



September - October 2017

All Saints' - Houghton Regis  
**Parish Magazine**



Walsingham Youth Pilgrimage 2017



# October, the month of the Rosary

*Fr Diego's reflections and tips about praying the Rosary*

On 7th October the Church commemorates Mary under the title of Our Lady of the Rosary, and out of this little known celebration comes the dedication for the whole month as the month of the Rosary.

The Rosary is a beautiful prayer that enables us to meditate on our faith while lifting our intercessions with Mary to the Father. The repetitive pattern of the Rosary also works in calming our spirits and embedding in our souls a deeper awareness of the events that marked the lives of the Lord Jesus and Mary. However, due to one reason or another many people never get to discover the beauty and the treasures hidden in this prayer. It can feel like we're supposed to be doing too many things simultaneously – saying the prayers with due reverence, praying for our particular intentions, all the while trying to create vivid mental images of Christ and Our Lady in our mind's eye... It can be that we have cultivated strong prejudices against anything that sounds “too Roman Catholic” and as a consequence we prefer to dismiss the Rosary altogether. Or it can be that we are just not good at sitting quietly in prayer for a few minutes...

Well, the month of October is a good time to re-evaluate the place the Rosary has (or could have!) in our lives. The Rosary should not be considered an optional extra. It has the potential to transform our lives if we are willing, and I, for one, can vouch for this. For example, I remember going through a very difficult time just over ten years ago, but praying the Rosary each day on my way to work changed my life. Similarly, whilst confined to a hospital bed the Rosary provided me with peace, union with God, and – to put it bluntly – something to do.

Likewise, I can remember my mother saying the Rosary before sleep; juggling factory shifts and a busy household, that time of prayer was probably the only time she could be alone with God during the day. As St Bernadette of Lourdes, who used to encourage people to pray the Rosary whilst going to sleep, would say “you will be like a little child who falls asleep saying ‘Mama, Mama!’”

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## So, what is the Rosary?

The Rosary is a traditional way of praying while meditating on certain key events that define the Christian faith, called “mysteries”. Because of this, the vast majority of the Rosary is based on the recitation of verses from the Scriptures. For example, the Our Father, which is said before the recitation of each decade, is the prayer Jesus himself taught to us – the Lord’s own Prayer indeed; whilst the first part of the Hail Mary is an amalgamation of the Angel’s words announcing Christ’s birth and Elizabeth’s greeting to Mary found in the first chapter Luke’s gospel.

The word Rosary derives from the Latin word for a “crown of roses”. And in this sense, the Rosary is an offering we make to God and Our Lady, as if by crafting beautiful and fragrant flower-chains with our prayers. The Mysteries of the Rosary then are the “gems” in our crowns; the events through which God redeemed us in Jesus Christ, and demonstrated his unmeasured love for us. The beads which many people hold whilst praying the Rosary are also sometimes called “Rosary crowns” for this reason.

You do not have to be Roman Catholic – in fact, one of the best books on the Rosary was written by a Methodist minister, *Five for Sorrow, Ten for Joy: Meditations on the Rosary* (J.N.Ward).

## Where do I start?

Praying the Rosary is one of those practical things that take more time to explain how they’re done, than actually doing them. But to put it simply, anyone who knows few easy prayers can pray a Rosary; you will also need to follow the Mysteries to meditate as you pray. If you do not have Rosary beads, it is perfectly okay to count with your fingers. Counting beads frees your mind to help you meditate. Let the beads do the counting, and immerse yourself in the scene described by each mystery, whilst quietly saying the prayers.

Our website has simple guide to praying the Rosary and I hope it will help you to getting started. Visit [allsaintshr.co.uk/the-rosary](http://allsaintshr.co.uk/the-rosary)

I hope you’ll find time to pray the Rosary a few times this month, on your own, in your family, or at church, and that you’ll be able to reconnect with the great mysteries of our faith through this beautiful prayer.



# 'Amazing as always...'

*Eloise Catling reflects on her experience at Walsingham Youth Pilgrimage 2017*



This has been my sixth Walsingham Youth Pilgrimage and it has been so nice to see younger people from the parish joining us for this year's pilgrimage. We may have had strong winds and leaky tents but everyone pulled together.

The Pilgrimage never ceases to renew my faith and remind me why I lead a Christian life. My favourite part of the Youth Pilgrimage is always the late night liturgy, on Wednesday evening. Even though it makes me and many others very emotional, there is also an uplifting sense to that service and it is the closest I ever feel to God.

Overall the trip was amazing as always, though it's sad to think my time as a youth at the Pilgrimage is slowly disappearing. At one point I thought I would be the last generation from our parish to go on the youth pilgrimage, but as my time as a youth at the pilgrimage ends it's nice to see that there are young Christians that want experience that holy place, and I know that all the children that came this year had a great time so I hope this will encourage even more people to attend for next year.

## *Join us for Coffee!*

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# *'Becoming closer to God'*

*Kirsty Lewis-Hull reflects on her experience at Walsingham Youth Pilgrimage 2017*

There aren't many places that I have ever visited that make me feel so relaxed and at ease than Walsingham, a quite sleepy village in North Norfolk. So every year there is one event that I will never miss, and that is the Walsingham Youth Pilgrimage.



I went to my first pilgrimage back in 2014, some two years after my first visit. Walsingham is a place where many people 'get' something from visiting and there seems to be a presence, while others don't feel anything. I am definitely in the first group of Pilgrims. The Pilgrimage has helped me, as still someone relatively new to faith, to understand my faith better. With

this being my fourth Pilgrimage, in the back of my mind I thought this would be the same as all the others, but how wrong I was. Although a lot of the clergy who were involved when I went to my first pilgrimage are no longer there, the atmosphere and the whole purpose of the event remains the same. Either to learn more about the religion which unites us all, or in my case, become closer to God.

The Youth Pilgrimage this year saw three new young pilgrims, along with four youths who had visited in previous years. For the 'newbies' it showed how there are many aspects to Christianity and it brought the Gospel to life for them when listening to the Gospel, the ministry team (a team of 8 people who head the event) acted out parts of the reading to make it easier to understand. There are the usual services we have in All Saints' and similar responses so not everything with unfamiliar. Having to go to Mass five days a week would sometimes be thought as, as a bit of a chore, but none of the young people complained about having to go, in fact by the end of the week they were all up, and ready to go to the last Mass!

A lot of things have happened in my life over the years which made my pilgrimages eventful. But these pilgrimages have bought me comfort, joy and closure. I got to know two very special people at last year's Youth Pilgrimage who I ended up becoming a Godmother to, and this year I have got to know some youths who have been coming to the church more regularly. It is so important to keep these children interested in Church and its origins, and I feel that the Walsingham Youth Pilgrimage is certainly the place this can be done.

I'll be signing up for next year, who's coming with me?

# 'Heaven couldn't be heaven without Mary'

*Father Peter Stannard's homily for the Assumption of Mary that was celebrated on 13<sup>th</sup> August*

Cast your mind back to your school days and I'm sure that like me you can remember the subjects you loved and those you hated. Me, I loved English and hated Maths, for you it may have been the complete opposite. Years later the same rule applied to theological college. Others took to learning New Testament Greek like ducks to water; for me it was a real pain. It was all the more painful because I knew how important it was to be able to read the scriptures in their original languages and to gain important insights as a result.



Take the Greek word *Kalos* meaning "Good". It is used in John 10 where Jesus describes himself as the good shepherd. The word is significant in more than one way. I find the most delightful is that good means handsome or beautiful. The good shepherd is the beautiful shepherd. Jesus is utterly beautiful and it is that sheer beauty that makes him compellingly attractive. It is that amazing charisma that causes the first disciples to instantly drop everything and immediately follow him. The hymn writer got it right with those famous words, "Fix your eyes upon Jesus. Look full in his wonderful face. And the cares of the world will grow strangely dim in the light of his wonder and grace." That is the business of heaven: the sheer joy of gazing on the transfigured and transfiguring beauty of Jesus in his glory.

So what has this to do with the Assumption of Our Lady? Well I'm sure you know where I'm going. Jesus derives this beauty not just by being very God of very God, the source of all beauty, but also by being his mother's son. Jesus is utterly beautiful because Mary is utterly beautiful too. They share a beauty to which countless religious artists fail to do justice.

Of course Jesus gains his goodness through Mary in other ways too. Goodness is also a moral quality and Mary, by example, raises Jesus to be good. This is rather more important than it first appears. Luke tells us that after losing Jesus for three days, Mary and Joseph find him in the Temple listening and asking questions. He then returns to Nazareth with them and, Luke points out, is obedient to them. Long before Jesus was tested in the wilderness, he learned



goodness from Mary and Joseph. Through infancy, childhood, youth and beyond, Jesus' formation - his capacity to choose the good and resist temptation - is down to Mary and Joseph.

Good means beautiful. Good means of high moral standing. Good also means efficient, effective, fit for purpose. And once again this applies to Our Lady. Mary had a unique and vital role in God's plan for our salvation. She was chosen, predestined, to be united with Jesus in the victory over sin and death. Without her it would have been impossible. That God enabled her to fulfil this role is implied by the Archangel Gabriel's greeting, *'Hail Mary full of grace'*. It is by his grace that God enables us to accomplish his will. But to understand this more fully we need to go beyond scripture to the Church's teaching.

Mary could have said no to God. The good lord does not override our free will. But he predisposed her to say yes not just by his grace but by her redemption in anticipation of what Christ would achieve. Mary was conceived without the stain of original sin. Thus equipped for her unique vocation, the sinless Mother cooperates with the sinless Son until at the end of her earthly life, she was taken body and soul into heavenly glory there to take her place as Queen of Heaven. Formerly the son was conformed to his mother in obedience to the Father's will; at her taking her place in heaven she is conformed to her son as conqueror over sin and death. The assumption of Mary is a singular participation in her son's resurrection and an anticipation of our own resurrection.

And if that language does for you what New Testament Greek did for me, I'll risk putting it very bluntly: Heaven couldn't be heaven without Mary as Queen. Christ in all his glory couldn't bear to be without her. And let me put it more bluntly still with a simple story.

Some years ago I took part in a sponsored walk for Christian Aid. We followed what is called St. Cuthbert's Way from the Scottish borders down to Holy Island on the Northumbrian coast. Even with training ( which I wasn't very good at) it was a killer of a pilgrimage. Finally, finally, finally, we got to the last stretch for the finishing post only to be cheered along by a happy crowd of people waiting eagerly for us to join them, waiting for every last one of us to reach our goal.

Simple enough. But it offers a glimpse of what the Christian pilgrimage and the prospect of heaven are all about. Having gone before us through trial and difficulty, Mary our mother in union with Jesus waits for us in heaven, helping us on our way, cheering us on to completion and joy.

# The Mayor's charities for 2017/18

Councillor Joanna Hillyard, Town Mayor

My three nominated charities for my Mayoral year are Houghton Regis Youth Council, Streetlife and the Recycled Teenagers.

Houghton Regis Youth Club has identified various items that will benefit them both now and in the future and I'm working closely with the organisation. The Recycled Teenagers Club is an amazing asset to the town offering a wide range of activities and opportunities for socialising, friendship and inclusion for many residents. Streetlife are going from strength to strength, working hard to help some of the local areas most needy and forgotten people. Their great work has opened the eyes of many, and the generosity of local people and businesses has been truly incredible.

For me, it's more than handing out money at the end of the year; it's about supporting them now, when it's needed, and raising awareness of these local clubs.

I hope this goes someway in explaining why I've chosen these three charities this year and why every penny will go a long way in and around the town.



How many words can you find?

Clue: look up the "Bread from Heaven discourse" of Jesus, John 6:22-59.

E	V	E	N	V	A	E	H	S	E
L	I	V	E	N	D	A	E	R	B
A	E	D	Y	A	E	N	Y	O	E
N	D	O	O	R	E	V	E	T	H
R	N	O	S	E	D	F	A	S	T
E	F	L	E	H	O	R	E	E	A
T	A	B	D	T	E	L	I	C	H
E	V	R	E	A	F	A	B	N	I
L	S	E	L	F	E	E	V	A	K
A	N	R	E	T	E	D	A	E	L

BREAD	HEAVEN	LIVE
EVER	FLESH	DRINK
BLOOD	ETERNAL	FATHER
ANCESTORS	DEAD	ANYONE





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# Pride of Houghton Awards

The annual Pride of Houghton Awards will be returning on Saturday 14<sup>th</sup> October 2017 at 7pm at the Houghton Regis Memorial Hall, to celebrate the achievements and success of some truly remarkable residents of the town.

The Pride of Houghton Awards was first held in autumn 2003 and has been held annually since then. Each year nominations for the Pride of Houghton Awards are invited from residents during March until August; and the scheme is advertised on fliers, the Town Council website and the Town Crier Newsletter. The nominees are from all walks of life and of all ages, and they all make a valuable contribution to the local community.

Tickets for the event will be on sale from Tuesday 12th September and can be obtained by visiting the Town Council Offices or by emailing [sarah.gelsthorp@houghtonregis.org.uk](mailto:sarah.gelsthorp@houghtonregis.org.uk), however it is advised that tickets are purchased quickly as it is sure to be a sell-out. The tickets cost £12 each (or £10 each for parties of four or above) and the evening includes Rock n Roll bingo hosted by DJ Big Man Craig and a light bites supper.

Houghton Regis Town Council would like to take the opportunity to thank the following sponsors of the event for all of their support: D&I Butchers, Café and Smoothie Bar, Creative Decorations, Hair.comb, Perfect Profiles, Razor Barbers TWP Flooring, Vauxhall Motors and Zebra Properties.

*Photo: Joanna Cross Photography*



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## *Next Open Day*

*Saturday 23 September*

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*Homemade refreshments*

*BBQ from 12:00pm*

*Cream Teas, from 3:00pm*

*Bric-à-brac, books, and second hand stalls*



## *Harvest Thanksgiving*

*Sunday 8 October*

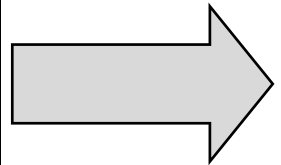
### **10:00 Parish Mass**

*Followed by Bring-and-Share Harvest Lunch  
at St Thomas' on Lowry Drive*

*Bring your Harvest Gifts to share with our  
local Foodbank!*

## **All Saints' Sunday, 29<sup>th</sup> October**

The feast of All Saints is coming up! Its traditional day is 1<sup>st</sup> November but we will keep it at church on the Sunday before. You can use the worksheet in the next page to prepare yourself for this celebration, and think about who saints really are...



# ALL SAINTS

My name is: \_\_\_\_\_

Many Christians died for their faith during the early centuries of the Christian Church. Special days were set aside to remember them... All Saints Day is when we remember them all together.

Famous Christians

1. ....
2. ....
3. ....

Saintly people I know

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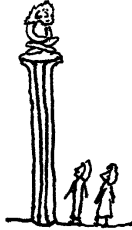
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A Christian who has inspired me

As always you can draw or write...

Is there a saint who shares your name? ↓

WHAT DOES A SAINT LOOK LIKE?



St Simeon Stylites - lived on top of a pillar for 36 years

Bible Verse:

...there before me was a great multitude that no-one could count, from every nation, tribe, people and language, standing before the throne and in front of the Lamb.  
REVELATION 7:9

MANY CHURCHES ARE NAMED AFTER SAINTS. FOR EXAMPLE:

ST \_\_\_\_\_

ST \_\_\_\_\_

ST \_\_\_\_\_

↑ ones I have heard of

I would make a good patron saint of:

of course, in one sense all of Christ's followers are saints... so a self portrait would make a good picture of a saint

To Do:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. Find out about a Christian who changed the world

SELF PORTRAIT\*

space for a prayer

space for notes

# Memorial Path at All Saints'

In 2016 we began to work with the local community to reinstate the path leading from Bedford Square to the south door of the All Saints' Church. This project, part of the renewal programme of the parish, is aimed at improving access to the church for people with walking difficulties and wheelchairs, as well as young children in push-chairs. We also envisage the new path to become a dignified place of remembrance in the beautiful surroundings of All Saints' churchyard. To this aim the path will be flanked by memorial plaques (or slabs) which can be sponsored and personalised with the names of loved ones, as well as their years of birth and death.

The size of the plaques is 200mm x 150mm x 50mm and has a capacity of 16 characters overall (please, see booking form in the next page). The memorial slabs cost £60 each; and the funds raised from their sales will offset the cost of relaying the path.

Our call for sponsorship is open to everyone. So, the individuals you intend to remember do not need to be buried at All Saints', or indeed in Houghton Regis.

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Telephone: \_\_\_\_\_

Details of Inscription:

**IN MEMORY OF**

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

(Please enter name. Maximum 16 characters including spaces)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

(Year of Birth)                      to                      (Year Deceased)

The cost of each individual slab is £60

I require \_\_\_\_\_ Memorial Slabs and I enclose a cheque/cash for £ \_\_\_\_\_

All cheques to be made payable to 'ALL SAINTS PCC'  
*(Please complete a separate Order Form for extra slabs)*

I fully understand that the Memorial Slab will be installed in conjunction with the new pathway.

Date: \_\_\_\_\_

Signed: \_\_\_\_\_

*Please send completed form/s to:*

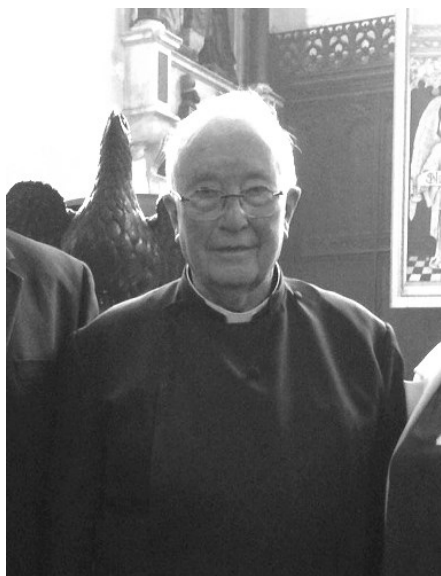
*Memorial Path FAO: Father Diego Galanzino SMMS, The Clergy House, Houghton Regis, LU5 5SJ*

# 'God has given us a new birth'

*Bishop Richard of Bedford's homily for Fr Keith's Requiem Mass*

Last week I travelled to Kazakhstan for an interfaith meeting. The journey there and back gave me opportunity to read a book I was given earlier this year by its author. Entitled 'Reclaiming Hope' it is written by Michael Wear who came to Luton. The book is Michael's reflections on his time as a member of the faith engagement team for President Obama.

The details of that work are not pertinent today, beyond the fact that along with everything else in the book about the ups and downs of political life, it is a reflection on the need for hope. In the face of the reality of political machinations and pragmatic necessities that ultimately left Michael disappointed, he reflects on hope and in particular the hope that is found in Christ. He writes of Jesus in whom hope and history met and gave birth to new history and new hope. It is the hope that gives us a vision for the present and a destination for the future. And as Michael writes: Jesus alone provides sufficient grounds to hope in the face of hope's ultimate challenge: death. It is the hope of which Paul writes in Romans that nothing can separate us from the love of God.



*God has given us a new birth into a living hope  
through the resurrection of Jesus Christ from the dead. 1 Peter 1:3*

This Requiem Mass celebrated for Keith's soul; the committal at Chalgrave that will follow are, alongside that mourning and sadness that is proper, are expressions of hope; the hope that filled Keith's life for 89 years; the hope into which he will be received in heaven. It is a hope well expressed in our Gospel from St John with its two-fold emphasis. First that wonderful image of heaven like a mansion with many rooms – In my Father's house there are many dwelling places - a total opposite to that nativity scene at the start of our Lord's life when his parents are told 'there is no room'. It is like the feeding of the 5000, or the superfluity of wine from water at Cana; a sign of the abundance of God. The God whose love and grace overflows without measure; the God of life that triumphs over sin and death. It is a sign of eternal hope that is broad and wide.

But then there is that other image – Jesus as the one who is the Way, the Truth and the Life. In contrast to the abundance of God's mansion, this is particular and specific; the call from



Christ that when it comes asks each us to respond and follow. The call of Christ that Keith responded to by a life of faithfulness and service; of professional endeavour and priestly obedience; that service of this Diocese and God's wider church for which we give thanks today. It is the hope of the one who is indeed the Way the Truth and the Life. The Lord of hope who blessed Keith in this life and receives him in the next.

I saw Keith on two occasions before Easter. By chance the first was his 89th birthday and on that occasion I learnt something of his life; that life which is detailed so movingly in our Order of Service. On the second occasion Keith had been moved to the Archer Unit at the Hospital North Wing. Susan told me that I would find him by the window with a partial view of Bedford Rugby Club. And so I did – part of the pitch in view and a larger part hidden by the stands.

Thinking of that view now it is a wonderful image of divine hope – for the hope in which we live and have our being is only partially seen on earth. Like that tantalising view of part of the rugby pitch; so we see partially the hope in Christ; but like that pitch the hope we encounter points to a greater reality.

Keith knew that hope in his life and ministry; it is in this hope that we give thanks for his life and commend him to God with confidence; it is that hope of which this mass is but a foretaste; it is that hope that Keith now enters in all its fullness. As the Book of Wisdom says: Those who understand him will understand truth and the faithful will abide with him in love.

*God has given us a new birth into a living hope  
through the resurrection of Jesus Christ from the dead.*



## Parish Contacts

Parish Office: 01582 867246

Father Diego Galanzino SMMS (Parish Priest)  
*The Clergy House, Houghton Regis. LU5 5SJ*

Janet Steele (Parish Administrator)

For enquiries about Baptisms, Blessings, Weddings and/or Banns please visit us at All Saints' for "Vestry Hour"; every Saturday morning, 10:00 to 11:30.

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# The chorister's confession

*Shared by Jan Norman, from All Saints' Choir and Luton Choral Society*

Almighty and most merciful Conductor

We have erred and strayed from thy beat like lost sheep,

We have followed too much the intonations and tempi of our own hearts,

We have offended against thy dynamic markings,

We have left unsung those notes which we ought to have sung,

And we have sung those notes which we ought not to have sung

And there is no help for us.

But thou, O Conductor, have mercy upon us miserable singers.

Succour the chorally challenged,

Restore thou them that need extra note-bashing.

Spare thou them that are without pencil,

Pardon our mistakes and have faith that hereafter we will follow

Thy direction, and sing together in perfect harmony. Amen.



## Join the Choir!

All Saints choir is a very friendly group and it is currently looking for more singers in both the Junior and Senior sections.

If you love singing and are interested in joining a well-established choir get in touch with Parish Office – we will be happy to welcome you at one of our choir practice evenings! For information visit, [allsaintshr.co.uk/choir](http://allsaintshr.co.uk/choir)

# Remembering Father Keith Steele

*Nigel Steele reflects on the ministry of his dad, Fr Keith, at All Saints'*

Fr Keith first became involved at All Saints' in 1988 when he helped sing with the choir at a fund-raising concert. His involvement continued during his time from 1991-96 as Rural Dean of Dunstable – he was on the interview panel for Fr Jonathan Redvers-Harris. Later, as a retired member of the Deanery clergy he also attended Fr Thomas Singh's ordinations to the Diaconate and Priesthood. When he stepped down as Rural Dean and 'retired' from Chalgrave in 1996 Fr Keith was quickly snapped up by All Saints Leighton Buzzard, and according to the then Archdeacon of Bedford 'he was doing sterling work there'. He gradually became less involved with Leighton Buzzard and started to join us at All Saints in the congregation whenever he could.

Fr Keith attended Fr Stuart Halstead's ordinations as a member of the Deanery clergy, at his priesting there were three generations of the same family involved – Fr Keith laid his hands on Fr. Stuart, Nigel played the organ and David and Rachael were a member of the serving team.

Fr Keith was asked by Fr Brian to preach on occasions, and was also invited to concelebrate – most notably at Easter and Christmas. One of his more notable sermons which is still remembered today was at our Patronal Festival one year when the question was posed 'Are you a Christian or do you just come to church?'

It was during the interregnum prior to Fr Diego Galanzino's arrival that Fr Keith's considerable pastoral abilities as a priest and shepherd came to the fore, both actively and quietly in the background. He was involved in the final stages of our preparation of the Parish Profile by being asked to put a priestly slant on the type of priest we should be looking for and the goals we as a parish should be achieving. During the interregnum he initially celebrated our 10:00am Parish Mass as a 'double act' with Fr Colin Gay but as Fr Colin's mental faculties declined Fr Keith celebrated on his own – freely offering his services – because as he said on more than one occasion 'I'll be in the congregation so I might as well be useful.' His wise counsel and experience together with many erudite and eloquent sermons will be long remembered, more often than not for his teasing out items from the readings for the day and relating them to either the news or his own experiences. He used to listen to the 8 o'clock news on Radio 4 on Sunday mornings and on many occasions here at Houghton and elsewhere would his sermon be amended to incorporate the latest news from around the world. It was with considerable irony that bearing in mind his period of theological training at Oak Hill was of the distinctively evangelical tradition he stood at the altar at All Saints and celebrated the Eucharist in full vestments. As Fr Brian often commented 'He's one of us'.

Perhaps Fr Keith's greatest achievement was his preparation of the candidates for Baptism and Confirmation by the Bishop of St. Albans at All Saints Leighton Buzzard in May 2015, when as a parish we presented more candidates than each of the other parishes in the

Deanery! That in itself was hugely significant in that at after many years under alternative episcopal oversight in the pastoral care of the Bishop of Richborough the congregation had decided by a small majority to return to the diocesan fold in the care of the Bishop of St Albans.

The music at All Saints was very important to Fr Keith – even during his last weeks in hospital he asked what the choir was singing – and he was very complimentary on more than one occasion. If on the other hand, for whatever reason, the efforts of the choir were below par, a constructive critical comment would be forthcoming. He sang with choir on several occasions, notably at the concert to launch the Organ Appeal Fund in 2013 and also for the concert commemorating the centenary of the outbreak of The Great War in 2014. It was he who suggested that choir learned one of his favourite anthems – John Ireland’s ‘Greater love hath no man’ for the occasion – and after persuading choir to learn it he was asked to come and sing it with us!

He often relished the antics from the organ console and particularly when Nigel’s quirky sense of humour perhaps got the better of him – on many occasions there was a smile and quiet chuckle – ‘and round his pierced feet fair flowers of Paradise extend their fragrance ever sweet’.

From the latter part of 2016 Fr Keith was virtually house-bound through illness and was unable to attend All Saints due to this and his decreasing mobility and increasing frailty. He was nevertheless very much with us in spirit and we were all held in his private prayers until his final days – may he rest in peace.



## My Grandpa

*Rachael Steele’s tribute at Fr Keith’s Requiem Mass*

Firstly, thank you all for coming. For those of you who don’t know me, I’m Keith’s youngest granddaughter, Nigel’s youngest daughter, Rachael. I’ll keep this short and sweet as I know Grandpa couldn’t stand long tributes at funerals! I have many wonderful memories of Grandpa and I wanted to share my favourite with you all here today.

One ongoing joke Grandpa and I had was whenever I’d ask him how he was doing, his response would always be ‘Well, I’m alive!’ and he’d wave his hands up as if he was congratulating himself! There would be a massive smile on his face and a little chuckle whenever he said it as he’d watch me roll my eyes. Whenever mum or dad would visit him and I’d send my love, I’d have a response back to tell me that Grandpa had sent on his love and that he was alive! The last time I saw Grandpa, he came out with this phrase and managed to laugh so much he snorted! I think this has to be my favourite memory of him.

My Grandpa has taught me many things in life. One thing I shan’t forget is that he taught me the true meaning of love, and made it clear in my brain that I’m not to change for anyone. Life shouldn’t be too serious and you should laugh and joke as much as possible.



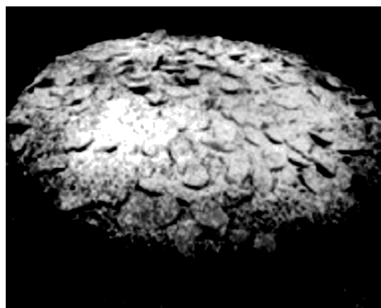
# Gluten-free almond and orange cake

This lovely citrus cake tastes so good that everyone will want to try and bit

.....

## Ingredients

2 large oranges (organic and unwaxed if possible)  
4 eggs (white and yolks separated)  
150g caster sugar  
200g ground almond  
100g desiccated coconut  
1 tsp ground cinnamon  
¼ tsp of almond essence (optional)  
Flaked almonds for decorating  
Icing sugar, sifted, for dusting



## Method

1. Preheat oven to 140°C. Grease a 20cm round springform pan and line the base with baking paper.
2. Put the oranges in a saucepan on low heat with 2 table spoons of water. Leave for 30-60 minutes until soft.
3. When the oranges are soft, blend to form a pulpy juice.
4. Whisk the egg yolks and sugar until thick and pale. Add ground almonds, desiccated coconut, orange mixture, cinnamon and almond essence.
5. In a separate clean bowl, whisk the egg whites until they form soft peaks.
6. Gently fold the egg whites into mixture until just combined.
7. Spoon mixture into the prepared pan, smooth the surface and sparsely scatter the flaked almonds on top.
8. Bake for 1 hour (after 30 minutes increase the oven temperature to 160°C). The cake is ready when a skewer is inserted into the centre and comes out clean.
9. Set aside in pan to cool completely and then dust with icing sugar.

## *The Parish Magazine is changing...*

We are now distributing free 800 copies across the town, and we aim to produce a new issue every two months. If you would like to share a story about your community group or events in Houghton Regis, get in touch!  
**We look forward to hearing from you!**

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*Entries in the*  
**Parish Registers 1 July - 31 August 2017**

**Baptisms**

Ellis Spence	30.07.17
Blossom Nash	06.08.17
Lily Wall	20.08.17
Harley Burgess	27.08.17
Elsey Dunworth	27.08.17

**Funerals**

Christine Kavanagh	06.07.17
(Baby) Levi Butler	18.07.17
Faye Ballard	10.08.17
Leslie Trew	24.08.17

**Anniversary of Death (Year's Mind) for 1 Sept - 31 October**

**September**

1	Irene Stevens	5	Vera Meeks
	Anne Wilson	6	Bob Hawkes
2	Henry Rowe	7	Shilish Patel
4	Kathleen Jeffery	8	Mary Anderson
5	Margaret Pickersgill	9	Ken Depledge
7	Frank Baldock	11	Lynne Callahan
9	Evelyn Jones	13	Lalita Patel
	Hilda Harris	16	Vicky Loos
	Anona Owen	18	Herbert Davis
13	Susan Dewhurst	21	Eric Webb
17	Christine Natt	22	George Smith
	Ann James	23	Bill Stevens
22	Robert Venning		Sarah Mayoll
23	William Smith	24	Hugh Jeffery
	Keith Oakley	26	Leslie Morton
24	Arthur Maddocks	27	Pearl Bevis
29	Gladys Meeks	28	Winifred Mathieson
	Ken Underwood		Clive Goodwin
	Charlie Mansfield	29	Faith Tawell
			Annice Owen
			Winnifred Donawa
			Maldwyn Lewis
			Margaret Greene

**October**

1	Phyllis Payne
2	Sue Mginnley
	Leslie Wingate

*Prayers will be offered at the Parish Mass on the Sunday **on or immediately preceding** the anniversary of death.*

Walsingham Youth Pilgrimage 2017



# Allsaintstide

## and Remembrance Celebrations

### **29 October - All Saints' Sunday**

*Patronal Festival of Houghton Regis parish church*

8:30am Said Mass

10:00am Parish Mass and Procession

### **2 November - All Souls' Day**

7:30pm Sung Requiem Mass

*A Requiem Mass to remember and pray for all those whom we have loved and lost.*

*The service is followed by refreshments.*

### **11 Nov - Armistice Day**

10:50am Act of Remembrance

*Please gather at the Memorial Stone on the Green from 10:40am.*

### **12 Nov - Remembrance Sunday**

8:30am Said Requiem Mass

9:45am Sung Requiem Mass

*A service of remembrance and prayer for all fallen service personnel followed by a procession to the Green and the 11:00am Act of Remembrance at the Memorial Stone.*

*The service is followed by refreshments at the Memorial Hall.*

