

## St John of the Cross Newsletter – Sunday 7<sup>th</sup> June 2020

### Sacred Heart Parish Newsletter - 10th Week in Ordinary Time 2020

Today we celebrate the mystery of God himself – the blessed Trinity. God alone can speak adequately about God. This He has done by becoming man in the person of Jesus Christ. Jesus is the divine love in human form: in him dwells the fulness of the Godhead. It is through him that God makes himself known in the intimacy of faith. The saints – those who are versed in prayer – remind us that we cannot speak about God until we learn to speak to Him.

*Keeping together in these difficult times is not always easy. In order to improve communication in our parish we are redesigning the parish website. The address will remain <http://sacredheartnorthwalsham.com/>. It will look much 'cleaner' and be easier to navigate. Also, there will be a page for you to make contact and to share your ideas and questions. The new website will soon be up and running.*

*We have already in place our Facebook page: 'Sacred Heart R C Church North Walsham'. If you are on Facebook, search for our page and then ask to join. When you get in you will see posts by other members of our community. You can just read them or, if you wish, you can 'reply' and add your comments. This will enable all who are on-line to keep in touch with each other.*

*The email address of the parish office will remain: [rcnwalsham@gmail.com](mailto:rcnwalsham@gmail.com)*

*Marie-Madeleine Kenning from our diocese has recently produced a book on Cambodia: 'Then the Khmer Rouge Came: Survivors' Stories from Northwest Cambodia, a memoir'. It will be published at the end of June but you can pre-order a copy by contacting her on: [marimadeleinekenning@gmail.com](mailto:marimadeleinekenning@gmail.com)*

Remember to pray for our sick parishioners: Maria Wilby, Matt Butler, John Gowing, Tom Ender, Derek and Frances Palman, Kevin Fitzmaurice, David Battigan, Graham Burdett and Mary Carr.

We remember those whose anniversaries occur at this time: Una Youngson, Mary Cushion, Jean Booth, Hannah Waters, Barbara Winfield, Hilda Martin, Patricia Minehan, Winifride Williamson, Charles Bryson, Lilian Davis, James Bailey, John Stevenson, Grace Rock, Robert Franklen, Lydia Mercer and Anna Beales.

*Father James*

#### **Also from the parish website:**

The second article in the "Living through the Crisis" series of reflections from Father Federico Lombardi. The emergency situation we are experiencing, and the strain of living without the Eucharist, leads us to rediscover "Spiritual Communion". ... Read it here:

<https://www.vaticannews.va/en/vatican-city/news/2020-04/spiritual-communion.html>

#### **Sunday Worship Programme**

Next Sunday, 14th June, the Sunday Worship Programme, which airs at 8.10am on BBC Radio 4, will broadcast Mass celebrated by the Cardinal in Westminster Cathedral.



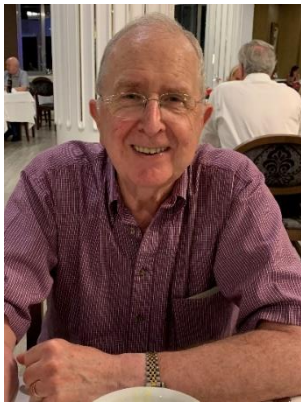
#### **Message from Mike Barker**

"I have been following St George's in Sprowston in Facebook...Father Sean does a daily evening prayer...really brilliant!"

(Here's the link to St George's – <http://stgeorgenorwich.com/welcome> - just scroll down the page to access Evening Prayer)



# Just A Few Friendly Faces



A big thank you to those who are sponsoring me on my cycle ride for 'Help Refugees' - Around the World in 40 days', I've cycled 80 miles this week so only another 20 to go to reach my pledged target. So far Help Refugees have been donated £58,869 from all the sponsors of the cyclists taking part. **Clare H**

Please would parishioners think of offering some extra financial support for Charities that are really suffering from lack of funding during this pandemic:

- **The Cromer & District Foodbank** has experienced a substantial increase in demand for food supplies with families in particular needing help. As we are unable to collect food donations in our church at present it is easy to donate online to the Foodbank via [cromerdistrict.foodbank.org.uk](http://cromerdistrict.foodbank.org.uk) for which they would be very grateful.
- **The ACN** (Aid To The Church In Need) is also desperately trying to support people struggling in 139 countries around the world, more details of how to help the ACN via <https://acnuk.org/>
- And finally as well as CAFOD's coronavirus emergency appeal they are trying to encourage people to go online and sign their new petition asking the PM to work with other world leaders to make sure that any vaccine developed with UK public money is made available to everyone regardless of income or where in the world they live. To provide urgent financial and technical support to help developing countries cope with this coronavirus crisis. To cancel all debt payments by developing countries due in 2020 so that countries can spend money on much needed healthcare rather than debt repayments and to put plans in place to rebuild a fairer, more just society after the crisis so that the world's most vulnerable people can live in dignity and to restore our common home for future generations. To sign the petition visit [cafod.org.uk/coronaviruscampaign](http://cafod.org.uk/coronaviruscampaign) **Clare H**

"We've had a few dramas during lockdown; what with Jacob splitting his knee open on Easter Sunday, requiring a trip to A&E (the last place we wanted to go during lockdown, but my goodness, how quiet it was! It turned out to be the best time to go if you really had to!); and the cat breaking his leg on VE day! Between them, the kids and cats have kept us on our toes!

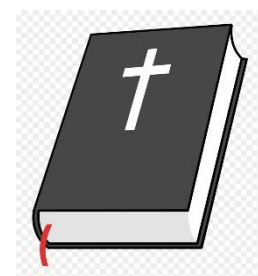
On the lovely day that I took this picture of the children (*see above*), we met Graham and Cameron sitting on the bench in town. It was so lovely to see them and have a chat from a distance. We miss our church family dearly and look forward to all being together again soon.

Much love, **The Endalls.**"

### Bible Quiz

No answers – just a clue to where you can find them!

1. How many times did God call out to young Samuel in the night as he was lying down in the House of the Lord? (1 Samuel 3:3-10)
2. Who was the first person to come across the injure man in the Parable of the Good Samaritan?
3. (Luke 10:25-37)
4. For how many days was Jonah in the belly of the big fish? (Jonah 1:17)
5. How was Ruth related to Naomi? (Ruth 1:22)
6. How much of his wealth did Zacchaeus give to the poor? (Luke 19:8)
7. What is the fifth commandment? (Exodus 20:1-17)
8. Who changed his name to 'Israel' and why? (Genesis 32:28)
9. What did the mysterious hand write on the wall at Belshazzar's Feast? (Daniel 5:25-28)
10. Which of Paul's epistles comes first in the Bible?
11. In Luke's Gospel, the woman cleans Jesus' feet with which two things? (Luke 7:44)



**Roma** asked if this quote, which we received from Ed on Tuesday, could be added to the newsletter:

"When words are both true and kind, they can change the world."

*Buddha*

**Food & Drink Dingbats 1**

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**Question:** Do you recognise one of these splendid chaps? The following information was supplied by one of our very own!

“The Sgt major really was – CSM Ostend “Toz” Hickling, C Coy 3<sup>rd</sup> Bn Yorkshire volunteers.

This was for Whispering Grass during a Company

social, went down a bomb.

We then had to do it for the Sgt’s Mess and then the Officers’ Regimental Dinner. We should have charged a fee. The Colour Sergeant really enjoyed applying the “sweat” to our uniforms.”

**Food and Drink Dingbats** supplied by **Clare H.**  
Answers next week!



Last week I showed some photos of bearded tits that I took on a recent trip to the re-opened NWT reserve at Hickling Broad and mentioned that I would might ramble on about the crane (or common or Eurasian crane to give its various names) in this week's newsletter. So, here goes, the crane became extinct in the UK during the 16th century, but in the late 1970s a few cranes were spotted at the Horsey estate in NE Norfolk. A couple of years later came the exciting news of the

first crane chick to be raised in the UK for some 400 years. Since then the cranes have built up a small population at the Horsey end of Hickling Broad and also spread to a few other places in the country. However, the total UK population is still thought to be not more than about two hundred, so we are extremely fortunate to

have them here in Norfolk. They are not easy to get close to for a good photo, or at least, I haven't managed it yet, so I have to admit to a bit of cheating. The good photo this week I took a few years ago at an enclosure in the Pensthorpe Wildlife Park, the other was a quick 'snap' taken by me at Hickling a couple of weeks ago - always a bonus to see such a rare bird when visiting Hickling Broad. **David**



### Bob’s Garden



I am very grateful for the encouraging texts, messages, emails and prayers. Sorry I haven't responded individually to all of them, but I really do appreciate the continuing support. Thank you. **Katie**  
Living in the "swamp lands" of Aylsham has its beautiful moments.



For the last two years we have had bee orchids growing in the uncultivated area of our garden. We found two this year. Our neighbour has fifteen!!!  
The most conspicuous part of the flower looks remarkably like the rear of a small bumblebee visiting it. I have seen a bee fly go to one of these flowers and engage with it! The whole point of the bee mimicry.  
Lockdown does give you time to stop and stare!  
Thank you, God, for the rain.

**Pauline x**

Eureka! The mobile hair dresser has been in touch! The bad news is that the appointment is in 5 weeks time! We shall be desperate and a further effort at a small trim is on the cards....

We have had a pigeon with droopy wing pacing the garden for days which was clearly unable to fly. After some time without recovery, we contacted the local vet as recommended by RSPB. They said "catch it and bring it in for our bird rescue man who is unable to come out at the moment as he's shielding"! Easier said than done but intrepid Peter did as recommended and eventually cornered it and put a see through crate over it and it was duly taken to the vets. However, it had a friend! He is now being a real pain in the veg garden. He has been squatting on top of the peas and helping itself to all and sundry. It has no fear! The plants are broken down. Will we have peas for dinner? More netting and taller canes needed. Take care everyone and keep growing those veg all those first-time gardeners - very rewarding.

Love to everyone from **Wendy and Peter**

### **For the Christian Community**

We are not people of fear: We are people of courage.  
We are not people who protect our own safety;  
we are people who protect our neighbour's safety.  
We are not people of greed: we are people of generosity.  
We are your people, God,  
Giving and loving,  
Wherever we are,  
Whatever it costs,  
For as long as it takes  
Wherever you call us. Amen



Please continue to pray for those among us who are ill, those who are struggling, those who are alone or lonely, as well as those who are caring for them.

**As I complete this newsletter, news is coming in about the possible re-opening of our churches for private prayer.**

<https://www.cbcew.org.uk/catholic-churches-to-re-open-for-private-individual-prayer-on-15-june/>

**Mike is hoping to speak to Fr James soon in order to determine what this might/will mean for us at St John of the Cross. Clearly there is much to be done in terms of planning, protection, supplies, signs etc. We will let you know via this email group (plus those we know, but who are not online) as soon as there is a decision.**