11) Cut the harvest (4)
- 12) Fashion or style of clothing (4)
- 15) Abandoned to loneliness (6)
- 17) A person who takes advantage of another (6)
- 18) Long black & white bird that likes mud flats (6)
- 19) In conclusion (6)
- 22) The possible bane of your life (4)
- 23) Ready to be eaten (4)
- 25) 'Teasing it' (anag.) (9)
- 26) Wild pony of Canada and USA (6)
- 27) Infinitely; constantly (9)

CLUES DOWN

- 2) Increase; grow larger; amass (6)
- 3) Colour and fruit (6)
- 4) Capital of Tasmania --- (6)
- 5) --- and commercial capital of Yemen (4)
- 6) Escorted, persuaded or guided (3)
- 7) Chief; highest (8)
- 8) Forecast; presage (8)
- 8) Argument, squabble or dispute (11)
- 13) One of the zodiac signs (5)
- 14) Book of maps (5)
- 15) Violent, bitter criticism or attack (8)
- 16) Small creature with a long tail of poisonous sting (8)
- 19) Seed cooked as vegetables or for making soup (6)
- 20) On which theatres show their dramas (6)
- 21) Anagram of 19 down (6)
- 24) By and by (4)
- 25) It's cold and slippery! (3)

Children of the 40s

Courtesy of The Triangle, benefice magazine of three West Sussex Churches

We are the children of the 40s and before, we are the survivors...

We were born before television, before penicillin, polio shots and frozen peas. Well before Xerox, contact lenses, videos, frisbees, freebies and the pill.

We lived before radar, credit cards, split atoms, laser beams and ballpoint pens. Also before dishwashers, tumble dryers, electric blankets, air conditioners and drip-dry clothes. We lived before man walked the moon.

We got married first and then lived together - how quaint can you be?

We thought 'fast food' was what you ate during Lent. A 'Big Mac' was an oversized raincoat and crumpet we had for tea. We existed before househusbands and computer dating. When a meaningful relationship meant getting along with your cousins and sheltered accommodation was where you waited for the bus.

We were before day care centres, group homes and disposable nappies. We had never heard of FM radios, tape decks, electric typewriters and CDs. Or artificial hearts, triple by-pass, keyhole surgery and MRI scans. Plus word processors, men wearing earrings and yoghurt. For us, 'time-sharing' meant togetherness, a chip was a piece of wood or fried potato.

Hardware meant nuts and bolts and 'software' wasn't a word. A stud was something that fastened your collar to your shirt and 'going all the way' meant staying on a double-decker bus until you reached the depot. Pizzas, McDonalds and instant coffee were unheard of in our day; cigarette smoking was fashionable, grass was mown and coke was kept in a coal-bunker.

A joint was a piece of meat you had on Sundays after morning Mass and pot was something you cooked the meat in. Rock music was a grandmother's lullaby and El Dorado was an ice cream.

We who were born in the 40s or before must be a hardy bunch. When you think of the changes we've had to face, no wonder there's a generation gap. And we are sometimes bemused, even confused.

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Happiness

By Mike Webster

Happiness is a cigar called Hamlet.....or is it?

The iconic advert would lead us to believe that smoking a cigar gives us the happiness we seek; that may well be the case with many of us. But two events have brought the subject of happiness to public attention: a) the unfortunate death of the Wales football manager Gary Speed and b) the £2m Government survey wanting to know how happy we are. The survey which was carried out between April/August last year concluded that most of us are happy. Those in their “middle years” who are worn out from juggling careers and childcare may not be surprised to learn that teenagers and pensioners generally reported higher levels of life satisfaction.

The Government wanted to measure our wellbeing in order to steer government policy. And what use will the results be for policy-making?

A clear definition of happiness is very difficult to find for such a common term but one I found described it as follows: happiness (n.) a state of well-being characterised by emotions ranging from contentment to intense joy or emotions experienced when in a state of well-being.

When I have asked people for a definition of happiness most reckon it is a feeling of contentment. Because of this, many people whether they have thought about it or not tend to be a little wary of happiness.

Did your parents give you an Owner's Manual for Human Beings when you were growing up? Mine didn't. So happiness depends on so many factors such as genetics, family, jobs, friendships, relationships, housing, location together with a thousand other influences.

In Psychology a definition of happiness covers three main elements:

- Feeling good – Pleasure or a feeling of peace or contentment.
- Thoughts – Looking back over your life and being generally satisfied with what has passed and what has yet to pass.
- Not feeling bad – Feeling bad obviously detracts from happiness.

Why bother to improve happiness?

Over the last 40 years or so, every wealthy country on the face of the planet has seen a remarkable increase in depression – a condition that is now up to ten times more widespread than it was in the 1960s, depending on whose research you look at. And it is affecting people at younger and younger ages. Clinically depressed teenagers are no longer a rarity. An epidemic of depression is blighting the lives of our young people at a time when, in theory at least, they never had it so good in terms of money in their pockets, easier access to education right through to university, a glittering array of gadgets and entertainment devices – iPods, PCs, DVDs, Xboxes etc. Depression is also debilitating many middle-aged people, preventing them from doing their job properly or even from holding down a job at all.

It turns out that our forefathers were right – money and material possessions are not as important to happiness as we often think. Yet policy-makers tend to focus on increasing our spending power, on the assumption that with more in our pockets and a wider range of choice to spend it on, we will feel happy and prosperous. Prosperity is important to us, but once we have enough money to cater for our basic needs, money isn't on its own enough to create a sense of well-being in individuals or societies.

If we want to reduce the high levels of ill-health, crime and poverty that plague many of our communities... if we want to see our children blossom and develop into fully-rounded adults, then spreading a little more happiness is a surprisingly effective – and inexpensive – way of achieving our goal.

Happiness is worth bothering about because...

Happy people are healthier people. A nine-year Dutch study into the elderly found that those who were happy, optimistic or generally satisfied with life had around 50% less risk of dying over the period of the study than those who were unhappy or pessimistic. Other research has found that people who are happy and contented seem to be at less risk from conditions like hypertension, heart disease, diabetes, colds and upper respiratory infections. When they receive a flu vaccine, people who are rated as very happy by psychologists develop around 50% more antibodies than the average.

Happy people cope better with illness as well....

A positive outlook seems to reduce the perception of pain among people who are ill. A study tracked the health of 1,300 American men for a decade and discovered that those who believed themselves to be optimistic had 50% less heart disease than those who didn't. Note that they didn't actually have to be optimistic, they only had to believe themselves to be optimistic to gain the benefits.

Happy people live longer

A study of 180 nuns demonstrated that those who started out in their vocation with an optimistic outlook generally lived longer than their more pessimistic sisters. Can you measure your happiness like your temperature? Is it possible to say accurately who is happier than who? A lot of people do not see happiness as something that can be measured. They say it is too abstract, too subjective, too hard to quantify. Methods of measuring happiness range from deceptively simple to extremely complex. The more complex the method, the more accurate the results are. The simplest way is to just ask people how satisfied they are with their life on a scale of one to ten.

Religion 'linked to happy life'

There is research which suggests that a belief in God could lead to a more contented life. The study claims that religious people are better able to cope with shocks such as losing a job or divorce. However, it was also found that other aspects of a religious upbringing unrelated to belief may influence future happiness. There have been studies in the past to draw links between religion and happiness, with a belief among many psychologists that some factor in either belief, or its observance, offers benefits. Surveys have used information from households to analyse the attitudes of Christians – both Catholic and Protestant – not only to their own happiness, but also to issues such as unemployment. Their findings, they said, suggested that religion could offer a "buffer" which protects from life's disappointments.

Purpose of life

Even though churchgoers were unsurprisingly more likely to oppose divorce, they were both less psychologically affected by marital separation when it did happen. Some people believe that the lifestyle or upbringing of religious people, such as stable family life and relationships, could be the cause of an increased satisfaction. In a particular study at the University of Warwick, it was concluded that the precise

Continued on page 26

Mary's Dowry Productions presents...

The Life of Kateri Tekakwitha



This new film follows the journey of a determined young Mohawk woman who was baptised by the French Jesuit Missionaries in the 17th Century. Filmed on locations that include stunning redwoods, creeks, waterfalls and forests, combined with Native American paintings and a narrative that is from Kateri Tekakwitha's point of view, walk the 24 years of this woman's life in a 50-minute original documentary on DVD making her accessible to all.

Kateri Tekakwitha is set to be canonized by Pope Benedict XVI in October 2012.

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contribution of religion to mental health remained controversial, although there is other evidence that it does directly improve happiness. It said that the benefit might stem from the increased "purpose of life" felt by believers. Their findings were consistent with other studies which suggest that religion does have a positive effect, although there are other views which say that religion can lead to self-doubt, and failure, and thereby have a negative effect.

'Meaningless'

However, the National Secular Society, which represents the interests of atheists and agnostics, said that studies claiming to show a link between happiness and religion were "all meaningless". They claim that "non-believers" can't just turn on a faith in order to be happy. Some see happiness as an elusive concept, anyway and others find listening to classical music blissful and watching football repulsive. Other people feel exactly the opposite. In the end, it comes down to the individual and, to an extent, their genetic predispositions. Many theologians believe that there should now be no doubt about the connection between religious belief and happiness. There is more than one reason for this – part of it will be the sense of community and the relationships fostered – but that doesn't account for all of it. A large part of it is due to the meaning, purpose and value which believing in God gives you, whereas not believing in God can leave you without those things.

Well, after all that it is back to my Hamlet.....!!

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Proclaimer Crossword Puzzle 15 - Solution

By Chris Dinham

Across: 1. Repose 4. Spread 9. Kneel 10. Orifice 11. Inn 12. Swept
13. Seam 14. Stereotypes 19. Ruse 21. Arena 23. Rim 24. Surpass
25. Ozone 26. Skewer 27. Select

Down: 1. Rakish 2. Prefect 3. Solitary 5. Pail 6. Exile 7. Dreamy
8. Controversy 14. Sycamore 16. Eyesore 17. Crisis 18. Latest
20. Serve 22. Wake

Fastnet Offshore Yacht Race 1987

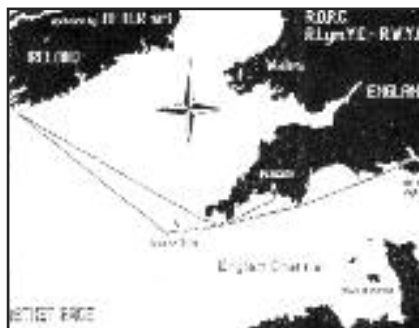
By Brian Rimmer

My wife Wendy and I first became interested in sailing yachts in the summer of 1985 as the result of passing a yacht sailing in the approaches to the English Channel in atrocious gale force conditions. We were onboard a chartered dive boat from which we had enjoyed a week of really exciting wreck diving in the Scilly Isles. As we watched the yacht, I turned to Wendy and asked her if she could fancy the challenge of learning to sail, Wendy replied dubiously, "I think so," and that was all the encouragement I needed to embark upon years of exciting venturesome offshore sailing that would eventually lure us into sailing the Atlantic to America.

Shortly after our return to home in Hertfordshire I obtained the use of a sailing dinghy and one day took Wendy sailing on the local lake. We were in our mid-forties and neither of us had ever sailed a dinghy. We hoisted the sail and set off down the lake without knowing how to tack or spill the wind out of the sail and consequently only came to a halt when we crashed into a lakeside reed bed very much to the amusement of watching anglers and the fright of Wendy who was a poor swimmer. I can hardly believe that from such an unlikely beginning Wendy and I would participate in one of the world's most famous offshore yacht races, the Fastnet Race.

Fastnet, the name immediately brings to mind pictures of overturned yachts wallowing in raging seas, helicopter and lifeboat rescue operations, accounts of yachtsmen drowning, amid chaos and panic, of bravery and endurance, the very stuff of seafarers through the ages.

Initially we obtained training with the Essex Sailing School based on the River Blackwater in Essex and later with Britannia Sailing, based in Southampton. And eventually, we qualified to crew onboard one of their yachts entered into the 1987 Fastnet Race. At 0600hrs on Saturday, 8 August, 1987 we crawled out of our sleeping bags onboard our allocated yacht Jay Jay. We were bleary eyed and with butterflies in our stomachs. This was our big day at last, the start of the Fastnet race over 600 nautical miles of non- stop offshore yacht racing. The weather was cloudy, visibility gloomy with a freshening wind and showers. The long range weather forecast was for worsening weather conditions approaching Ireland from the Atlantic right smack bang on where we were heading to. One could not help wondering if 1987 would be a repeat of the unforgettable 1979 race when 15 lives were lost. Our yacht Jay Jay was a Contessa 34, skippered by a very experienced yachtsman with 6



crew, 2 women and 4 men whose ages ranged from early twenties to ourselves in our forties. About 0700hrs we cast off from our berth on the River Hamble in an atmosphere of great excitement, setting sail down Southampton Water for the race start line off the Royal Yacht Squadron clubhouse on the Isle of Wight.

By 1000hrs there were 163 yachts of various classes from small monohulls like ours to huge tri-marans and countless spectator boats all milling about added to the chaos. Thousands of spectators lined the promenade, a light aircraft flew overhead trailing a drogue displaying `Britannia Sailing Go For It'. Two helicopters hovered above us with TV crews filming. Then to add to the chaos a huge container ship arrived on the scene with the ship's fog horn blasting out a warning to all craft to keep clear. The ship caused a 10 minute delay to the start of the race as it slowly blasted its way through the assembled yachts and small craft before it steered off to starboard into Southampton Water.

The RYS cannon was fired, boom, ten minutes to the start, the second firing signalled 5 minutes to go, then at last the third firing boomed out and we were off. Starboard tack 2 reefs in the main sail, working jib, close hauled into a freshening SW wind, all crews now striving to achieve best boat speed. All yachts had crew members sat on the windward side with legs dangling over the hull in the time honoured manner of all racing yachts. Many close quarter sailing situations soon developed testing nerves and knowledge of racing rules. Adrenaline flowed freely as we crashed our way through increasingly heavy seas throwing tons of seawater over us. Out past the Needles rocks we went heading SW for Cornwall then past the Scilly Isles across the Celtic Sea to Ireland around the Fastnet Lighthouse that stands on a pinnacle of rock off the coast of Ireland and back to England to the

Continued on page 30

From 'A Green Bough' Magazine

A GLAD NEW YEAR TO YOU ALL

A glad new year to you all! Since many a tear must fall!
The greater need to wish a glad new year.
Since lovely youth is brief, O girl and boy,
And no one can escape a share of grief, I wish you joy.
Since hate is with us still, I wish men love;
I wish, since hovering hawks can strike to kill, the coming of the dove.
And since the ghouls of terror and despair are still abroad,
I wish the world once more within the care of those who have seen
God.

From Eileen O'Shea



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

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finish line in Plymouth Sound.

Over 600 nautical miles of tough non-stop sailing for a minimum of 6 to 7 days at sea and no matter how bad the weather gets the race must continue, that's the ethos of the Royal Ocean Racing Club (RORC). Membership is restricted to men or women who complete 1000 nautical miles of off-shore racing under the auspices of RORC. All duties onboard Jay Jay were equally shared through a system of 4 hours on watch and 4 hours off watch, an endurance test second to none in the sailing world.

We soon settled into 4 on and 4 off, One hour turn about on the helm, providing hot food from the galley, plotting our progress on the chart on the hour, sail trim or changing sails as and when necessary. Sleep was impossible, 'cat napping' fully clothed was the best method of resting. We rounded the Fastnet Rock at 0730hrs on Tuesday 11 August in foul heavy weather conditions, pouring rain, dark forbidding skies, force 6 to 7 winds, big 4 metre high waves, the perfect backdrop to the Fastnet Lighthouse light beaming out a thrilling and unforgettable sight which was for us a magic moment in our lives. We celebrated by drinking champagne with breakfast. We crossed the finishing line in Plymouth Sound at 0630hrs on Thursday 13 August in thick fog having skirted the Scilly Isles the previous day in burning sunshine.

We celebrated all day Thursday then finally crashing out in our bunks at night for a well earned good night's sleep. A few weeks later all competitors were invited to RORC Headquarters in the West End of London for a celebration and prize giving evening, we on Jay Jay had not won a prize but for me and Wendy, we had earned a very special prize, membership of one of the most prestigious yacht clubs in the world!

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'A Green Bough' magazine

A GREEN BOUGH is sent free to the sick and housebound, elderly people and their friends. Inside you will find a wide variety of contributions, from verse through to thoughts and prayers. *For enquiries or contributions, please write to*
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Mary Underwood RIP 1916 - 2011

By Colin Swanton

Our oldest parishioner, Mary Underwood, died at the age of 95 just before last Christmas. She specifically asked that there should be no eulogy after her death but at her Requiem Mass on 21 December five grandchildren each gave a small tribute to her and gave *The Parish Proclaimer* permission to reproduce what they said.

Clare (living in Australia):

I feel blessed by the relationship I had with Grandma. Even though we were on opposite sides of the world, our bond was strong. I am thankful for the opportunity I had to live with Grandma when I was 18, an experience that opened a new dimension to our relationship. I learnt some unique things from Grandma. The difference between how a gentleman's and a lady's handkerchief is ironed, how to create a perfectly even marzipan layer on fruit cake and how to slice a piece of bread in half width ways.

When I think of Grandma:

I see her doing the splits in the corner of our kitchen when I was 17 and she was 82!
I hear her saying "I'll just have a bit of crust."
I smell Lily of the Valley.
I taste the warmth and goodness of 'Grotty-nosh' – the best soup in the world.
I share her passion for classical dance.
I feel her squeeze me in a Grandma hug.

Grandma, perhaps the thing that makes me smile the most and warms my heart is the sparkle in your eyes and your joyous laugh. I love you and I'll miss you, but I know you are still with me, inside my heart.

James (living in Australia):

I always loved our visits to England growing up and I loved it that Grandma and Grandpa were able to visit us in Australia on several occasions too. I feel so privileged to have been able to know both of them as a result. Grandma was infinitely kind, generous, wise and supportive. Grandma, you are a truly wonderful person, I love you and will miss you very much.

We remember your lively spirits and sense of fun.

We remember your enthusiastic interest in all our activities

We remember Grandpa's affectionate description of you as 'the woman who runs': not a moment wasted.

We remember your enduring love and kindness.

Our love for you will always remain in these memories.

Antony:

I feel so lucky to have had such a close relationship with you. You fed me as a baby, you picked me up from school as a child and you gave me advice as an adult. I will treasure the memories forever and will always smile when I think of the 28 years that we shared. I have never known anyone so caring, always thinking of everyone before yourself. So interested in learning new things about the world and sharing them with me, and so full of wonderful stories that I cannot wait to pass on to my children one day.

You were a true inspiration to us all and if I ever make it to 95 I can only hope to have the good humour, strong spirit and grace that you have maintained throughout your incredible life. Thank you so much for everything. You will be forever in my heart.

Caroline:

My childhood memories of Grandma are mainly based on food and fun! She would let me help her arrange beautifully geometric salads, or cover the table with bowls of taco fillings for a family feast. And there would always be a tin in the kitchen with something tasty for afternoon tea. I remember her taking us out for a round of crazy golf, making dens and fancy dress outfits and creating by far the most impressive birthday cakes I have ever seen! At school one year she even sent me a huge cake with different flavours in it so that no one in my boarding house would be left out. Grandma was a very generous, creative and skilled lady, whose self-deprecating manner meant that she never boasted about her talents.

Grandma was a deeply spiritual person who did not force her beliefs on others but who led by example, selflessly giving her time and energy to the people around her. She also gave guidance in the form of practical advice. I will never forget her telling me – jokingly – that she once heard it said that 'a lady uses a butter knife, even when she is alone!'

In my adult life, Grandma was always very supportive of my career as an artist and teacher, and when I completed my teaching qualification seven and a half years ago it was wonderful for me that she was able to come to Kidbrooke to meet my boss

and mentors.

Up to the very end of her life, Grandma's amazing sense of humour and sharp wit kept us all on our toes. Grandma often made time to tell us about the family history, and of her time growing up in the Midlands and later living in Cornwall. When we were alone, Grandma also made a point of giving me some marital advice in advance of my wedding in February. She took my hand and said: "Marriage is hard work – believe me, I know – but it can be very rewarding too. You get out of it what you put in." Which, I think, is a pretty good rule for life in general. Thank you Grandma, you will be in my thoughts always.

And finally a poem from Richard:

I received an Angel the moment I was born
With Heaven's love contained within a fragile human form.
She had a tender touch and always had a smile
She was the greatest gift that could be given to a child.

She always entertained and loved and laughed and taught
And gave me all the things in life we need that can't be bought.
When I would make mistakes they were soon forgotten
And when I'd spend some time with her, I would be spoiled rotten.

She led me down the path to be the man I am
And through her life inspired me to be the best I can.
All my life she's been there, and still she is today
For she makes up a part of me nothing can take away.

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Topping out the Cathedral's New Flèche

Courtesy of A&B News, October 2011

Bishop Kieran, on Wednesday 10 August, presided at a topping-out ceremony of the Cathedral flèche (spire). During the ceremony, the Bishop climbed up to the flèche, blessed it and on the very top placed coins from this year, 2011, to join others placed there during previous work in 1976. This ancient ceremony marked the culmination of a challenging ten months project to renew the distinctive flèche which surmounts the intersection of the nave and transepts. When the 40-foot high glass-reinforced plastic (GRP) clad flèche was first able to be fully inspected from the scaffolding in September 2010, the intention had been only to re-cover the existing steel frame with wood and lead as per the original of 1873. It then became obvious that the frame was so seriously corroded that it posed a danger to the Cathedral building and to users of London Road. A new steel frame was therefore required, a task that was accomplished by MJ Patch, steel fabricators of Bristol.

Under the direction of St. Anne's Gate Architects in Salisbury, the main contractors Ellis & Co of Shepton Mallet transported the new structure in sections back to the Cathedral and supervised the skilful lifting operation by King Lifting of Bristol on 20 July. The final finishes were accomplished by the end of August, allowing the scaffolding to be removed after a four-month overrun that saw the cost rise to over £250,000. Apart from diocesan and parish funds, the Friends of Arundel Cathedral, a charity whose work is vital to maintenance and development of the Cathedral, made a major contribution of £193,000 over a period of time.

Canon Tim Madeley, the Cathedral Dean who attended the 'high level' topping-out party said: "It is not every Bishop who has the opportunity to attend such a ceremony for his Cathedral. For the diocese and the parish this will be a joyful occasion. We are not only celebrating the return of our flèche, but also the original bell housed inside it, which has been refurbished for ringing by the Whitechapel Bell Foundry."

If you wish to know more about supporting the Cathedral, please contact The Friends of Arundel Cathedral, Cathedral House, Parsons Hill, Arundel BN18 9AY. You can also call 01903 882 524 or email aruncathfriends@btconnect.com

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...

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Marathon Running in 2012!

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Fr. Paul Turner in the London Run wanting to raise £2500 for CAFOD.
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THANK YOU IN ADVANCE!

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26 July - 3 August 2012

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Form is also downloadable at:
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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 other food/penance) and by uniting this to prayer.

See the noticeboard at the back of the Cathedral.

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Mondays from 9am: 'Puddleducks' - an informal 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)

Fridays from 10am: 'Sing and Sign' - must be pre-booked

**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

Parish Diary

FEBRUARY

Wednesday 22nd

ASH WEDNESDAY

8.30am Mass at the Convent

10am & 8pm Masses in the Cathedral

Saturday 25th

11am & 3pm Rite of Election

Tuesday 28th

11am Chapter Mass

MARCH

Friday 2nd

CAFOD LENT FAST DAY

Women's World Day of Prayer at St. Nicholas' Church (time tbc – refer to the weekly newsletter)

7.00pm Stations of the Cross at St. Nicholas' Church

Sunday 4th

COLLECTION: CAFOD FAST DAY

Friday 9th

7.00pm Stations of the Cross at Cathedral

Saturday 10th

6.15pm Mass at the Convent – RCIA First Scrutiny

Friday 16th

7.00pm Stations of the Cross at St. Nicholas' Church

Sunday 18th

11.15am Mass in the Cathedral – RCIA Second Scrutiny

Thursday 22nd

10.00am Mass in the Fitzalan Chapel

Friday 23rd

7.00pm Stations of the Cross at the Cathedral

Saturday 24th

7.30pm The Angmering Chorale Concert
Tickets: www.theangmeringchorale.org.uk

Sunday 25th 9.30am Mass in the Cathedral – RCIA Third Scrutiny

Friday 30th 7.00pm Stations of the Cross at St. Nicholas' Church

APRIL

Sunday 1st **PALM SUNDAY**
Masses at 9.30am & 11.15am beginning with the Blessing of the Palms

Wednesday 4th 6.00pm Chrism Mass in the Cathedral with Bishop Kieran Conry

Thursday 5th **HOLY THURSDAY**
8.00pm Mass of the Lord's Supper in the Cathedral followed by waiting to midnight at the Altar of Repose.
11.50pm Compline

Friday 6th **GOOD FRIDAY**
9.00am Office of Readings and Morning Prayer
10.00am Stations of the Cross
3.00pm The Passion (Collection for Holy Places)

Saturday 7th **HOLY SATURDAY**
9.00am Office of Readings and Morning Prayer
8.30pm The Easter Vigil and First Mass of the Resurrection

Sunday 8th **EASTER SUNDAY**
Masses at 9.30am & 11.15am

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

01903 882 222

www.butlersarundel.co.uk

St. Philip's Catholic Primary School News

By Elizabeth Hargreaves, Deputy Headteacher

Bird song fills the air. The alarm set for 6.00am heralds the new day. It's pitch black outside yet still the dawn chorus persists in declaring 'morning'. My senses do not agree; it feels like night. Morning routine on 'automatic pilot' takes over until I find myself driving down Ford Road as increasing light reveals the splendour of Arundel Cathedral and Castle. There I become fully engaged in the dawning of a new day. Crimson hues from the rising sun fill me with a sense of God's glory through Creation. I reflect on past mornings when my three small children would be demanding my attention from the back seat, on the daily school run. Water bottles, book bags, homework, recorders (plus cello, violin, clarinet and flute at different times), swimbags, lunches and, of course, any anxieties or hopes for the day that needed to be talked through. I was not so aware of glory filled skies in those days!

Family life experienced by Jesus at Nazareth would have been a key part of his development as he watched the example of Mary and Joseph, their attitude and response to the needs of others. Parents today have different and maybe more complex demands on their time, energy and stress levels (juggling schedules being one key skill that is quickly learnt)! Yet despite these demands the school community continues to receive selfless giving of time and support by so many parents every year. Reading volunteers, organised Art and Design Technology activities for every child to make a quality gift to give to others, helpers to accompany the numerous out-of-school visits, including weekly swimming lessons, setting up equipment at different seasons (a life-sized stable, a magnificent Christmas tree kindly donated by Lady Sarah, Summer Fair stalls), planting a massive outdoor allotment and tenderly moving the school pond there so all the creatures would survive, providing costumes for plays, working as a Governor, fundraising, supporting sports events including the Goblin Kit Car club.....the list goes on!

If children learn by watching the example demonstrated by those around them they too will learn to become selfless and giving adults who help in the community. These gifts of time and energy are freely given and benefit the next generation in so many different ways. They are gratefully and humbly received by both children and staff at St. Philip's.

Thank you

St. Philip Howard Catholic High School News

By D J Todd, Headteacher

Following our Ofsted visit in September, St. Philip Howard Catholic High School was inspected under the arrangements for Church schools by two Diocesan Inspectors. Their report was completed in December and is now available on the school website and the website for the Diocese. The inspection covers the delivery of Religious Education (RE) and the wider Catholic life of the school. We were delighted with the outcome of the inspection, which we believe to be a fair assessment of our work. Our thanks and congratulations to the Religious Education team: Mr Fetteroll, Mrs Stewart, Ms Penlington and Miss Doyle and to Clare Long our Chaplain. Thanks also to the local clergy who afford us wholehearted support, but especially Fr. Tony Shelley who gives of his time most generously.

At the end of last term we had to say farewell to four members of staff. Two are temporary departures, since Mrs Lloyd (who teaches the Year 7 competence curriculum) and Mrs Birch (Head of Art) are leaving to have their respective babies in the near future. We look forward to their return and wish them and their families well. Mr Montana will be joining us to cover the head of art role during Mrs Birch's absence and Mrs Humphries will take on the competence curriculum teaching.

Miss Black has also left the school, having joined as head of P.E. in 2005, to take up a new post at Midhurst Rother College. Miss Black led the P.E. department and her devoted team with great dedication and a clear vision for what physical education brings to the development of young people. She was also an excellent Sixth Form tutor and very generous with her time and energies by supporting the work of Young Enterprise. Always optimistic, hugely popular with staff and pupils, an outstanding teacher with a keen eye for precision and a ready humour, Miss Black and her great contribution to development of sport and the school as a whole will be missed. Best wishes to her from all of us.

From Easter we will be joined by Mr Noye – currently head of P.E. at Kings School, Winchester to replace Miss Black and in the interim term the department will be jointly led by Miss Duckers and Mr Collyer. We will be joined for one term by Mrs Marshallsay who will undertake Miss Black's teaching commitment. We also said farewell to Mrs Bullen – who was with us for one term in the role of teaching assistant. We have obviously worked our magic on her since she has chosen to qualify as a teacher. We wish her every success in this new venture.

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

7th week of the year

Sunday 19th Feb	For the unemployed, and those who fear for their future livelihood and security
Monday 20th	That the experience of our difficult economic climate helps us to reassess our true values
Tuesday 21st	For victims of war, conflict, oppression and exploitation; and for perpetrators of such evil that they may come to know love and goodness
Wednesday 22nd ASH WEDNESDAY	That we use this Lent to acknowledge our very own weaknesses, to seek your forgiveness, and to learn to be more forgiving of others
Thursday 23rd	That we are prepared to learn from the experiences, knowledge and ideas of others
Friday 24th	For forgiveness for the times we have been too preoccupied to find time to 'be with' you
Saturday 25th	For the courage not to run a way from difficult decisions

1st week in Lent

Sunday 26th	That our RCIA candidates derive comfort and joy from their growing faith
Monday 27th	That we have the humility to acknowledge when we are in the wrong
Tuesday 28th	For forgiveness for the times we have allowed ourselves to feel superior to others
Wednesday 29th	That those taking up new responsibilities and challenges may feel the hand of your guidance
Thursday 1st March	For our leaders that they may act with integrity and in the interests of true justice
Friday 2nd	For CAFOD, and that we are prepared to live more simply so that others may simply live
Saturday 3rd	Remembering that you gave us your Son for our redemption

2nd week in Lent

Sunday 4th	That we might listen better to the messages of the Gospels
Monday 5th	That we will not alienate our children by undue pressure and unrealistic expectations of them
Tuesday 6th	For help in putting our disappointments and frustrations into perspective
Wednesday 7th	For those trying to find their feet after imprisonment
Thursday 8th	When we find change difficult to cope with
Friday 9th	For the times we have been driven by greed or the need for status and power
Saturday 10th	That we commit ourselves to following your word

3rd week in Lent

Sunday 11th	That we challenge our behaviour in the light of the commandments you handed down to Moses
Monday 12th	For those grieving the loss of someone they love
Tuesday 13th	That we avoid extravagance and unnecessary wastage in the way we live
Wednesday 14th	For generosity towards those who know only poverty, hunger, thirst or spiritual deprivation
Thursday 15th	For priests who, for whatever reason, are experiencing problems with their vocations
Friday 16th	That we may extend the hand of friendship to those who find it difficult to form meaningful relationships
Saturday 17th	For the people of Ireland, that they may be truly free from division and the trauma of their past

4th Week in Lent

Sunday 18th	That mothers will know they are appreciated by their families and will experience joy in bringing up their children
Monday 19th	For the husbands and fathers in our parish, that they delight in caring for their families
Tuesday 20th	For when we feel deeply hurt
Wednesday 21st	That we might be more charitable in thought, word and deed
Thursday 22nd	That we may be healed of resentment and any tendency to bear grudges
Friday 23rd	For the gift of listening
Saturday 24th	That we may serve you with all our hearts

5th Week in Lent

Sunday 25th	In thanksgiving for your promise to 'forgive our iniquity and never call our sin to mind'
Monday 26th	That we may develop a 'can do' rather than a 'can't do' attitude in life
Tuesday 27th	That we may support those suffering from depression or other forms of mental illness
Wednesday 28th	For children who have been abused, often by the very people they should have been able to trust, that they may be healed by your grace
Thursday 29th	When we feel unimportant or taken for granted
Friday 30th	For forgiveness for the times we have been the cause of others losing all respect for Christianity
Saturday 31st	That just as you were welcomed into Jerusalem, we welcome you into our hearts



Holy Week

Sunday 1st April
PALM SUNDAY

Monday 2nd
Tuesday 3rd

Wednesday 4th

Thursday 5th

Friday 6th
GOOD FRIDAY

Saturday 7th

That, in recollecting the story of your passion, we will be inspired to goodness

For those struggling with their conscience

That Christians in Arundel may experience a sense of oneness, particularly during the celebrations of Holy Week and Easter

For our Bishop and the clergy of the Diocese – for their faith, leadership and pastoral care

For our Ministers of Holy Communion and our sick & house bound parishioners whom they visit

For those who give their lives to secure freedom for others

In wonder at your resurrection and the promise of eternal life

And finally...

Written by Ian Caws

SWEEPING UP AFTER CORPUS CHRISTI

Banners that blew at the evening sky
Are still processing through Arundel town,
At least in my thoughts, at least for today.
In the warmth of a summer night, banners
Catching random breeze will move to the tune
Of an old Catholic hymn and the noise,

Insect like, of a people on the move:
It all lingers somehow, behind the eyes.
We have touched what it is to be alive,
We have walked where the feet of God have been
And if, in that, we find a little space
For rest, we will glow with the setting sun.

For this is all that it has come to mean,
Everything in one place on this day,
Which some will lose; others it will remain
Within them always, unspoken but known.
The banners go before us on the way
And hold a greater secret never seen.

Always God, fleeting but immoveable,
A warm light on these medieval walls
And these mysteries, impenetrable
Yet understood by faith, Christ's body, blood,
Through a moment in time and through birdcalls
In the castle trees, will not be denied,

Not on this evening where banners go
And where they will return. Old brooms will sweep
The cathedral's aisles so no one would know
Where Christ's feet walked. A bag of flowers slides
Into a skip and a new night will creep
Along corners where a miracle hides.

Congratulations & Commemorations

Baptisms

4 December - Gino Kasper Webb

11 December - Mary-Francesca Caitríona McCabe

28 January - Micah Joseph

Marriages

19 November - Paul Rumball & Francine Last

26 November - Edward Remnant & Sabine Kelly

Deaths

29 November - Fr. Peter Rogers (aged 87 years)

9 December - Mary Underwood (aged 95 years)

31 December - David Rogers (aged 79 years)

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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 for Lent

Almighty and Everlasting God,
You have given the human race
Jesus Christ our Saviour as a model of humility.
He fulfilled Your Will by becoming Man
And giving His life on the Cross.
Help us to bear witness to You
By following His example of suffering
And make us worthy to share in His Resurrection.
We ask this through our Lord Jesus Christ, Your Son.
Amen.

Our Father, who art in Heaven, hallowed be Thy Name;
Thy Kingdom come;
Thy will be done on earth, as it is in Heaven.
Give us this day our daily bread;
And forgive us our trespasses
As we forgive those who trespass against us;
And lead us not into temptation but deliver us from evil.
Amen

MARY, Mother of Jesus,
you were Jesus' gift for us from the Cross.
He gave you to us as our mother.
Intercede for all our needs.

Hail Mary, full of grace, the Lord is with thee.
Blessed art thou among women,
And blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
Pray for us sinners, now, and at the hour of our death.
Amen

Glory be to the Father, and to the Son and to the Holy Spirit
As it was in the beginning,
Is now and ever shall be, world without end.
Amen

Courtesy of www.catholic.org