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Magazine Team

Margaret Rank

Ann Wiseman

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Susan van Ling

whose views are not necessarily the same as those expressed in the magazine.

Mponda (St Mary's) Church Roofing Project

Background Mponda Church is my home village church and it is one of the 13 outstations of Utatu Utuwa Parish (Holy Trinity Parish) in Mzuzu Diocese. The church is 15 Km away from the central administration of the parish. The 13 outstations are organised in five pastoral zones and Mponda is one of the zones with a further six substations which are the very local praying centres for weekly Sunday gatherings. Both the outstation and substation churches are administered by the lay faithful who conduct weekly Sunday services as priests can only afford one Mass in a month in the 13 outstations. For example, when a priest comes to Mponda for a Sunday Mass, all the faithful from the six substations gather at Mponda for the sacraments and catechising, and the priest reaches out from there to the housebound in the various villages. In other words, Mponda acts like a sub parish of Utatu Utuwa.

Migrants to South Africa Due to lack of educational facilities, not only in Mponda but in the rest of the country, most young people drop out of school after completing primary education. In order to take care of their families, young men and women migrate to South Africa for piece work jobs in home gardening and house-keeping, for which they earn a meagre wage which they save in support of their families back home. It is this class of young Catholics originally from Mponda who initiated an ambitious construction of a home church to enhance the faith community in their local area. For them, taking a home leave from South Africa means coming to join the faith community at Mponda. Little did they know that the church construction initiative would benefit a much wider range of people than their faith community.

As it stands, the project will not only take care of the pastoral needs of Mponda as a Catholic Church but also serve as a multipurpose building for other development programmes in the locality. For example, during the week this very same structure could also become space for a mobile clinic from the Government hospital which is 16Km away. The govern-

ment provides monthly mobile clinics to rural localities that have appropriate building structures. Mponda, up to now, has had no facility which would allow them to apply to the Ministry of Health for one.

The last time Mponda had a mobile clinic was in the late 1980s. It was provided by the Canadian Missionary Sisters of the Immaculate Conception, who unfortunately had to cancel the clinic when their congregation no longer had sisters to staff the facility. Mponda has suffered greatly without a mobile health clinic. However, this new building places Mponda in a much better position to confidently apply to the Ministry of Health for one. A Mother and Child Clinic will enable children's health to be properly monitored and sick people in the area will access medication far more easily than having to walk 16 Km to fetch an aspirin for a headache from the District Health Facility.

This new building will also be handy for the local school during the week as primary schools in Malawi do not have school hall facilities as this is deemed a big luxury. The structure could also be used as space to cover the shortage of classroom space which is a common feature in rural schools.

Mponda's young Catholics in South Africa do not only finance the building, but they have also mobilised the communities around Mponda to bake and burn bricks for the construction of this multipurpose building while they committed themselves to make monthly cash contributions to buy construction materials. For four years there has been an incredible collaboration between the people living locally around Mponda and the young people in South Africa.

Their joint effort enabled them to build a giant structure which reached roofing level at the end of 2020. At this stage the structure needed K10,000,000 (approximately £9,700) to put a roof on it. Unfortunately, Mponda church account held only K4,000,000 (approximately £3,700). It could have taken them two years to raise K10,000,000, and with the coming of the rainy season at the end of 2020 it was not only

urgent but vital to raise the funds necessary to put a roof on the building before the five month rainy season could destroy four years of hard graft. It was at that critical stage that St Joseph's Finance Committee decided to rescue the project with a grant to help with the roofing. This assistance also served as a booster to the young migrant workers whose hope had been threatened by the danger of losing all they had invested in being washed away by heavy rains. But the St Joseph's donation brought their final goal into sharp focus as it enabled an immediate roofing exercise.

Below are pictures of the structure as roofing work began.





Unintended Benefits With the roof on the building, unintended benefits surfaced immediately. As soon as this impressive structure was roofed it attracted one Mobile Network provider to construct their mast next to the church. For them, this structure was an indicator of a place where their structure would be protected from vandalism. You can see the mast in the background of the last photo towering higher than the roof. This mast now provides network coverage not only to Mponda area but to the whole Western District of Mzimba extending to bordering regions with neighbouring Zambia. The District Radio station has capitalised on the mast to boost radio signal in the same wider area. With this the otherwise rural area can access information through radio programmes. These two first benefits are a blessing even to non-Catholics in a much wider area than Mponda. I can already see that other network and radio services will be drawn to plant their boosters in the area. Next will be the needed Rural Electrification programme to be drawn to the area.

Conclusion Ever since the church was roofed, the young people in South Africa have continuously made monthly sacrifices to take on the

internal works. Wiring for solar lighting has been done. All walls have been plastered and a concrete base has been put in place for the floor, steel window frames and doors have been fitted. Before the final touches to the floor there is now debate on designing and positioning of the sanctuary. All along there is no predesigned plan. Each stage calls for a wider WhatsApp group discussion as to what next and how.

These young people's determination is not only my source of pride, but it has been recognised by the diocese of Mzuzu as well. At the end of it all should anyone know of a church or any institution in possession of a church bell lying unused who are willing to donate, it would crown up the project.

All to God's Glory!

Fr Naz

Malvern Hills Food Bank

When Malvern Hills Food Bank was started in 2013, our goal was that within a year a Food Bank would no longer be needed in Malvern. Sadly there is an ongoing and growing need for our help.

There has been a huge increase in food parcels from 2019 to 2022. In the year ending 31/3/19, we helped 400 individual clients representing 580 adults and 330 children. In the year ending 31/3/22 we helped 750 clients representing 1120 adults and 780 children.

People can't just drop in for a parcel. Their request comes through one of our many referral agencies. The agencies understand that some people's needs are great and that they require more than one parcel.

Fortunately and amazingly donations have more or less increased in line with demand. Before Covid about 25% of our donations were recorded as coming from churches. Now that figure has dropped to about 7.5 percent.

However, this does not mean that parishioners are not donating, but are doing as we asked during the height of the pandemic and donating via supermarkets and other collection points. Some people even set up deliveries to arrive directly at the Food Bank, whilst others set up standing orders, which helped us to buy essential items, of which we were short.

The recent rise in the cost of living for everyone, and requests for money and items for Ukraine, has seen a fall off in our donations, which is very understandable. We are sure that everyone donates what they can.

Covid and social distancing meant that from Spring Lane we used a delivery system. This was first offered by British gas, but when they were recalled to work, Community Action came on board to help us.

During the height of Covid, volunteers over 70 years old were not allowed to work. Food Bank was kept afloat by a small number of volunteers who worked tirelessly week in and week out, supported by the trustees who met via zoom every week, making important decisions in order to keep things running as smoothly as possible. We were lucky enough to get some new faces joining us at the start of the pandemic, but when they returned to work it became obvious that we needed to increase our volunteer numbers. After a very successful recruitment campaign in the autumn, twenty four new volunteers joined us in the new year.

Earlier this year there were two exciting developments at the Food Bank. We gained a significant grant from Trussell Trust to work with a partner on resolving the underlying causes for people needing our help. Citizens Advice are keen to work with us and systems are being put in place.

At the same time Unit 3 in Spring Court became available. It is smaller than Unit 4, where we now are, and it was in a filthy state when we took it on in February. We were pointed towards a builder who has proved a great supporter and excellent professional. Half the unit has now been prepared as a comfortable seating area for clients with a room for

confidential conversations. The other half has been arranged for making up food parcels. Soon clients will once again be able to visit us and we will supply them with fresh items from our fridges and freezers.

On behalf of everyone involved with MHFB, I would like to thank you all for your generous and continued support.

Mary Williams

Community Pantry

Presently there are two churches in Malvern, the Ascension Church and St Mary's Church, who offer a Community Pantry where food destined for landfill is offered for community use.

This is of course an extra arm to the Foodbank as there is no referral needed and very useful for an emergency situation. Just patience and consideration whilst queuing.

However we should all be aware that this is available for all of us who care about the planet., keeping in mind the needs of families in need, of course.

In addition to this the United Church on Worcester Road opens its hall twice a month for anyone who might like to have a community meal and then they pay only by donation. The food is delicious, vegan and totally made from food that would normally go to landfill. My plate consisted of braised chicory, spiced parsnips and dahl. It was a taste sensation. We met friends new and old and there was a colouring-in table for my four year old grandchild.

All of these wonderful volunteers are enabling others in these uncertain times.

Susan van Ling

Maggs Day Centre in Malvern

Cast your minds back to Christmas 2018 and the shocking news that the body of a young man had been found dead in the doorway of Bray's department store. He was sleeping rough and his name was Joby Sparrey. It was the second death of a homeless person in Malvern. In response to the tragedy 'Malvern Cares' proposed the idea of a day centre in the town, which would support homeless and vulnerable people in the area in the same way as Maggs Day Centre in Worcester. Malvern Cares is a group made up of local charities, churches, residents and councillors.

Prior to this Malvern councillors had voted unanimously in favour of adopting a new strategy for helping the homeless in Malvern as part of the Worcestershire Strategy Direction for Tackling Homelessness 2019-2021. This was in response to the rising number of homeless and rough sleepers not only across the country, but here in Malvern. At the time Malvern Hills District Council Housing team were dealing with seventy two cases of individuals and families who were either homeless, or at risk of becoming so and more than 100 people used the local foodbank. There is a strategy in place for severe weather emergencies known as the Rough Sleeper Protocol whereby anyone can contact the Council on 01386 565020 if they have nowhere to sleep, or know of anyone sleeping rough in bad weather.

The Salvation Army already run an emergency night shelter in Worcester and now house Maggs Day Centre in Malvern in their hall on Newtown Road after £25,000 was raised to fund the project for a twelve-month trial. Volunteers and trained staff are available to provide advice, mental and physical health services, as well as life skills sessions. Shower and laundry facilities and simple meals are also available.

Angela Park

This article was written just before the pandemic but still holds true. The twelve-month trial period was a success and the service is continuing in Malvern.

Maggs is a charity which has been operating since 1988, and every year helps around 450 people, providing food, warm clothing and a range of other support services. The aim is not to sustain homeless people in their current lifestyle, but to enable them to move off the streets into settled accommodation.

Demand for their services continues to grow following the fallout from the pandemic and lockdown. Maggs relies entirely on donations to provide its services. They are always in need of support from the wider community, in the form of financial support, donations to their clothing bank, or volunteers to help them in their work with homeless people.

You can read more about their work at www.maggsdaycentre.co.uk/

Postscript from Maggs

As well as helping the homeless in the county, Maggs Day Centre is also doing its bit for Ukraine. Staff and volunteers have organised a collection of money to help people there. Not only the staff and volunteers gave money, but many of the homeless people who Maggs supports have also given money to help people in Ukraine.

Isn't that amazing?

These are people who don't have a home, most of them don't have anything more than the clothes that they stand up in, they have hardly any money at all, and yet they are willing to give from the very little that they have to help people in Ukraine.

Many of these homeless people suffer from mental illness, substance abuse addictions, and some are ex-offenders as well. They are often condemned in the media as being druggies and alkies.

But they are putting the needs of the people in Ukraine above themselves.

Working at St Joseph's

My name is Edyta Mills and my family and I have been parishioners at St Joseph's since May 2013. Some of you may also know that I was the parish administrator between 2017 and 2019 here at our church. Initially I was going to write about my role as an administrator but when I thought about this I realised that the role is not really about administrative tasks (though there are plenty of those!).... The role is all about people. So I want to write about my time of working here at St. Joseph's as I experienced it.

When I started this job our parish was going through a time of transition (Fr Pat retired and the secretary took on a full time role at our school, St Joseph's school). I was excited and nervous all at once. I was desperate to get to know our community but when I started the parish office felt a bit empty. Thankfully, not for long!

As I was new to the role I had to rely on quite a few people to teach me things and 'show me the way'. Although I had quite a bit of administrative experience from my various past jobs, I did not know what was involved in the running of the parish office of a Roman Catholic Church! I often had to call and email people with various questions. People were so generous to me and I always received help and support. Besides writing and printing the weekly bulletin there are many tasks to complete each week (writing and replying to emails, room bookings, mass intentions, sacramental programmes, PAC, meeting and greeting people, GDPR project, second collections, ordering supplies and stationery, photocopying booklets, organizing various events within the parish, etc, etc, the list can go on!)

I was then joined by Anne in September 2018 and it was a relief as by then the parish was getting rather busy and we hadn't had a priest for a while yet and I was delighted to have someone to work with. Anne and I got on so well and made a great office team. Our talents and skills complemented one another and we were able to address serious

matters, administrative matters and much more as well as have fun together. We also realised that this role is a really good shared role because the parish does need someone when one person is away. In some ways it was like an 'ordinary' office job but in many ways it was not. We all have a shared love for Christ and that is what made this 'job' so different. I was able to pray with people, have some quiet time when needed and, most of all, share a place of friendship and Christian unity and love. Before I worked at St Joseph's I really did not know how many people give up their time to do so many things for the church. People would just appear and do tasks and jobs without wanting or expecting anything in return. I was so blessed by this time and time again.

Then in early January 2019 we heard the wonderful news about a new priest joining us. I have to say I was overjoyed when Fr Naz finally arrived. Working alongside Fr Naz was a wonderful experience for me. Fr Naz embraces people with his humility, love and attention. He is such a welcoming person and I have enjoyed every cup of tea we've shared and every conversation we've had. I feel very blessed to have Fr Naz as my priest and I guess I could say he was my boss, but he was unlike any boss I've ever had! Therefore Fr Naz will always be Fr Naz to me and I pray and thank God for blessing our parish with such a wonderful priest.

All parishioners I've worked closely with mean a lot to me. Whatever the reason, big or small, sometimes it was just a conversation, and whether they needed my help or I needed theirs is of no importance here because I treasure all my experiences and I am grateful. I cannot name these people here (not least because of GDPR which has been a very time-consuming part of the role, with every valid reason behind it) but I would like to thank each and every one of you. My hope is that if you are reading this then you will know that you have touched my life through our interactions.

Although my time within the role of an administrator has come to an end (due to my other private work in my counselling practice as well as my family needing more time and attention from me), I am so happy that I can continue to be part of the community which I know more deeply now. People in our parish want to help and want to be a community of shared values, friendship and service to one another.

When I wrote an article introducing myself (Summer 2018 edition) I used a quote which is the meaning of Church for me. As I now have a closer and fuller experience of this quote here at St Joseph's it feels right to end with the very same words:

“Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which he looks with compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world. Yours are the hands, yours are the feet, yours are the eyes, you are his body. Christ has no body now on earth but yours.” ~ Teresa of Ávila

With deep gratitude and blessings to everyone in our parish,

Edyta Mills

Edyta wrote this article before the pandemic. Shortly before she left the parish office Sam Craig started to work there and she and Anne Lewis take a very large part of the credit for seeing the parish through all the traumas, oddities and unprecedented demands the pandemic brought with it. We hope that in a future edition one or both of them will write about what that was like from their perspective. Now of course Sam too has stepped down from her role as she needs to spend more time with her family. The parish owes her, and Anne and Edyta and their predecessors, a debt of gratitude for all they quietly do for us behind the scenes.

And if you'd like to join them, the parish is looking for a volunteer to help in the office, particularly on the accounts side. Contact the office or Fr Naz if you can help.

On Having My Hair Cut

By now I am a great-grandad, but I still remember the morning I had my hair cut in Barnards Green by a man old enough to have been my great-grandad. Perhaps I had better explain that at 16 I was living away from home for the first time, having come to Malvern as one of a group of post-war apprentice scientists. This was a couple of years before it became normal for young folk to leave home to go to university. Anyway, I was interested in finding out more about this place I had moved to, and hairdressers, it seems, are renowned for chattering to their customers as they work.

It turned out this guy had hardly been out of Barnards Green during his whole life, but what he could do - and did, leaving me spell-bound - was to tell me about how it had changed from his childhood. In the 1880s the trains had not long arrived, but there were no cars and lorries. Other transport was by horse and cart, bicycle or "Shank's Pony" [foot!] and the roads were unsurfaced, so that when cars did arrive around 1900 their passing kicked up clouds of dust. There was no electricity; just before electric lights became available around 1910, Malvern Urban District Council had been talked into a fifty years' maintenance contract for its gas lights, explaining why one can still see them dotted around Malvern. By then the Pound Bank council estate had been built, but if one looks one can see the old houses at the top of it and around Duke's Way in Poolbrook, where even we remember there being a dairy from which daily deliveries were made. Each area had its primary schools like St Joseph's where my wife went, then with just two classrooms. The wealthier parts of Malvern were full of private schools (now mainly redeveloped), while some older children went by train to grammar schools in Worcester.

With my hair cut, I remember walking down Guarlford Road in glorious autumn sunshine, marvelling at the greenery of it compared with the smoky Manchester I had escaped from, and in particular what was there then - something I had never seen before - an orchard rosy with ripe apples. Back home my early memories had been of dive bombers and a couple of burnt

out Rolls-Royces on a local bomb-site. I used to walk to Stockport up the path by the abandoned Bailey's clay pit, where we used to go fishing for tiddlers, and along the then open sewer of the River Mersey in which no fish could live. What a contrast to the wonders of the River Severn.

When I was only a grandad, I remember visiting an aged aunt, not long before she went to her rest, and having a similar experience of an aged person reliving their youth. This time it was in turn-of-the century Manchester slums, with stories of horror rather than delight. The point is that I found it fascinating. These scenes extended my life back to events never again to be experienced, not unlike exploring our own world to see "how the other half lives". My point in saying this is to encourage young - or not so young - folk to learn from their old people's memories while they have the chance.

What happened after my haircut, then? ...

Dave Taylor

A little boy opened the big family bible. He was fascinated as he fingered through the old pages. Suddenly something fell out of the bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed between the pages.

'Mama, look what I found!' the boy called out.

'What have you got there, dear?'

With astonishment he answered, 'I think it's Adam's underwear!'



*From the newsletter of St Paschal Baylon parish, Wavell Heights, Australia.
Contributed many moons ago by Dave, and recently resurfaced from the depths
of the editor's magazine files.*

Oberammergau 2022

The inhabitants of Oberammergau, a small community in Bavaria, southern Germany, are today, keeping alive a solemn vow first sworn in 1633. They committed themselves to perform a Passion Play every ten years thanking God for saving their community from annihilation by the Black Death. The people of Oberammergau, adults and school children, regularly repeat that solemn vow, and every ten years perform a Play which attracts an audience of c.4000 per performance, five days each week throughout the summer. The 2020 version was in rehearsal when Covid, a modern plague, struck. Preparations were forced to stop, and the performance postponed to 2022.

Janet Williams and I had left our 2020 booking with the travel agent and were rescheduled for early August this year. To experience the Passion at Oberammergau was a lifelong ambition for us both.

The Theatre is open air. The auditorium is roofed, but the stage is open to the elements. A retractable roof (reminiscent of Centre Court, Wimbledon) has this year been added over the stage! The whole production, involving thousands of villagers, is homegrown. Everyone involved must either have been born in the village or have lived in the village 20 years and have had a parent or grandparent who was born there. Several of the production team are famous for their work in theatre in other parts of Europe, but they, too, fulfil the rules. They have their roots in Oberammergau. Likewise, the orchestra and choir are local musicians, the costumes are designed and made locally, and the actors are villagers.

Those chosen for acting roles undertake not to cut their hair from the day they are selected until after the season is over. Many of the disciples had exceptionally long hair and beards this year, because they had waited an extra two years to be released from that restriction, due to Covid!

Major speaking roles, Jesus, Pilate, Herod, are rehearsed by two actors: not an actor and an understudy. They decide between them who will perform on which days. No cast lists are handed out to the audience. Individuals are not “stars”. Telling the story of Christ’s death and resurrection is the sole objective.

The whole production is played out just as the gospel writers inform us. The story could so easily be overacted, over dramatized, or made into a spectacular, but this Passion Play is powerful because it is factual, and true.

The performance is in two halves, each lasting two and a half hours. The story starts with the arrival in Jerusalem, Jesus riding a real live donkey, and the crowd of hundreds. (Was it in this scene that we saw two camels, greatly adding to the impression of a street in the Middle East?) The cleansing of the Temple included a small flock of sheep and the release of a dozen or so white doves who flew out into the late afternoon sky. After the Last Supper and the washing of feet, the Agony in the garden, Judas’s suicide and Jesus’s arrest, all the cast, and audience, left the theatre for three hours for dinner and a short respite.

In the second half we witnessed two trials, (one before the Jewish priests and then before Pilate) the crowd changing from being Jesus’s supporters to shouting for Barabbas.... the scourging the taunting laughter of the Roman soldiers.... the carrying of the cross.... the Crucifixion and the taking down from the cross, all portrayed solemnly and respectfully. Then, on the empty stage, (and deeply reminiscent of our Easter Liturgy) a small fire was lit and a hundred or more people each lit a candle and quietly carried it offstage. A long moment of total silence ensued.... then thunderous applause!

All left the auditorium in silence. As Janet and I walked back towards our hotel a stranger came past us and asked, “Should we have clapped?” We couldn’t answer him.

Margaret Allen

Phew, Pandemic's Over!

I must confess, that in early 2020 when there was talk of a Corona virus affecting many countries throughout the world, I thought it wouldn't come to the UK. I'm not sure why I thought this, was it perhaps because things like this only happened in poor countries or countries on the other side of the world, surely this wouldn't happen in the UK? Well, how wrong could I have been?

As our first lockdown arrived on 23rd March 2020, so did the sunshine, the beautiful spring, the slowness of life, the cherished daily walk, a quietness all around that delivered a cacophony of birdsong to our ears. People were sitting in their front gardens so they could wave or smile at total strangers that warily passed by on their way for their daily exercise. Such strange times that lasted for two years and more. Are we back to normal though? That seemed to be the desire for many but I'm not sure that 'normal' exists.

As Christians we did have our faith to help and support us through this pandemic; prayer is so very powerful, it did give me strength.

Some of you know I have been concerned about our world for over 20 years and have worked with many environmental groups to raise awareness of the damage that we have done to our planet through the use of fossil fuels. While I celebrated the retreating tide of Covid 19 I wondered if this virus was a tap on the shoulder by God to say, don't get complacent, stay awake, the pandemic is a warning.

We need to do more to 'Care for our Common Home'. Below is a quote from Pope Francis's *Laudato Si*, to the human race:

"The urgent challenge to protect our common home includes a concern to bring the whole human family together to seek a sustainable and integral development, for we know that things can change. The Creator does not abandon us; he never forsakes his loving plan or

repents of having created us. Humanity still has the ability to work together in building our common home. Here I want to recognise, encourage and thank all those striving in countless ways to guarantee the protection of the home which we share. Particular appreciation is owed to those who tirelessly seek to resolve the tragic effects of environmental degradation on the lives of the world's poorest. Young people demand change. They wonder how anyone can claim to be building a better future without thinking of the environmental crisis and the sufferings of the excluded." (2015)

While Pope Francis talks about the tragic effects of environmental degradation on the lives of the world's poorest we are now at the point where Climate Change, like Corona virus, is no longer restricted to affecting countries on the other side of the world. It is on our doorstep and we, as one of the richest countries in the world, have the tools to help fix the problem.

Ginny Lee

Dear Pope Francis

It's an honour to ask you my question. My question is, what did God do before the world was made?

Sincerely, Ryan Age 8, Canada

Dear Ryan,

There is beauty in creation. And there are the limitless and eternal tenderness and mercy of God. God began making something when he created the world. But if I told you God was doing nothing before he created the world, I would be wrong. In fact God also created time—that is, the 'before' and the 'after'. But I don't want to confuse you with these words. Think of it this way: before creating anything, God loved. That's what God was doing: God was loving. God always loves. God *is* love. So when God began making the world, he was simply expressing his love. Before doing anything else, God was love, and God was loving.

Franciscus

From *Dear Pope Francis—The Pope Answers Questions from Children around the World*

Published by Darton, Longman and Todd 2016

The Catenians

Who are they and what do they do in Malvern and in particular within our parish?

The Catenians provide a social network which helps Catholic laymen to live out their various callings whether it be as husband, father, friend or colleague.

This help is offered through practical and spiritual support, steadfast friendship in times of trouble, by offering financial help when needed and through prayer. We continue offering our friendship and help where required for any deceased member's widow and dependants. We are like-minded Christian men and we enjoy the full support of our wives and families in both social, religious and other occasions.

Our "Circle" friendship is developed through monthly, mostly short, evening meetings in a local hotel followed by the sharing of a meal, and by providing a varied social programme in which wives and families are fully involved. All Catenians are entitled to visit and meet up with any Catenian gathering anywhere in the world where Circles have been set up, including at the present time Australia, Malta, India and Ireland, among others.

On a historical note, the Association was founded in 1908 at the instigation of Bishop Louis Casartelli, of Salford, who called for the Catholic laity to use their various talents in order to take a leading role in all aspects of society.



We in St Joseph's, and the other "Malvern" parishes together with parishioners from Worcester and thereabouts find that the Association is especially relevant in today's increasingly busy, competitive and secular

environment. Our gatherings provide an oasis of calm, where social and spiritual refreshment can be enjoyed to redress the work/life balance for all the family.

Catenians are not dedicated to “Catholic action” but most of its members are active Catholics who try to play a proactive role within their families, parishes and the wider communities in which they live and work.

We are able to help young Catholics through our Bursary Fund to enjoy voluntary work overseas where help is needed in deprived arenas such as in schools, in assistance with building projects and joining in pilgrimages. As a sideline, a certain amount of money is also raised annually through social activities for a wide variety of charities, both within and outside of Malvern.

We actively encourage any (at present male-only and over 18s) member of St Joseph’s to come and join us. Wives of members are not required to be Catholic; many are not and enjoy Catenian life to the full.

If you would like to come and pay a visit, without any commitment at all, to one of our monthly meetings and find out more, please do talk to any Catenian within the parish, contact the representative named inside the front cover of the magazine, read the various information leaflets or visit the website.

Vince Conway



Chocolate Vinegar Cake



Don't let the word vinegar put you off! I tore this recipe out of a Sunday supplement in Carmel, California about 10 years ago. I had heard vinegar cake recipes were good, but had never come across a recipe or knowingly eaten one. The cake is easy to make, vegan, low in saturated fat and, most importantly, scrummy. Baking soda and vinegar combine to act as a leavening agent making this cake a great option for anyone with an egg allergy. I made it for Fr Long's ordination, Fr Pat's leaving lunch, the Youth Group Bake Sale (February 2019) and Archbishop Longley's Shared Lunch (March 2020), so you have probably already eaten and enjoyed chocolate vinegar cake!

Ingredients:

| | |
|--|------------------------------|
| 1½ cups (210g) plain flour | 1 teaspoon baking soda |
| ½ teaspoon salt | 3 tablespoons cocoa |
| 1 cup (200g) granulated sugar (reduced to ½ a cup [100g] – you won't taste a difference) | |
| 1 tablespoon vinegar | 1 tablespoon vanilla extract |
| 1 cup (225ml) warm water | 6 tablespoons vegetable oil |

Method:

Preheat oven to 180° C. Mix dry ingredients together. Make a well in the dry ingredients and add wet ingredients. Mix well. The batter will be quite runny which will make a very moist cake. Pour into an 8 or 9 inch square pan. Bake for 25 to 30 minutes, until a wooden pick inserted in the centre comes out clean. Let cool and then top with your favourite icing or a dusting of cocoa powder. Enjoy!

Variation: This same recipe will make 12 cup cakes. Bake for 15 to 20 minutes at 180° C.

Sam Craig

Altar Serving at St Joseph's

Over the past year we have seen a return to more normal altar serving – face masks have gone, two metre distancing on the sanctuary has gone, and we've seen the return of using multiple altar servers at our services. We have also welcomed one or two new altar servers. We always need more though and I'd appeal to anyone of any age to consider becoming an altar server. In many ways, altar serving can be stepping stone in vocation discernment – something to think about.

Later this year I will lead a series of 30 minute 'Master Class' sessions which will concentrate on one specific area of altar serving. Please keep an eye out for the dates and times. They will cover the following areas –

- Incense and the thurible – meaning and practical use
- Processions – the use of a cross and acolytes
- Books – which ones to use and when, and why there are so many ribbons in the Missal
- Bells – when and why we use them
- Posture – how to stand, move around, bowing and genuflecting, and what to do with your hands
- Vestments – colours, uses, and unusual bits

Everyone is welcome at these sessions, even if you're not an altar server or even considering becoming one; you may simply want to know more about some of the elements of our liturgies.

When altar servers work together and know what they are doing, then the priest is able to concentrate fully on the sacrifice of the Mass, the prayers used, and the closeness he will feel in standing in the place of Christ at the Last Supper. That is why we have altar servers and that is why we strive to be good in our observances. We do not want to distract the priest or the congregation from their participation in the Mass. There

will, of course, be the occasional slip up like water being spilled, a trip on a step, a candle that the wind blows out but we will do our best to be focused and attentive.

On 2nd October we will join with other servers from around the Archdiocese in a Mass of Thanksgiving at St Chad's. This will be an opportunity to meet others from all around the Archdiocese who regularly serve at Mass in their own parishes.

Edd Hogan
Master of Ceremonies

Thank You as ever to all our contributors, not just for their contributions but also on this occasion for their patience. They would originally have expected to see their words in print before the summer holidays, but an abundance of articles has led to the production of this special late summer edition of the magazine.

Please keep the contributions coming however. By Christmas we may be scratching our heads looking for copy. Watch the bulletin for the next copy day.

Update The total raised for the Pam Taylor memorial appeal to re-equip St Joseph's School library currently stands at £795.

And Finally a polite but heavy hint seen in a French church:

It's likely
That on entering this church
You will sense
The call of God.

However
It's less likely
That he'll call you
On your mobile!

