

## Diocese of Middlesbrough Adult Formation | Journey to Easter Episode 4

00:00:06 Nicola

Welcome to Journey to Easter, the podcast where three friends come together to share our Lenten journey, struggles and triumphs. The aim is to encourage each other and you to make the most of this sacred season. So, whether you're walking your first Lent or your 50th, grab a cup of tea, take a quiet moment and join us as we Journey to Easter.

Hello and welcome back to episode 4 of Journey to Easter. My name is Nicola and I am very pleased to be with you once again this week, again joined by my friends Emma and Father Phil.

We've been hearing from you about where you're listening to the podcast, people listening to it out for a walk, in the car on the way to work, at home with a cup of coffee and we'd love to hear, where are you listening to the podcast? Get in touch with us on social media or you can e-mail me anytime at [adultformation@rcdmidd.org.uk](mailto:adultformation@rcdmidd.org.uk).

So, guys, how's it going? Emma, how's your Lent?

00:01:18 Emma

My lent is still going well. I'm actually very excited today because I'm shortly going on my retreat. So, I'm going down to North Wales for a whole week of silent retreat. So, this is something that we do in Consecrated Life. Every year we have our kind of annual retreat and it's just a really beautiful time to kind of to get away with the Lord's kind of it's almost like that going into the desert, just to kind of take everything that's happened over the past 12 months to him. So yeah, it's actually the first time I've ever done one during Lent. So, I'm curious to see how all of this kind of preparation for Holy Week and Easter then plays into the retreat itself.

How about you, Nicola? How's your Lent going?

00:02:07 Nicola

My Lent's going really well so far, I think. Well, I mean, there's definitely some challenges. I have a birthday in Lent, guys, which, brings with it all kinds of temptations.

But I feel like it's okay to have cake on your birthday in Lent.

00:02:22 Fr Phil

Yeah.

00:02:23 Nicola

Thanks. Also one of the things we do, and we've done it for the past three years now, is we've joined with some other families and we go up to Ilkley where there are some big outdoor stations of the cross and we pray them as a family with these other families as

well. And it's been really lovely this year just seeing how much more the kids engage each year. So, my eldest daughter was like reading some reflections but even the youngest one I could hear her saying some of the prayers and things and that's definitely new this year that she didn't do last year. So I just think, oh, it's a great, it's a kind of a really good habit to get into, I think, for our family each Lent and for the kids to remember, like this is something, a memory that they have each year and they love it because they're playing with their friends afterwards and before. But to know that this is something we take the time to do is really, it's a really wonderful practice for us.

00:03:24 Fr Phil

Yeah, I like that because we've been doing the Stations of the Cross in the parishes that I'm involved with. And you start to get into it again after a while. And we've tried to mix it up with different types. So obviously, you've got the classic Saint Alphonsus Liguori reflections, but then we've had some that the perspective of Mary, which I think is really interesting. So, walking each station and with a reflection of how is Mary seeing this? Because although we get her in, you know, Jesus meets his mother is at the 4th station. There's also the sense that she's there the whole way through, isn't it? So, I think that was really helpful. And then there was one that was called in every man's station of the cross. And it was, yeah, people said it really struck a chord with the way it was so honest about perhaps some of our attitudes towards introspection, selfishness, whatever it might be.

And then the other thing that I've tried to do this year is because very often we do Stations of the Cross on a weekday and it's a weekday mass thing, is to try and do it before one of the Sunday or weekend masses so that people who are working, our families, they'll have opportunity to come along. Because otherwise you fall out the practice of it, don't you? You think, oh yeah, we see these things on the wall all year round, but we don't always get a chance to take part. So that's been a good endeavour.

00:04:54 Nicola

Wonderful. So, we're going to, as always, root our conversation in Sunday's gospel. And so, I'm going to read the first part of the gospel from the Gospel of Saint John with the healing of the man that was born blind.

*As he passed by, he saw a man blind from birth and his disciples asked him, Rabbi, who sinned, this man or his parents, that he was born blind?*

*Jesus answered, it was not that this man sinned, or his parents, but that the works of God might be displayed in him. We must work the works of him who sent me while it is day. Night is coming, when no one can work. As long as I am in the world, I am the light of the world. Having said these things, he spit on the ground and made mud with his saliva. Then he anointed the man's eyes with the*

*mud and said to him, go and wash in the pool of Siloam, which meant scent. So, he went and washed and came back seeing.*

Emma, I thought of you straight away when it said no one can work at night. I thought, oh, doctors definitely do, don't they? But how different it was in the time of Jesus when once a day ended, that was when the work ended. It's like, gosh, it's very different.

00:06:37 Emma

Yeah, it's so beautiful hearing the healing miracles there. I think particularly as a doctor or any healthcare worker. Yeah, the healing miracles of Jesus, I think, just hit me differently. I think it's something just something about how much time Jesus spends doing like physical healing. I'm sure I heard a statistic; it's something like 25% of the gospels are devoted to healing miracles. And it just kind of begs the question as why is that so important that Jesus has all of this wisdom to give, but he actually spends so much time doing these really kind of practical deeds of healing and of bringing people, you know, yeah, bringing people physically to their fullness as well. So, I think that's really beautiful.

00:07:31 Fr Phil

So, Emma, is that something that you've discovered in your time as a doctor, or did that inspire you to go into medicine?

00:07:39 Emma

No, I think I've been pretty headstrong that I was going into medicine since the age of five. So, it's definitely not.

No, I think it's probably one more that, yeah, I've discovered as I've gone through. I was just saying to Nicola a little while ago, about a really beautiful prayer that I actually did with a really similar passage. It's not this exact one, but there's in one of the other gospels, there's a passage where Jesus like lays his hands on a blind man to heal him. And the Lord just gave me this image of actually as a doctor, like laying my hands on 1st and Jesus laying his hands over the top. And just that is an image of healing. And I just think it's a really beautiful way of thinking about actually how you know, our good works do ultimately come from Jesus, but that Jesus really wants to use us in those kind of good works and to make a real kind of tangible and visible difference to people as well, that, you know, the Christian life isn't just about this kind of academic, we're all just going to come to this kind of wisdom that we understand God and it's lovely, but actually that this is going to go out and change people's lives around us in a really tangible way too.

And I think that ties in really beautifully with Lent as well. And that third part of Lent after kind of we talk about fasting and almsgiving, but also the church invites us towards good works in Lent too.

00:09:04 Fr Phil

That reminds me, I sometimes say it in the schools, is it Mother Teresa or is she quoting Saint Teresa of Avila? I'm not really sure, but it's along the lines of Jesus has no hands but ours.

00:09:14 Emma

Yeah, I think that's Teresa of Avila, isn't it?

00:09:16 Nicola

Yeah.

00:09:17 Fr Phil

And that's a beautiful image, isn't it? You know, Jesus needs, he needs to be, when we talk about incarnation, made body, God has made body at Christmas, he's embodied in us, you know, in our works. That's really helpful. Thank you for that.

00:09:35 Emma

What about you guys? How do you find the kind of the alms giving and the kind of charity aspect of Lent?

00:09:44 Nicola

I think it can be, it's an interesting one because I think, I know growing up, going to Catholic school, it feels like it's very much part of Lent, all through my schooling, we did something at Lent, like you raise money or we did a sponsored walk or a bake sale or, and so it was very much kind of like alms giving was part of the practice. And then now as an adult, obviously there are like, I try to kind of charitable donate, like donations of money that I would try and give during Lent. But also, I feel really challenged to give of myself a little bit as well in that arms giving and kind of just look at ways that I can be charitable to others, those others around me. And it could be people who are in, real need, whether it's maybe, I don't know, sometimes the SVP in our parish will put out a kind of thing like, oh, we've got a family and they're looking for this particular piece of furniture. And we think, well, actually, do we have one that we could, you know, it's going spare or do I know somebody or it could even just be like being compassionate to those who are struggling around me as well and actually giving of my time to stop and listen to their story and kind of try to be, yeah, to show compassion. Because I was just thinking about in the beginning of that scripture that we heard, they were saying, who sinned, this man or his parents? Like, they're trying to find the reason why he's blind,

they want to know, like, what was it that caused it? And just this kind of, I'm very conscious that when we meet people, we just don't know their full story. Like, we don't know why that homeless person has ended up on the street, or we don't know why that person struggling with their mental health so much and just need a friend to listen to, we don't know the full story. And I was somebody said recently about how we can be the face of mercy to people to other people. And like, it made me think about right, when I meet people, are they encountering Jesus through me, you know, and how am I called to be the face of Jesus to people, and sometimes there are people I don't really want to interact with, I'm like, you're not an easy person to have a conversation with, or I'm in a rush, or I don't feel like I've got a lot to offer you. But Lent is a kind of time for me to be like, okay, let's just slow it down here and try, to be Christ to others a little bit more.

00:12:44 Fr Phil

I think being a priest in a city centre. It means that there's always loads of opportunities for helping people, but also you feel like you're a bit of a target. So, walking through the centre of Hull, sometimes people see my collar coming and they make a beeline like, oh, Vicar, can you give us, you know, X, Y&Z, can you do this for us? And a bit like what you've said there, Nicola, I always try and make it sort of a personal thing. So, I'm not just like some vending machine that people are trying to, you know, exploit or whatever, but instead to say, what's your name? I'm Father Phil, nice to meet you, what's happening in life?

And then sometimes to explain, you know, look, you know, I can't buy everyone a cup of coffee in a day, but try to be generous where it's possible. I try not to give money out directly, you know, because sometimes I worry about sort of how it's being used. But where I can, if there's a, an establishment nearby that sells beverages, then I might go and say, I'll buy you one of those or something like that. And generally, that's appreciated.

00:13:57 Emma

Yeah, I think that just hearing you for the film reminds me of when I was a university student for Newcastle and we'd be faced with really similar situations. And one of the things that me and some of my friends tried to do is like make sure we knew like where was open that day that people could go and get a hot drink or go and get shelter that you know, even if you're not kind of carrying money or kind of, as you say, have sort of hesitations, that there's always some kind of act of kindness that you can do and you can kind of signpost them to the right place, the place for people to kind of go and get help. And just that thing of just giving them that moment and finding their name and just that moment of your time and your kind of full attention can be such a presence to people.

00:14:41 Fr Phil

Yeah, and I think that at those moments, perhaps, I don't want to give money out or whatever, or I feel like I can't help. What I don't want to be is to become cynical, you know, about someone's circumstances, nor do I want my heart to be entirely hardened. And so, to perhaps sometimes value, you know, that personal interaction, to know that the limits of my own means as well, I think can be helpful to then to say, I'm trying to be open and charitable and loving as the Lord invites me to.

00:15:20 Nicola

And I think that can be a useful way of looking at how we can help the world generally, because I think sometimes, especially when you hear the things that are happening on the news, and they can become so consuming, you think, gosh, there's wars and rumours of wars and, people really suffering and what can I do? And obviously there are charities that we can give to that will impact those people directly.

But sometimes I think, we know we have so much information that previous generations didn't have and we can become overloaded with the suffering of the world. And it can almost paralyse us then so that we are not actually seeing the suffering that is going on in our very locality, wherever we live, there'll be people struggling. Wherever you live, across our diocese, there are people who need people to really accompany them. You know, I've been thinking a lot about accompaniment recently and just how we're called to do life together. We are the body of Christ, we need each other. And that's a real way of kind of life. It's a lifestyle to actually journey with people, those people that we find it easy to be around, but also those who we don't and those who really need us.

00:16:43 Emma

Right, I totally hear what you're saying, Nicola. Yeah, accompaniment is so important. And I think we talk about kind of, we talk a lot about alms giving being about giving money. But actually, in our society now, one of the things that we're all kind of most poor on is time, that, you know, we're all so busy, we're running around from place to place. And actually, really noticing those people who do need, accompaniment is sometimes the word we use in church circles, but who just needs a cuppa, who just needs me to pop round and give them a conversation? I just think is so, yes, so necessary in the sort of society we live in where we're all just absolutely rushed off our feet, where everything can be quite impersonal as well. We can spend a lot of time, doing things, online or, a lot of older people that I work with in the hospital tell me about how, even banking has gone online that, they don't get to just like go and get their money out face to face. They have to go to an ATM, they have to, go and do it all in front of a screen where there's none of that personal interaction. So being that personal interaction for someone can mean everything.

00:18:00 Nicola

Yeah, my mum always, she really avoids like self-checkouts. She's like, I don't want, I want to be able to smile at somebody and, you know, get my shopping off a person. And, you know, there's something nice when you, I moved back to the city that I grew up in and after being away for nearly 20 years. And obviously there's a lot of new people here, but there's also people who recognised me from being a child. And like there's something about that being known by those different personal relationships, even if you don't know them very well, but recognising the lady who works in the co-op or in the post office saying hello to them and you kind of start to picking up your parcels if you do a bit of online shopping from the same person every time, like me again, I've come back for something. But, and then just you start to have a relationship with them, and you don't know, don't know what they've got going on. And actually, if you're the person that then says, have a great day, hope you enjoy, you know, have a great day, God bless, or whatever it might be that you might say to them, could just be the difference if you're having a really tough time.

00:19:08 Emma

Right, and I think how we build that just human community, it always strikes me actually when we prayed the office. I think we prayed it this morning of how we build the human city and how, as Christians, we're called to be in that kind of, yeah, our human society. I think it's one of the real witnesses that the church particularly offers.

You know, say this is one in my 20s, like my generation. I often tell people the story of when I moved to Guisborough from university. We were three months in, so it was like the October, and I'd moved in the August or something. And I was speaking to one of my university friends and I was like, oh, I'm going around for dinner with some friends from my church just up the road. And she was like, what, you have friends in Guisborough? That's so exciting. I was like, I've lived here for three months. But actually, yeah, that was like a really surprising thing to her. It was actually, it was some friends that Father Phil introduced me to, that he invited us all around for dinner and, you know, just a very, another lovely family in the parish.

00:20:15 Fr Phil

To give almsgiving a slightly different slant, I've actually been the recipient of almsgiving. So, I mean, obviously, as a, you know, a priest, you don't really go into it for the salary, you know, that sort of thing. So, people do kind of look out for you, you know, and, over the course of sort of three or four days, I had a number of people come up to me and said, look, Father, take this, buy yourself a warm meal or whatever it might be. I don't know if I looked undernourished. I don't think, maybe I did look particularly in the, but, and so there's, I mean, I'm not going to go hungry or anything like that. I'm very grateful for the way the Lord's blessed me and taken care of me. But to have the humility to sort

of say, you know, that's really generous of you. Thank you so much. And it's really humbling, actually, as a priest, when you receive that kind of kindness and charity.

00:21:10 Emma

Right, I think it's so, sometimes it's harder to receive than to give, right? We get so fixated on being independent and kind of being that kind of strong person that can stand on their own 2 feet. But actually, it's so hard sometimes to really have that humility. And I think I need to sit as someone living on my own about, we're talking about that like, people giving you their time and stuff. I always remember when my car broke down and one of the ladies in the parish offered to drive me to work and it was on the other side of Teesside. I was like, oh, you can't do that. But actually, she was like, Emma, I'm retired. There's nothing else that I'm doing like, let me look after you. And I think that's often harder to accept than being the one that is going out there and giving everything to everyone.

00:22:00 Nicola

And actually, how true is that really of our relationship with God as well? Like we kind of are like, I can do this. I can be a good Catholic, you know, I'm rocking up to mass on Sunday and I'm praying, trying to pray every day and I can do this. I can, I've got the strength. I know what it's about. And actually, how does the Lord really want to like, us to be vulnerable enough with him to be like, I've got to give you something, you've got to let me do it.

I'm reading a book for Lent, actually, that's *The Way of Trust and Love* by Jacques Philippe. It's a retreat that he gave on Saint Therese. And one of the things she says is about, like, she's really desperate to become a saint, like, she's always wanted to become a saint. And she recognises that actually, somebody said to her something like, you can't, you're not going to be Saint Teresa of Avila, like, you know, you're you. And she realised that she had to just let God do it in her, that she couldn't, it wasn't going to be something that she could do. And she kind of just completely abandoned herself to the Lord. And that's what, why, I mean, she's such a great saint now, you know, and, but that invitation to not do everything on our own strength and be humble and allow the Lord to give us what he wants to give us, That can be really hard, but I think it's quite important for us as well.

00:23:24 Fr Phil

I think it flows into our prayer in the prayer of gratitude. You know, so last time we were together, we were speaking a lot about prayer and our life of prayer. You know, perhaps some people were encouraged by that conversation. I think that's something we can bring into our whole life as well, you know, our fasting, our almsgiving, you know, our life of prayer. When we recognise the good things that we've received and we in gratitude to

God. I find prayers of gratitude a bit like snow, a bit like when we say something snowballs. Suddenly you start realizing, gosh, I'm really grateful for this.

I'm grateful for...the food I had today. I'm grateful for my family. I'm grateful for my house, my abode, whatever. And it sorts of snowballs. And then you realize how rich you are in ways that don't involve what's in my bank account. And when you grow in that sense of wealth, it's easy to give back in so many different ways because you want to share it kind of overflows, doesn't it? It's like your bucket, I guess, your bucket that's overflowing and yeah, there's plenty to go around and the Lord wants to fill that up.

00:24:40 Nicola

Yeah, and it reminds me of the story as well about, you know, the two people go to the temple and like the woman who gives her last little, the last coins that she has and how generous people can be. And sometimes when we recognise our own poverty actually helps us to be more generous as well.

00:25:05 Emma

Yeah, just the image that you were sharing there, Father Phil, of the kind of the bucket overflowing. I was just thinking of that Psalm, like when my cup overflows with joy. And actually, I was just thinking about almsgiving and actually how we can kind of share our joy with people as well, that, you know, the world can be really, like, really miserable in terms of what we've spoken about, of what we see on the news and what we see on social media, but actually kind of how we bring our presence and our kind of joy to each other as well, I think, can be a real a real gift to give people in that and ties right back to that that gospel we hear on Ash Wednesday about, you know, when your arms giving, when you're fasting, doing it with joy, not like having this long face and making a big deal of how much how much we're giving, or how harsh we're being on ourselves with our fasting, but actually what the Lord is inviting us to share in that time is our joy. I find that inspiring for mission, what you said there, because we talk about the good news, you know, to share the good news, you know, the gospel is good news.

00:26:10 Fr Phil

It brings joy. So, to be able to share those things, that's a great work of charity, of love. Or maybe it's more powerful, maybe that's what we're saying, more powerful when it comes from a place of love, for wanting to bless another person. Particularly when I think the prevailing attitude or mood is we keep faith to ourselves, is that right? You know, and we don't share it, maybe that's the thing but in fact, it's, actually this is something wonderful, to know the Lord Jesus, to know the love of God.

00:26:49 Emma

Just looking back at the gospel passage in front of us, and I always find it really curious that, you know, he's sent to wash in the pool of, is it pronounced Siloam, which means

sent, that there's this sending that kind of goes on with this guy that's been healed and has received this great thing from Jesus. And the other thing that then follows from it is, someone was talking to me about this passage, and they were saying like the person who was healed didn't actually see Jesus until they kind of came back, if that makes sense. It's not one of those miracles where they open their eyes and they see Jesus straight away but they kind of go out and do the thing that he has told them to do, and then they come back and see Jesus afterwards. And I don't know if a bit of that is speaking into when we are Jesus or Christ to someone else, that they kind of experience something of that, if they maybe don't see Christ in it straight away, but then go back. But we'll see for us that sometimes when our prayer feels dry and we then are sent out and it's then in the coming back that we see the Lord, if that that makes sense.

00:28:01 Fr Phil

Makes great sense. That's a really, yeah, that's a really wonderful thing. It makes us less focused on an outcome, doesn't it? When we do something good or apostolic works, if you want to call it that, you know, sharing the message. Where's the outcome? Where's the outcome? You know, well, actually, you know, the Lord's going to reveal himself in time, you know, nice.

00:28:27 Nicola

And also, I was just thinking about the end of that gospel passage, like we didn't read it at the beginning, but that actually Jesus finds a blind man. There's been all these encounters with the Pharisees, you know, do they believe him? Do they not? Who is this person that's healed you? And Jesus found him and said, do you believe in the Son of Man? And he answered, who is he, sir, that I may believe in him? And Jesus said to him, you've seen him, and it is he who's speaking to you. And then the man's response is, Lord, I believe, and he worshipped him, and just that kind of how all our Christian life kind of points to that moment, like we do, like we don't do good works as Christians because it's the right thing to do, although it is, but we do it because we see the face of Christ in others and we recognize the dignity that each person has as someone who's been created by God. And we have been sent to, share the good news, give sight to the blind, that kind of commissioning that we have from Jesus to go and do greater things than even he did. You know, these are all promises that he makes us. And just that kind of like, if we believe, if we recognise Jesus and we've, you know, chosen to follow him,

then a natural outflowing of that is that we're going to in some way, he's given each one of us a mission to do, and it can be big things like our vocation, like we can have that always in our sight.

But there's also little ways that he's inviting us to step into his mission each day through the people we meet, through the people we help, through the people we encounter and so that we can introduce them to Jesus. We might not be saying to them, here's a cup of coffee, have you heard about Jesus? It's not always the right moment, but sometimes it might be, you know, they say, why are you, know, why are you feeling so happy when the world seems to be on fire. You're like, well, actually, I'm happy because my hope is in Jesus. Let me tell you about him. Like, let me tell you how, what difference he makes in my life, you know? It's just, and when people, I love hearing people's stories like that when they tell me about their faith and what's impacted them and why they are, why they've become a Catholic or why they've stayed a Catholic, like those stories are so encouraging. And yeah, that's a great, it's a great way to witness to each other.

00:31:09 Fr Phil

That's great, Nicola. And I bet your role as adult formation officer for the diocese gives you a front row seat on some of those stories, you know, as time goes on and you hear about RCIA in parishes and people start coming along, but there's great opportunities to listen to those stories.

00:31:27 Nicola

Yeah, there really are. And I, every time I meet somebody, and they tell me their story of faith, I'm encouraged and my faith is increased. And I think, wow, look what God's doing. You know, he's not distant, he's at work.

But also, I would encourage you, like if you're listening to this, maybe you might want to tell somebody your story of faith this week to encourage them, and that could be a way of giving, something of yourself this Lent to encourage other people around you.

00:31:59 Emma

I think it's funny, as we've been listening to all of these stories of encounter over these weeks through Lent, actually, how did they get into the gospels in the first place? You think maybe this guy did have to go and tell John how he experienced it. Maybe the Samaritan woman at the well, we're told she was alone with Jesus. Did she come back to John after the resurrection when the early church were like, let me tell you about what he did for me? I just think when you actually think about the human sort of reality that the gospels were written in. It's like really exciting and joyful when you think what were those early interactions like in the early church and the testimonies that were being shared?

00:32:38 Nicola

And so often those people who've encountered Jesus can't help, but the thinking about the woman at the well, he's like, don't tell anyone. And she's like, she goes off and she tells the whole village, you know? And often Jesus is kind of like waiting for the right

moment, but people can't help themselves but share it because their lives have been transformed.

So, you know, if you've seen somebody sat begging all the time, like relying on the charity of others because they're blind and all of a sudden, they're not, that's like, good news that people are going to be intrigued. And similarly, like the way the Lord transforms us might not be as dramatic. But I think people notice, you can see it, you can see the joy, you can see the peace, you can notice the change in people. And it's great to be able to, yeah, to hear and to share those stories. Brilliant.

Okay, so shall we, it's probably drawing our conversation to a close there. But Father Phil, do you want to round us off with some prayer?

00:33:40 Fr Phil

Absolutely.

So, I'll just invite anyone with us now just to, perhaps let's just recollect ourselves and give ourselves a moment just to recognise God's presence in our midst.

Nice to begin the prayer with the sign of the cross in the name of the Father and of the Son and of the Holy Spirit.

Amen.

God, our Father, we hear that you so love the world that you sent your only Son, Jesus Christ, not to condemn the world, but that the world might be redeemed through him.

So, Lord, we thank you for your love for us, your generosity to us, that you've come into our lives in your Son, Jesus Christ.

Lord, we thank you too for the many blessings that you give us each day, the gifts of life, perhaps in relationships, and perhaps even in many material ways as well that you have blessed us.

Lord, with hearts so full of your love, inspire us to love our brothers and sisters, to undertake the moments of charity that you invite us to in each day.

And for each of us gathered here, perhaps if there's a situation, that's a person that we want the Lord to bless, let's just call it to mine now and lift those up to the Lord.

And we commend all of these intentions to God, our Father, through his Son, Jesus Christ, our Lord.

Amen.

In the name of Amen, and of the Father, and of the Holy Spirit.

00:35:44 Nicola & Emma

Amen.

00:35:53 Nicola

Thank you for joining us. We hope today's conversation has inspired you to take another step in your own Lenten journey. We'd love to hear from you. Share your thoughts or reflections with us on social media or contact us via e-mail, [adultformation@rcdmidd.org.uk](mailto:adultformation@rcdmidd.org.uk).

And let's keep each other in prayer as we Journey to Easter.