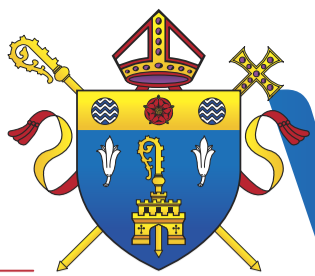


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**of Lancaster**

The Official Newspaper to the Diocese of Lancaster

Issue 338 + April '22

**Pg 11** Discover his purpose for your life by stepping out in faith and taking a pilgrimage.



24th February 2022

**A dark day for Ukraine  
for Europe  
for the World  
and  
for all those who  
work and pray for  
Peace, Justice and Truth**

Loving God,  
We pray for the people of Ukraine,  
for all those suffering or afraid,  
that you will be close to them and protect them.  
We pray for world leaders,  
for compassion, strength and wisdom to guide their choices.  
We pray for the world  
that in this moment of crisis,  
we may reach out in solidarity  
to our brothers and sisters in need.  
May we walk in your ways  
so that peace and justice  
become a reality for the people of Ukraine  
and for all the world.  
Amen.

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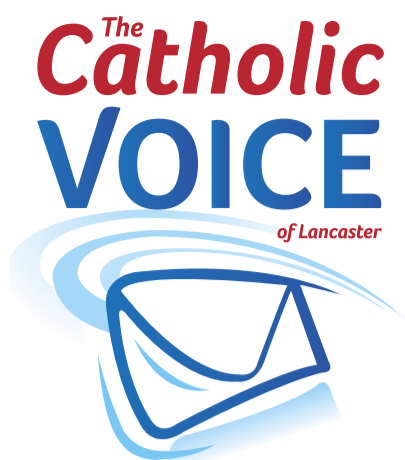
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# Laudato Si' Movement statement on Ukraine

**L**audato Si' Movement joins Pope Francis and the global Catholic Church in praying for a peaceful and swift resolution to the Russian invasion of Ukraine. This movement is active in Ukraine, with passionate staff and volunteers there working every day to inspire Catholics and care for our common home. We unite in solidarity with them, and with all of the people of Ukraine.

As a Catholic organisation, we are people of faith and people of peace, and we urge the international community to unite in the face of Russian aggression and achieve lasting peace in Ukraine. We call on world leaders to find creative solutions that end the invasion without escalating the violence. As Pope Francis said, "The ultimate and most deeply worthy goal of human beings and of the human community is the abolition of war."

We pray for our sisters and brothers throughout the country, that they may feel the support of the millions of people who are holding them in their thoughts and prayers.

In Laudato Si', Pope Francis denounces war and laments its effect on all members of God's creation: "War always does grave harm to the environment and to the cultural riches of peoples, risks which are magnified when one considers nuclear arms and biological weapons".

We join Pope Francis in urging all people to turn to the "God of peace and not of war".

We ask you to join us in prayer, using this adaptation from Pope John Paul II's:

**"Hear My Voice, Lord for Justice and Peace."**

To you, Creator of nature and humanity, of truth and beauty

**Hear our voice,** for it is the voice of the victims of the war and violence currently happening in Ukraine.

**Hear our voice,** for it is the voice of all children who suffer and who will suffer when people put their faith in weapons and war.

**Hear our voice** when I beg you to instill into the hearts of all human beings the vision of peace, the strength of justice and the joy of fellowship.

**Hear our voice,** for we speak for the multitudes in every country and in every period of history who do not want war and are ready to walk the road of peace.

**Hear our voice** and grant insight and strength so that we may always respond to hatred with love, to injustice with total dedication to justice, to need with the sharing of self, to war with peace.

**O God, hear our voice**







# Christ the King Catholic High School Preston

## Walking Against Hunger

In February, 78 members of Year 7, took part in CAFOD's Walk Against Hunger campaign. The goal of the campaign was for individuals or groups to walk 200km over the course of Lent. This slotted in perfectly with our Extended Learning Day.

Students and teachers alike geared up to walk around Avenham Park, our first group of students from Hilliard and Kandinsky Houses, consisted of 38 students and 6 members of staff, they walked a total of 179.52km collectively. This was a great effort and already put us almost at our goal.

The second group consisted of 40 students from Sisley and Turner Houses and 5 members of staff, including Mr Jackson and Miss Wilkinson (Sisley and Turner Achievement Co-ordinators). This group collectively walked an amazing, 162.45km, this

meant that as a team Christ the King Catholic High School had walked an amazing 341.97km in an attempt to stamp out hunger.

THE CTKWAY calls all members of our school community to live their lives demonstrating certain virtues. The Walk Against Hunger has given staff and students the opportunity to show that they are conscious of the world in which they live and to be KIND to others. This is how we live out our faith at Christ the King.

The students were a credit to the school, their behaviour was exemplary. The fundraising for this CAFOD campaign will remain open for the remainder of Lent, as many of our students will continue their fundraising efforts, selling handmade crochet keyrings, putting a CAFOD box in a family member's shop and other exciting ideas.

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# What's happening in the Youth Service

## Could it be...? Is it over?

Well, we have chosen to believe that the pandemic is now over and we are operating as though life at Castlerigg, and in the Youth Service more generally is back to normal. 'Normal,' of course will never quite be what it was. The world of an endemic covid can't be quite the same as the world before we know the word Covid at all, but that's not necessarily an entirely bad thing. Some of the things we developed at Castlerigg during the pandemic for instance – like our hostel and our online ministries – will probably stay put, supporting the youth service for years to come.

The period between February half term and mid August has pretty much wall-to-wall bookings at Castlerigg. People turning up will find both a programme and a building that have had serious work done to them during the pandemic!

We've also been delighted to welcome some new schools visiting us in the past few months. We've lost none of the schools that were coming to us before the pandemic and even gained a few new ones – a real bonus!

## Large Catholic Family Holidays

One of those things we introduced during the pandemic was a scheme to help large Catholic families to find affordable holidays. Castlerigg isn't the Hilton but it's a lovely building with 70-odd beds in the middle of Keswick and it's a great place for families to get away to. If you're a large group (*Say, seven or more*) and you're looking for a holiday that won't break the bank, give us a shout. We have packages starting at about £15pp/night for larger groups on a B&B basis. Each group gets a mix of rooms, their own dedicated bathroom, a lounge, and access to the whole building including the games room, chapel, and so on.

## There is still time to apply for a Gap year at Castlerigg

Applications for gap year volunteers for 2022-23 are still open. Volunteering at Castlerigg is a great opportunity to learn some useful skills, make friends for life, deepen your faith and live in the Lake District working with some wonderful young people. If you're interested, Email [jack@castleriggmanor.co.uk](mailto:jack@castleriggmanor.co.uk) to start the conversation.

## World Youth Day // Lisbon 2023

We are delighted that we have now launched our package for the next World Youth Day. It's happening in Lisbon in August 2023 and the diocese are taking a group.

World Youth Day was the brainchild of the late Pope John Paul II – a man who did a huge amount for Young People in the Church. During a pastoral visit overseas in the early 1980s he noticed a group of young people who were really disengaged so he hit upon an idea. Why not create an international festival for young people? And why not turn up and preside himself? With that, World Youth Day was born.

Every year, there is a 'World Youth Sunday' celebrated around the world. In the UK, we call it National Youth Sunday. Every two or three years though, there is a huge international festival, drawing literally millions of Catholic teens and young adults from every corner of the globe.

The international events alternate between Europe and elsewhere. The last European one was in Krakow in 2016 and then the event went to Panama before being paused by you-know-what. The next one is next year in Lisbon Portugal!

Every World Youth Day has a theme, usually a short piece of scripture. For WYD 2023, Pope Francis has chosen a line from Luke's Gospel, "Mary arose and went with haste." (Lk 1:39). A lot of the events, reflections, and other parts of the festival will be based around this theme, chosen specially by Pope Francis.

World Youth Day is actually a week. Strange, perhaps, but it

works! The actual 'day' is the Sunday Mass which the Pope presides over, with a few million people usually present. The week before sees a string of festival events including entertainment, catechesis, and a whole host of cultural events.

The diocese of Lancaster is planning to take a group of just over 20 young adults. You will need to be 18 no later than August 1st 2023 to take part, and there will be a programme of preparation beforehand to bond us all together as a group.

Full details can be found on the Castlerigg website.

## LIT - Open Confirmation Retreat

One of the other initiatives we came up with during the pandemic was LIT, our new open confirmation retreat. We wrote last month about our successful new open retreat for Altar Servers, and LIT is the same sort of thing. It's for anyone in Year 6 or above, up to 16 years old, just as long as they are preparing for confirmation or have been confirmed recently. The weekend will help us to reflect on what it means to be confirmed; to be 'sealed with the gift of the Holy Spirit', and as with all of our open programmes, it's a chance to make friends and have some fun!

## What else is coming up?

Here are the highlights:

You can find all of these things on our website at

[www.castleriggmanor.co.uk](http://www.castleriggmanor.co.uk)

## Easter 2020

Our Easter Retreat is running from April 14-17th. It's a chance to journey through the Triduum with a nice group of people and to have some fun along the way. It's open to anyone in Year 10 or above, up to age 25, with separate streams for different age groups. £85 all in.

## World Youth Day 2023 - As above.

## ONLINE GROUPS

Before Covid, none of us had ever really used zoom, had we!? Now, it's very much here to stay! Obviously, we like doing things in person, but given the size of our diocese, sometimes the online stuff has its advantages. That being the case, we have two online groups and they're both free of charge. **OVERFLOW** is for Young Adults and **RISE** is for Years 7-9. They're both free and, like everything else here, you can sign up on our website.

## Northwest Children & Youth Work Thing

On May 7th there will be an ecumenical event in Penwortham aimed at people from around the Northwest who work with children and young people in Churches. It's being organised by the group of Northwest Ecumenical Youth Officers, and it's a day of great speakers, workshops, and resources. What's more, it's only £10!



Youth Matters





# The Castlerigg Team's Guide to Keswick

A few tips from the Castlerigg team on how to explore one of the jewels of the Lake District (and the Diocese):

**Wallacrag is a great walk** - We have done this walk on Castlerigg retreats for years now. It's a 2(ish) hour round trip and you get great views of Keswick and the Lake from the top.

**Check out Jan's for lunch** - Jan's sandwich shop is one of our favourite lunch places. What's more, it's fairly near to Castlerigg!

**The Puzzling Place is a good place to kill a few hours** - One of Keswick's more quirky attractions is especially good when it's raining - and it often is!

**Castlehead is probably the best short walk** - You can be at the top of Castlehead in just 20 minutes or so from the centre of Keswick. A short walk with a good pay off in terms of the view.

Walk down in to town afterwards for a coffee and a cake. Maybe at...

**Java** - Java is an independent Coffee shop in Keswick, and the team's favourite by a long way. Great coffee and cakes. You can also take away most times of the year too.

**You can swim in the Lake in the summer** - I mean... you can swim in the Lake all year round really, but you might not want to. In the summer though, if you go to the small bay just beyond Friar's Crag, there's plenty of shallow water if you're feeling adventurous (*this tip, of course, to be taken at your own risk and with adequate risk assessment and equipment etc*)

**You can hire row boats on the Lake** - This is available for most of the year and you can even visit most (*though not all*) of the islands on the Lake. Some of the larger ones are well worth exploring.



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Behind the Label

Image below –  
Angora Rabbit  
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# What's wrong with the Fashion Trade?



Chile's Atacama Desert  
Credit: Martin Bernetti/AFP



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**UK Laudato Si' Animators say the environment crisis demands urgent changes towards more sustainable lifestyles and fresh business models. Here, they spotlight the Fashion Trade as an example of an unsustainable industry in its present form.**

**A close look at the fashion trade gives us an overall view of human business practice in general. So, what is wrong with the fashion trade?**

**First of all is human exploitation.** "The fashion industry is at root an exploitative system based on the exploitation of a low-paid and undervalued workforce in producing countries" says Dominique Muller at 'Labour Behind the Label'.

From the 1970s onwards, globalisation shifted clothing production from western Europe and North America to the Global South. Garment workers, who were previously direct employees of the major brands, became distant actors in complex global supply chains, so that major fashion brands no longer faced a legal obligation to pay fair wages or offer employment benefits. This strategy of moving production to areas where human rights could be ignored enabled the fashion industry to generate 2.5 trillion dollars in global revenues in 2019, making it one of the largest industries in the world.

In fact, a coalition of more than 180 human rights groups says that many of the world's leading clothing brands continue to source cotton and yarn produced through a vast state-sponsored system of detention and forced labour involving up to 1.8 million Uighur and other Turkic and Muslim people in prison camps, factories, farms and internment camps in Xinjiang, North-Western China. 'Save Uighur' lists clothing brands linked to Uighur forced labour. 'Wisestep' looks at child labourers working within the global fashion supply chain and lists offending fashion companies.

**Then, there is the issue of animal cruelty.** Cashmere involves goats having their hair torn out. China and Mongolia produce 90 percent of the world's supply of Cashmere and goats suffered on farms visited by PETA (*People for Ethical Treatment of Animals*). PETA saw workers in farms in China rip geese's down feathers out while the birds were fully conscious, leaving open, bloody wounds.

80% of the world's down and feathers used for stuffing jackets etc. comes from China. Wool is considered a natural and benign substance, but domestic sheep are bred to produce unnaturally high quantities of wool, which they cannot shed. Sheep can be violently kicked, beaten and left with gaping wounds after being sheared. To harvest Angora, workers shave or rip lengths of fur from the skin of rabbits. It's extremely stressful for the rabbit, which can suffer cuts and nicks. This is done repeatedly throughout the life of the rabbit.

And there is an impact on the environment. Cotton is very water intensive and uses high levels of pesticides and toxic chemicals that

seep into earth and water supplies. It accounts for 16% of all insecticides used globally, according to 'Soil Ass'. Also, the washing, bleaching, tanning, dyeing, and treatment of leather requires hazardous chemicals which are very destructive to the environment, ecosystems, and human health. Fur factories pollute the air, soils, and water sources in the surrounding environment. The World Bank ranks the fur trade as one of world's worst industries for toxic-metal pollution, according to The Guardian.

Millions of pounds of faeces are produced annually by US mink farms alone, polluting nearby rivers and water sources. After an animal has been slaughtered, his or her skin is treated with acids, bleaches, and toxic dyes. Pesticides and insecticides are used on sheep to keep them free of parasites. Wool uses excessive amounts of water, and the wastewater contains residual toxic chemicals and is highly polluting.

Sheep release excessive amounts of methane gas into the atmosphere, with their manure also contributing to the increase in atmospheric greenhouse gases.

The clothing industry is the second most polluting industry in the world. Every year, the textile industry releases 1.2 billion tons of greenhouse gases - more than all marine shipping vessels and international flights combined - and consumes 98 million tons of oil. The waste in the fashion trade is incredible, such as the dumping of thousands of tonnes of unwanted clothing from all over the world in Chile's Atacama Desert.

It is shocking that some fashion businesses regularly burn millions of pounds of their stock, to maintain their brands' exclusivity. On 29 October 2019 an investigation by UK environmental group 'Hubbub' found that some 83% of Halloween costume materials were oil-based plastics likely to end up in a landfill. That equates to some 2,000 tons of plastic (*equivalent to roughly 83 million soda bottles*) used for one day's celebration.

Synthetic materials are an important issue. Acrylic, for example, is made from non-renewable petroleum and it is not biodegradable. Its production consumes excessive amounts of energy and uses chemicals which may lead to cancers through skin contact, ingestion, or inhalation. As it breaks down over hundreds of years, acrylic releases toxic chemicals and greenhouse gases into the environment.

**Are there alternatives?**

To change fashion into a sustainable trade, we have to change our old models of thought and action.

We need to buy less clothing, wash



clothing less frequently, not use a tumble dryer and repair when it is possible to do so. When we do buy, buy better clothes that last longer, shop at charity shops, hire clothes for the special occasion. Reuse, repair, refurbish, recycle, share, lease, and so on, so that the material is used as long as possible, and when it reaches the end of its life, the material should be kept within the economy by way of a closed-loop system, whereby the product is reused in some way instead of going to landfill. Some outlets are doing this already. Live as simply as possible.

There are many companies now selling ethical fashion, and many alternatives to unsustainable fabrics.

So read the label. If the material is vegan or organic, the label usually states this. You can check how ethical the material is on the Healable page: <https://healabel.com/fabrics-materials-textiles-guide>

Lobby your MP for an end to fashion's environmental destruction; for addresses, see: [www.writetothem.com](http://www.writetothem.com)

There are ethical, sustainable, vegan and organic alternatives to harmful fabrics. Check the label. Note that 'organic' also means no GMO seeds. The following fabrics are among the more sustainable choices:

Organic Hemp is fast-growing, doesn't

exhaust the soil, and doesn't require pesticides.

Organic Cotton uses 91% less water.

Organic Linen requires much less water than cotton, is good for soil health, is very durable and can be grown without fertilisers. It can be planted in areas where other crops cannot thrive. Linen is also biodegradable-as long as harsh chemicals are left out of the process.

Plant leather - There are many alternative leathers on the market. For instance, Pinatex from pineapple leaves. Its production is much more sustainable

than traditional leather, it requires less water and no harmful chemicals. The leftover leaf waste is recycled and used for fertiliser or biomass.

Vegan wool - Several types are available.

Reclaimed fabric - Unused, leftover fabrics from manufacturers which would otherwise be dumped.

Innovations - New, more sustainable materials are continually being developed. Here's a sample site, to show you how fast the alternative market is growing: [www.materialinnovation.org/current-innovator-profiles](http://www.materialinnovation.org/current-innovator-profiles)

*Laudato Si Animators*



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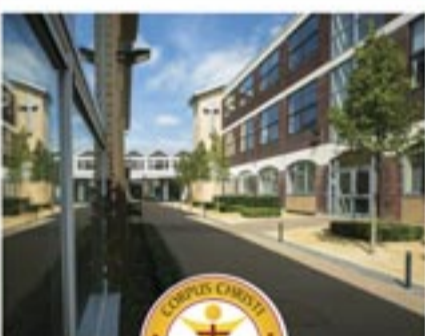
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# We spent the evening ringing church bells in Lytham St Annes



Susan Newton of LancsLive reports on a visit to St Joseph's Ansdell to learn more of the art of campanology. She got to have a go and also learned a little about the history of bellringing.

**If you're sitting there thinking that bell-ringing is nothing more than just pulling a rope, then you'd be very, very wrong.**

We were invited to join a session at St. Joseph's Roman Catholic Church in Ansdell, Lytham St. Annes to see first-hand what it's all about.

With the largest bell weighing the same amount as a small Mini and the constant reminder that you may be in a serious, fatal condition if you so much as pull on the rope, bell-ringing is certainly not for the faint-hearted.

Anyone can enjoy the activity, with the session being a lot more about the

social, friendly aspect of the activity as opposed to the exact practice of the bell-ringing itself. Some were there as part of the church, some passionate about the history and others take part as they were looking for something to do in their evenings.

The Thursday sessions take place as a practice for the Mass on Sundays as well as weddings, funerals and other services that may happen in between.

So, when we tried it out, we were pleasantly surprised by not only how hard it really is, but by how much fun it is too.

When you do get going, the main thing to remember is to allow the bell to pull you

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up and down and ensure you're keeping a semblance of rhythm with the other ringers.

So, dutifully following their lead, we watched the other ringers to know when to go up and down with the rope and follow a pattern in order to create a sound that reminded you of the ever-familiar church bells that transport you to a moment or a place in your life.

A beautiful sound and a lovely, community spirit is what bell-ringing is all about and we would recommend it to anyone who may be curious.

**A brief history and word from some of the members:**

Richard, the Tower Captain at St Joseph's said: "Our local ringers from Lytham and Ansdell come along and help out and it's a great community of people who are committed to bell-ringing."

"I've been ringing for over 20 years and it's a craft, it's an art form and it can take a lifetime to learn new methods - it depends if you want to learn really complicated stuff. It's not about strength, I think people out there think it's all about pulling a rope and it's high up there and it's hard work but it's not that, it's just about controlling the bell once it gets going and concentrating."

"It's good for concentrating and learning and for the mind, remembering what you actually have to do."

One of the regulars, Adrian, a former history teacher, has been enjoying bell-ringing for around 50 years, with his love of the history behind it the reason for his passion.

He said: "I just love the history of it all - English bell-ringing is almost uniquely English, in the 16th Century when the monasteries were closed in 1537 and 1539 they had to decide what to do with the bells."

"Up until then, throughout Europe, bells were simply rung usually on a beam or half a wheel and they just swung from side to side and you had no control."

"The art of bell-ringing dates back to around 400 AD, where early missionaries

used small handbells to call people to worship and were subsequently introduced to Christian churches.

"When the monasteries were closed, particularly the big ones, they put the bells on a wheel and this meant that instead of just swinging from side to side they could swing 360 degrees, which gave you a little bit of control over the bell so that you could ring in permutations of number. So, I suppose it was rather like a bell-ringing Brexit, England went in its own direction and that English-style spread across the Empire."

The Catholic Voice is grateful to LancsLive for allowing us to reproduce their article and for the photographs.



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 social and political fields  
 and in more radical  
 ways that determine the  
 shape of their lives.”

” Pope Francis



“  
 Don't be afraid to  
 make decisions.”

” Pope Francis

# Kindness is more than a Buzzword!

**S**tudents at Our Lady's Catholic High School in Preston and St Cecilia's High School in Longridge came together to show 'Kindness' in the community just before Christmas last year.

Over 300 cards, boxes of biscuits & chocolates were delivered to 12 care homes in Preston and Longridge, the students also supported the Salvation Army Food Bank in Preston and the A&E Dept Preston Royal Hospital.

The students are members of YCW/Impact youth groups and have adopted 'Kindness' as their project. They are supported by their families and staff at the schools.

In 2022 the 'kindness' extends to students becoming pen pals or buddies to the residents in the care homes as well as continuing to support the Salvation Army Food Bank and other local initiatives in the community.

Terry Mattinson, Youth Worker said "Youth Led projects give the opportunities for young people to be really involved in Catholic

Social Teaching in the community through practical engagement and showing kindness."

Our Lady's is now linking with St John of God Secondary School in Awka, Nigeria via Zoom and Year 9 students have had seven meetings so far. Fr. Mario knows the Head of the School in Nigeria, Fr. John, and he is joined by Molly, Tegan, Catriona, Lucy, Liza, Lucia, Poppy, and Cody with students from St John's. So far they have discussed:

- Climate Change
- Voice of Young People
- School Education in UK, and Nigeria

They have also had time to simply chat make friends and have a bit of fun.

The students are grateful to Fr. Mario, Terry Mattinson, Sr. Shienrose, Sarah the School Chaplain, Mrs Wing Head of Year 9 at Our Lady's, all the staff and Geoff for his techno work on Zoom and also to Fr. John and Moses in Nigeria.



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# Return of Face-to-Face Relationship Support Services



**M**arriage Care are delighted to announce a return to in-person face to face counselling and marriage preparation, and the launch of our Marriage Preparation Facilitator, Centre Coordinator and Trustee recruitment campaigns.

After nearly two years of running services via webcam alone, we are gearing up and looking forward to seeing and serving couples in-person again. We will be following Government COVID-19 guidance and encouraging all involved to adopt the recommended COVID safe behaviours, where appropriate.

The decision comes after months of consultation with our volunteers who work 'on the ground'.

Pat Chamberlain – a marriage preparation facilitator from our Preston Centre – shares her enthusiasm at the prospect of being able to run face-to-face courses again: *"It's two years ago since I delivered a marriage preparation course in our diocese. It was always exciting preparing for the day; looking forward to meeting the couples and learning so much about them as they shared their experiences with the group. Nobody was pushed to say more than they wanted to. Every couple was different and often by the end of the day there was a feeling of real closeness within the group. So, although there has been a gap of two years there has been a huge amount of work going on to present the course online. But more heart-warming for me is the prospect of working with couples again. I gain so much for myself out of the course as we look at many different aspects of what makes or can break a potentially rich, rewarding, and lifelong commitment. For anyone who has experienced the ups and downs of marriage or other close relationship and feels they have something to offer new couples starting out, this is a structured and thought-provoking project*

## Volunteer with Marriage Care

Marriage Care are recruiting **Trustees, Centre Coordinators** and **Marriage Preparation Facilitators** across the country to help us provide vital relationship support services to the Catholic community and beyond. Catholic Marriage Care are the largest faith-based relationship support specialists in the UK. Operating through 50 centre-teams across England, Wales and Gibraltar we provide marriage preparation and relationship counselling. Join one of our friendly, local teams and help us make a real difference to couples, family and society!



Contact us:

[volunteers@marriagecare.org.uk](mailto:volunteers@marriagecare.org.uk)

[www.marriagecare.org.uk/get-involved](http://www.marriagecare.org.uk/get-involved)

*to be involved in. I would encourage anyone who feels the 'tug' towards being a facilitator to go ahead."*

The return to in-person delivery will not be the end of Marriage Care's webcam services, however. Online courses have proven popular with couples and going forwards we will operate a hybrid model with both in-person and webcam options available.

However, whilst there have been many blessings over the past two years, the pandemic has sadly taken its toll on Marriage Care's volunteer community with many members having to step down from volunteering. This together with the recent surge in demand for marriage preparation and the ever-increasing demand for relationship counselling since the start of the pandemic has meant the organisation is in urgent need of volunteers.

As a result, Marriage Care is launching a national campaign looking for new Marriage Preparation Facilitators, Centre Coordinators and Trustees. Marriage Preparation Facilitators present and facilitate the ever popular "Preparing Together" courses for engaged couples and full training and support is provided. Centre Coordinators lead and support local Marriage Care centre-teams of relationship counsellors, facilitators, and admin volunteers and Trustees are involved in the formal governance of the charity.

If you would like to find out more about these roles and how you could be a part of the vital work that Marriage Care do in supporting couples and families you can visit Marriage Care's website at: [www.marriagecare.org.uk](http://www.marriagecare.org.uk) or email: [volunteer@marriagecare.org.uk](mailto:volunteer@marriagecare.org.uk)





The EverGreen container ship and (left) - Port chaplain Doug Duncan

*“To many seafarers, faith is essential”*

## Seafarers go the extra mile for our supplies

**When the Evergreen container ship got stuck in the Suez Canal last year, it was carrying 18,300 containers, but it only had a crew of twenty-five on board. While ships like this mean that goods can be delivered more quickly and cheaply than ever before, for seafarers there is less time for rest, more stress, and often a sense of isolation.**

Stella Maris port chaplains, such as Wojciech Holub, who covers Tilbury and London Gateway in Essex, see at first hand the effects of the modernisation of shipping. Nowadays, modern ports are very far from town and cities, where at one time seafarers could spend time ashore.

*“I know that many seafarers who have a few hours rest can't be bothered leaving the seafarers welfare centre at the London Gateway terminal, as it involves going through tight security checks which take about an hour to get out and the same time to get back in. So, they decide to remain on board.”*

Huge container ships like the Evergreen carry everything from computers and clothes to parts for cars and food. We might be more familiar with airports than ports, but around 90% of goods imported to the UK arrive by ship. The seafarers on board are likely to be from the Philippines, India, or Eastern Europe.

Quick turnarounds, explains Wojciech, mean ships visiting more ports, more moorings and lashings (securing cargoes), and more paperwork. Seafarers have little time to relax. *“What matters most is the maximum cargo to be shifted around the globe making maximum profit for the owners. Seafarers' welfare is yet to catch up,”* he says.

There is a growing awareness in the maritime industry of the mental health of seafarers. Being away from their families for up to nine months, having little shore leave, and sometimes dealing with bullying or racism on board can place an enormous strain on some seafarers, who do what is, arguably, one of the toughest jobs in the world.

Wojciech has helped to repatriate some seafarers who felt unable to cope anymore with the situation on board.

*“Often too much and prolonged pressure on board leads seafarers to suffer silently and complete their contract because they don't want to return home with the stigma of being mentally weak.”*

Seafarers rely on the internet to keep in touch with their families back home. However, not all vessels have an internet connection and with those that do, access to the crew is sometimes restricted.

Yet even when seafarers have access to the internet they can still feel isolated when issues come up at home, says Rev Doug Duncan, Stella Maris port chaplain in Aberdeen. *“I had a recent example of a Russian captain whose house was flooded, and his wife had to deal with it. He was being bombarded with photos of the devastation and was unable to help. He was trying to arrange with his company a replacement to allow him to return. He felt helpless being stuck in Scotland while this was happening back home.”*

Stella Maris port chaplains and volunteer ship visitors are a lifeline to seafarers when they arrive in a port. Amongst other things, they provide sim cards, mobile WiFi units, woolly hats, and transport to local shops or medical centres.

Anne McLaren, Stella Maris port chaplain in Hull, explained that seafarers' centres play an important role:

*“The Hull Seafarers' Centre can provide a quiet space for seafarers to unwind and to create a 'home from home' where they can relax away from the noise and bustle of their vessel as being onboard the same for many months at a time can be stressful. As the centre provides free WiFi they can contact their families back home which is especially important for them to maintain that contact and they can speak to a chaplain or volunteer if they wish.”*

When social restrictions were in place during the Covid pandemic, Stella Maris chaplains could only communicate with seafarers from the gangway or through social media. Doug says he found this frustrating. *“There is no better way than sitting and listening to seafarers tell you about their lives. Some seafarers portray a happy disposition, but it is only when you sit and chat with them, away from the mess room, that they will open up.”*

A high percentage of seafarers are Catholic, and one of the tasks of port chaplains is to help them feel part of the Church, especially at times such as in Lent and at Easter. Last year, Doug arranged for seafarers to go to confession. *“Some seafarers had requested confession before Easter and contacted me to see if this could be arranged. Their vessel on arriving in Aberdeen was required to go back out to another location in the North Sea within two days. I contacted the local priest, Fr Gábor at St Peter's Church, who was delighted to help. And so, my Stella Maris car was turned into a mobile confessional box. Wearing full Covid PPE, seafarers went into the rear of the vehicle with the priest sat in the front.”*

To many seafarers, faith is essential, said Doug. *“Knowing and believing someone is by their side in all situations gives them some comfort. I hear stories of seafarers who have had to face violent storms at sea. Even some of the seafarers who are not religious have thanked God for getting them through them.”*

Anne, and her work supporting seafarers, is featured in Stella Maris' Lent Appeal. *Greg Watts, Stella Maris*

If readers would like to donate to support the work of Stella Maris, they can do so via this link

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# Catholic Folk Legends autobiography sells out after topping Amazon Charts



The autobiography Catholic folk legend Vin Garbutt wrote in his final years has been reprinted three times after reaching the number one slot on Amazon.

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**F**olk legend Vin, who was 69, passed away on June 6 2017 after undergoing heart surgery at James Cook University Hospital in Middlesbrough. More than 800 mourners packed St Mary's Cathedral in Middlesbrough for his funeral Mass.

He had begun working on All The Very Best! with the help of journalist Michael McGeary in 2014 and the first draft was completed a few days before Vin died.

Just under 1,000 hardback copies were pre-ordered by folk fans as far away as Australia and Canada and have been shipped across the world from Loftus, North Yorkshire, by Vin's wife, Pat.

A second hardback print run is now on sale, along with the third batch of paperbacks. The book has a five-star Amazon rating and topped the online retailer's Biographies of Folk Musicians chart.

Born in South Bank, Middlesbrough, on November 20 1947, Vin became known as the funniest man on the worldwide folk scene.

But while his patter was hilarious, his songs were often deadly serious, tackling issues from unemployment in the North-East to oppression and injustice wherever he saw it in the world.

He recorded 12 studio albums and three live albums and was the subject of a full-length feature film, Teesside Troubadour.

He was the first British folk artist to tour Australia and he played to packed out venues across the globe, attending Mass each Sunday wherever he found himself.

In 2001 he was named Best Live Act at the 2001 BBC Folk Awards and received an honorary degree from Teesside University.

But he was equally proud of the Bene Merenti medal he was awarded for his work for Life, for which he performed an annual fundraiser. Vin was also shunned by elements of the mainstream folk world because of his outspoken views on the issue of abortion, but he refused to be silenced, even at considerable cost to his career.

In the book, Vin says: *"I'm a Catholic and happy that way. My religion means a lot to me and I have confirmed my membership of the Church in adulthood. I love the painting The Light of the World. Victorian artist William Holman Hunt depicts Christ standing outside a closed door, holding a lantern."*

*"To me, the message is that you have to welcome Jesus into your life – he won't force his way in. The more I open that door, the more I find out what it's all about."*

In 1983, Vin recorded an album of pro-life songs, Little Innocents, and donated the proceeds to the charity Life. He continued to write and sing pro-life songs throughout his career, even though some folk clubs and festivals refused to book him.

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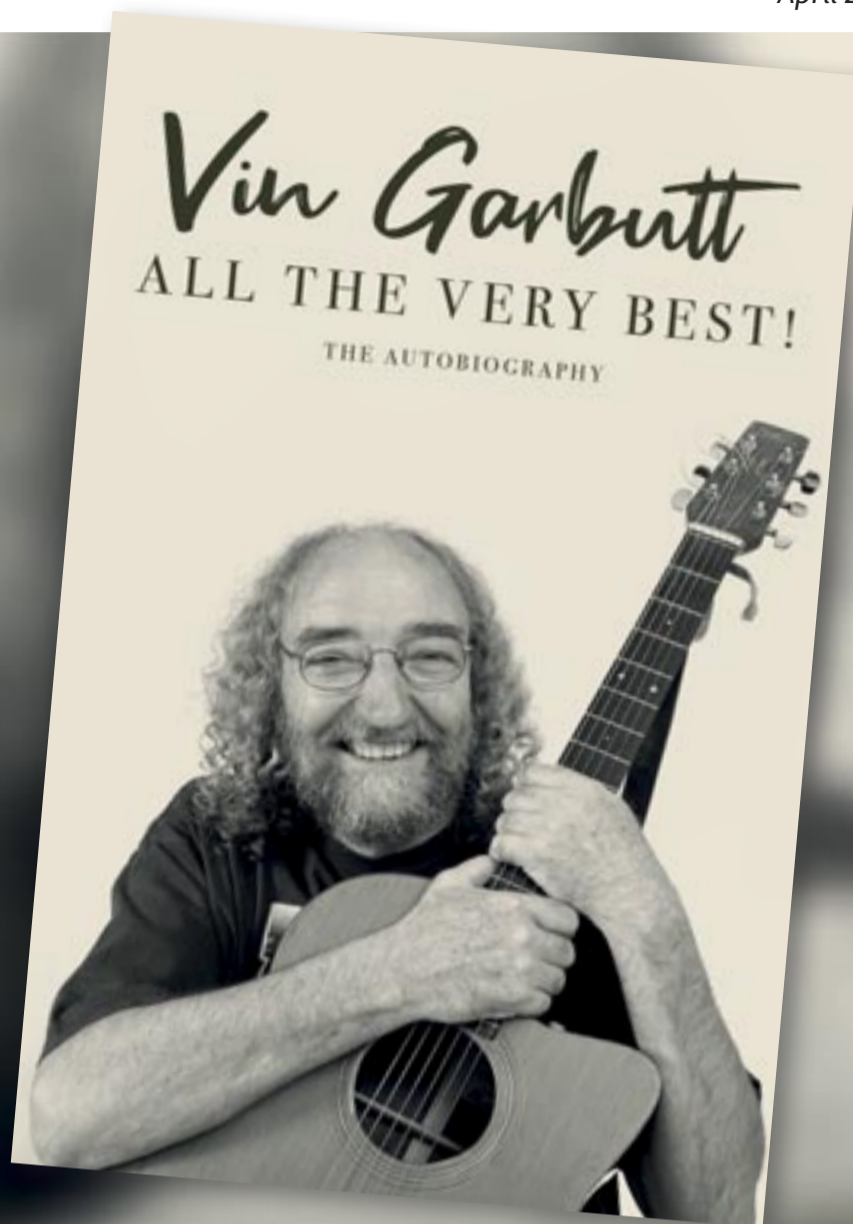
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**To me, the message is that you have to welcome Jesus into your life – he won't force his way in. The more I open that door, the more I find out what it's all about.**

”



Vin's son Louis, who has managed the project together with his mam, Pat, said: "It's been lovely to hear the positive comments from fans, many saying it's like listening to Dad talking to them through the pages of the book."

"The book truly captures Dad's spirit and his outlook on life and we're really proud of the way it's turned out."

All The Very Best! includes many previously unseen photos from Vin's life and contributions from some of Vin's friends and admirers from the folk world, including Tom Paxton, Loudon Wainwright III, Eric Bogle, Christy Moore, Mike Harding, Barbara Dixon and Jasper Carrott, as well as from fans and the people who knew Vin best.

The book is available in hardback, paperback and ebook editions from [vingarbutt.com](http://vingarbutt.com)

Here's what others have to say about the autobiography:

*Just like the legendary Vin-in-concert experience, his autobiography is by turns uproariously hilarious, immensely touching, gentle and compassionate, sincerely outspoken on occasion, tremendously courageous and, above all, invariably life-affirming.*  
Living Tradition

*It is impossible to encapsulate all the insights into the "Teesside Troubadour"*

*that the book has to offer, so if you have yet to buy I encourage you to do so. It is a book I will return to for sure, alongside his albums and videos to remind me of someone so very special.*  
Folk London

What other Musicians say about Vin Garbutt:

*'One of the authentic voices of the English folk revival. He was simply brilliant.'*  
Christy Moore

*'Pound for pound, one man and a guitar, I would rate Vin Garbutt right up there with the late, great Steve Goodman. And Goodman couldn't play the penny whistle.'*  
Loudon Wainwright III

*'Vin wrote powerful, moving and passionate songs, sang with passion, honesty, and conviction. He was also one of the funniest people you could meet.'*  
Eric Bogle

*'The Irish have a phrase, "We'll never see his like again." It could have been coined for Vin.'*  
Mike Harding

*'Vin was a troubadour of exceptional quality.'*  
Jasper Carrott

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**O**n the Feast of Our Lady of Lourdes in February it was the turn of the parish of St. Mary Newhouse, to host the monthly Rosary Service, which also visits neighbouring parishes and the Carmelite Monastery.

People came from all the cluster parishes, led by Fr. Ernest and Fr. Mario. The senior children from St. Mary's and St. Andrew's school (all equipped with rosary beads) contributed to a full church and enthusiastic singing.

Naturally, there was a Lourdes flavour to the service, and not only in the choice of hymns. Each month there is a different preacher, and this time, marking Our Lady of Lourdes' patronage of our diocese, we had the company of Bishop Paul. Pat and Jim Loughran led the rosary, and then the Bishop spoke.

He treated it as a friendly relaxed chat with the children, but the grown-ups also felt thoroughly engaged. He focused on the shrine of Lourdes, and especially on God's calling of Bernadette. The Bishop spoke about her, and did not shy away from the acute difficulties she experienced.

Afterwards the parish provided refreshments, and it was an opportunity for many people to greet Bishop Paul. A happy occasion of faith. *Canon Bob Horn*



## Rosary Service



# Easter Mass Times

### Our Lady Star of the Sea, St Anne's on the Sea

**Holy Saturday**  
8.00pm Easter Vigil

**Easter Sunday**  
9.30am (Family Mass);  
11.00am Mass

### Cumbria St Francis of Assisi, Our Lady & St James, Millom and Sacred Heart, Coniston

**APRIL 16, EASTER SATURDAY**  
Easter Vigil 6.00pm at Coniston and  
8.30pm at Millom— Holy water will be  
blessed and there will be the Renewal  
of Baptismal Promises.

**APRIL 17, EASTER SUNDAY**  
Easter Sunday morning 10.30am –  
Easter Sunday Mass with Renewal of  
Baptismal Promises.

### Preston The Parish of St. John XXIII St. Joseph's Presbytery, Caroline Street,

All in St Joseph's Church

**GOOD FRIDAY**  
10am: Stations of the Cross  
3pm: The Celebration  
of the Lord's Passion

**HOLY SATURDAY**  
3pm Blessing of Easter Baskets  
8pm The Easter Vigil

**EASTER SUNDAY**  
11.15am Easter Sunday solemnity

### Ansdell, St Joseph's Woodlands Road FY8 4EP

**Maundy Thursday**  
7pm Mass of the Lords Supper  
Followed by watching until 10pm

**Good Friday**  
9am Ecumenical outdoor service  
St Paul's Shop, Woodlands Rd.  
11am Stations of the Cross  
3pm Solemn Commemoration of  
the Lords Passion

**Holy Saturday**  
8pm Easter Vigil and Mass

**Easter Sunday**  
Masses at 10am and 5:05pm



For the Promotion of the Traditional Roman Rite

#### Mass Listings – April 2022

**St. Margaret Mary, Scalegate Road, Carlisle**  
Saturdays at 10.00 am

**Saturday 2nd April, 10.00 am**  
Sung Mass for Holy Souls

**Shrine Church of St Walburge, Preston**  
Mondays – Fridays: 8.30 am, Low Mass  
Saturdays: 8.30 am, Low Mass  
Sundays: 10.30 am, Sung Mass

**Sunday 10th April – Palm Sunday**  
Blessing of palms & procession: 10.30 am

**Saturday 16th April – Holy Saturday**  
Easter Vigil at 5.30 pm

**Shrine of the English Martyrs, Preston**  
Mondays – Saturdays: 12 noon, Low Mass  
Sundays: 9.00 am, Low Mass

**Thursday 14th April – Maundy Thursday**  
Solemn High Mass at 6.00 pm.  
Procession & stripping of the altar  
followed by adoration at altar of repose until Midnight

**Friday 15th April – Good Friday**  
Solemn Liturgy at 3.00 pm

**Monday 25th April – St George (transferred)**  
High Mass at 6.00 pm  
(Please check the website for any variations:  
<https://lcksp.org.uk/preston/>)

**Our Lady & St Michael, Banklands, Workington**  
Second Fridays at 7.00 pm  
(Please always check with Canon Watson before  
travelling: 01900 602114)

**St Mary's, Main Street, Hornby**  
Saturdays at 11.00 am  
(Please check with Fr Docherty before  
travelling: 015242 21246)

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*Wishing all our readers a Holy and  
Happy Easter from all at CathCom and  
the Diocese of Lancaster*