

**TEAMS**  
**GB NEWSLETTER**  
**Oct-Dec 2023**



Equipes Notre Dame  
TEAMS

# Contents

Letter from Regional Couple	1
Note from the Editors	3
Thanks to Paul and Sue Rowney	4
Welcome new Northern Regional Couple	5
News from International College, Brazil	6
<b>News from Teams</b>	
Solent Sector Picnic	7
Fareham 2 celebrates 40 years	7
Middlesbrough Team celebrates 25 years	8
North West Crazy Golf	9
<b>Focus on Teams Retreat:</b>	
Epsom 4 Retreat	10
Verbum Dei retreat	11
Reflections from Fr Caffarel	12
Retreat centres	13
October Team Meeting	14
Reflection	15
November Team Meeting	16
Reflection	17
December Team Meeting	18
Reflection	19
Teams Directory	20

## **Tell us your news**

Send us some text and photos for the newsletter by **30 Nov** to : [editors@teams.gb.org.uk](mailto:editors@teams.gb.org.uk)

## **Changed address?**

Contact your regional couple for any change of postal address or any ongoing change in the number of newsletters your Team needs.

**Front Cover: Madonna & Child from chapel at Erddig Hall, North Wales.  
Photo by Mark Edwards**



# Letter from Regional Couple



## Dear Friends in Teams.

Welcome to the October-December 2023 edition of the TeamsGB Newsletter. Although you will be reading this letter in the autumn, we are writing it on a beautiful day in August - the feast of the Queenship of the Blessed Virgin Mary, celebrated on the octave of the Assumption of the Blessed Virgin. As you know, Teams is placed under the patronship of Our Lady, thus emphasising the willingness of Teams to serve her and affirm that there is no better guide to God than the Mother of

God (The Charter 1972). We seek to serve, “to make our activities a collaboration with God and a service to others” (Guide to the Teams of Our Lady”). In serving, we need to look to the future and how we go forward, nurturing and supporting existing Teams as well as creating new ones.

We had an opportunity to further reflect on the future at the TeamsGB Re-Gathering entitled “New Wine, Fresh Skins” held in April. We recognise the need to review our communications and make use of social media, to clarify our description of Teams to reflect what we actually do, to revamp some of our literature and on-line presentation, look how best to engage with parishes and clergy, find a way to measure what is working well and what is not, and much more. We have now initiated a series of workstreams that aim to address these issues. This will be the first time TeamsGB have attempted a systematic approach to growth and undoubtedly we will learn as we go !

During the Re-Gathering in April, amongst many other things, our discussion group suggested that Teams should include a focus on the environment and sustainability, which would chime with the interests of younger people. We cannot fail to mention one of the most important issues of this summer - the frequency of adverse weather events and environmental catastrophes that occurred. In spite of the lower-than-average temperatures in the UK, we have seen the devastating effects of extreme weather events, wildfires, severe hurricanes and flash floods in various parts of the world. For example, the forest fires in Greece and other parts of southern Europe, Tenerife, Canada and Hawaii,

with large numbers of people losing their lives or being displaced, floods in northern Italy, and the highest ever global temperature recorded in July.

Recently Pope Francis re-emphasised that climate change is an urgent challenge that concerns everyone, and asked world leaders to do more, and more rapidly, to limit global emissions. Pope Francis issued the encyclical entitled *Laudato Si, On the Care for our Common Home* in 2015. The Holy Father recently announced that he is writing a second part to *Laudato Si* to bring it up to date with recent events. (Vatican News, August 21<sup>st</sup>).

The Teams study topic for 2021/22 “The Christian Couple – Leaven for Renewal for the Family and Society” focused among other things on the beauty of creation and our joint responsibility for the common good. Can we keep the environment and the care of our common home at the forefront of our minds in all that we do?

The International College of Teams met in July in Aparecida in Brazil. You will hear about this from Paul and Annette on page 6. New piloting materials, developed by ERI were made available at this meeting. It comes as a pdf comprising a manual for piloting couples as well as ten pamphlets for the monthly meetings of the new couples. It can be adapted to local circumstances, and use is optional.

There are some changes to the Province Team. We would like to extend a warm welcome to the new Regional Couple for the Northern Region, David and Joanne Harries as they begin their service officially on September 1<sup>st</sup>. We were delighted to see them commissioned at the Re-Gathering, and they have been working with the Province team on our plans for the future.

We owe an immense debt of gratitude to Sue and Paul Rowney who are stepping down as Northern Regional Couple having served more than their term of office. Their dedicated service is greatly appreciated. Happily, they have agreed to continue to work with the Province team and others on the project for developing and renewing Teams.

Once more we would like to offer many thanks to the editors and contributors of this newsletter for bringing together an excellent issue, and keeping us well informed about the varied life of Teams.

**Peter & Yvonne Newman,  
Responsible Couple, Southern GB Region**

# Note from the Editors



*Welcome to the new look newsletter, carbon neutral and printed on recycled paper. Let us know what you think.*

*The last glossy newsletter featured the highlights of the New Wine, Fresh Skins regathering, coming together in celebration and reflection. This edition features more local celebrations and events. There is a focus on couple and Team retreats. Let us know about your Team and Sector news, anniversaries and events.*

*Teams only works as a movement because of couples and spiritual counsellors generously giving their time and energy. We thank everyone who has contributed to the newsletters, particularly those who take the time to write the thought provoking reflections each quarter.*

*As we all change responsible couple in our Teams we have a changeover of regional couple in Northern Britain. We thank Paul and Sue Rowney who have led the region so well, supporting local teams and sectors in the past few years and welcome David and Joanne Harries who take on this responsibility.*

*In the last newsletter we were all asked to consider the future of Teams in Britain. In June we were privileged to take part in a meeting in Middlesbrough (picture below) where we collectively reviewed communications across Teams in GB e.g. the newsletter, website, literature and emails from regional couples. Paul and Sue Rowney are leading this work so we're sure there will be lots of exciting developments to follow.*

*Our Ukranian guests have moved on, into their new home here in Formby and we hope to welcome another Ukranian family in the near future. God bless you all.*

**Mark & Dympna Edwards, GB Newsletter Editors**



# Thanks to Paul & Sue Rowney

## Outgoing responsible couple, North West Region

We would like to thank Paul and Sue Rowney for their service to the Northern Region for the last 4 years. They have been very supportive of the GB Region and Transatlantic couples in their time and have made a difference to Teams nationally in many ways as well as in the Northern Region.

Thanks especially to them for their hard work in promoting ecology and environmental issues and putting together the Environment policy for Teams. They have ensured that, going forward, we think about what we use (paper, books, cutlery etc.) and how to avoid wasting commodities. We have also appreciated their no-nonsense approach to keeping things simple in words and being inclusive when creating documents!



As a couple they have used their different charisms to support our Teams family. Paul has been a great help in forming policies involving

Health and Safety and advising on these matters, especially for the Gathering. Sue is very creative, and we thank her and Pat Banks for the amazing altar cloth that they created to mark 60 years of Teams in the UK. It has been used at many Gatherings and events, even during Covid.

We particularly loved the prayer corner Sue created for the Swanwick gathering this year. The theme “New wine, fresh skins” was aptly demonstrated as the wine flowed before our eyes!

We hope that your next project on Piloting will be fruitful and that TeamsGB will go from strength to strength. We look forward to working with David and Joanne Harries as they begin their service as Northern Regional Couple.



**Paul & Annette O' Beirne, Responsible Couple, Transatlantic Super Region**

# Welcome David & Joanne Harries, New responsible couple, North West Region

## Navigating the Highs and Lows of Married Life!

Commencing a relationship in the roles of Secretary and Boss might not have been the most ideal foundation for cultivating a partnership brimming with love and harmony! Given that Joanne was merely 17 and I was 21, it was almost inevitable that our professional rapport swiftly transformed from exemplary to 'challenging'... it was a couple of years before our relationship evolved into 40 years of occasionally rocky, though more often rich and rewarding, marriage and family life.



Our vision encompassed, like most couples, a perfect family life. While my aspiration was for a trio of children, Joanne's desires were open-ended, embracing however many blessings God would bestow upon us. In the end, we were blessed with two wonderful children, now aged 37 and 35, both happily married as of 2022. We eagerly anticipate the joyous sounds of grandchildren filling our home.

Born and raised in Trinidad, our migration to England in 1987 marked a substantial shift in culture, climate, religious practices, and our overall way of life. The days of shorts and T-shirts were left behind, with the adjustment proving especially demanding for Joanne. Yet, together we weathered the challenges, united by our shared faith and the subtle yet firm guidance of a higher power, leading, nudging, and urging us toward the right path.

Around 23 years ago, we hesitantly joined a Team, harbouring reservations on my (David's) part. I was apprehensive about public prayer, embarrassed by my limited biblical knowledge, and disinclined to share personal family matters, especially with relative strangers. Nevertheless, against my own misgivings, we attended the initial meetings and were presently surprised at the relaxed, very lightly structured, format. Presently, after all these years, we remain part of Wirral 1. Father Paschal, now 87, along with another couple who joined around the same time, continue to be integral members of the group. Additionally, two more remarkable couples have since enriched our circle, forging strong friendships.

Assuming the role of the Northern Regional couple is a valued responsibility, albeit one we may not feel entirely deserving of, succeeding the excellence of our predecessors Sue and Paul. We pledge to offer our ears and prayers, to stand alongside and serve you, and to exert our best efforts in fostering an optimal environment for the continuous advancement of TEAMS in the Northern region and throughout the UK. In return, we humbly request your patience and prayers as we embark on this new chapter of growth and learning.

Yours in Faith and Fellowship, **Joanne & David Harries,**  
**Responsible couple, North West Region.**

# International College, Brazil

Each year the Leading Team (ERI) and the responsible couples for the fourteen super regions meet to exchange information, to get to know each other and to pray together ... to get to know the Lord and better understand the Charism of the Teams movement.

The 2023 College meeting was hosted by the Brazil super Region in their national shrine to Our Lady of Aparecida. The following provides an overview of the information we received during the six days.

**Discern to Build** This was the College theme from Luke 14:28-30. Clearly this can refer to the main object of Teams; to build our married spirituality, that is, to better know Jesus, to better know our self and better know our spouse. It does, of course, also include building Church through our evangelisation and building Teams so others have the opportunity to develop their married spirituality.

**Towards a Constitutively Synodal Church:** Prof Luciani's talk complemented the YouTube Talks by Austin Ivereigh that we have recently watched. – we recommend them to help understand the Synodal Process that the Church is developing. See <https://youtu.be/9ITMHM6dqbo>

**Fr Caffarel** was with us, in spirit and in his words and charism. There is an update from Friends of Fr Caffarel, and on "The Importance of the Thinking of Fr Caffarel Today".

**Supporting Couples.** We know only too well, that there are stresses on life and on relationships, particularly newly married couples.

The **Satellite Teams** have developed new piloting materials and a programme to support young married couples with a selection of really good videos. The College also considered how best accompany support couples in second relationships.

More notes, video presentations and transcripts of the talks are available online at

<https://teams-transatlantic.org/college-2023/>





## News- Solent Sector Picnic

Solent Sector stretches along the coast from Chichester to Southampton. A Sunday picnic in the mid-point at Hill Head, near Fareham, was a great opportunity to 're-gather' on 25 June. We were blessed with a glorious day! We had shade for eating together, then walking or talking before ice creams and later a shared cuppa before home. It was good to join lots of families having fun at the seaside and it gave us an opportunity to begin discussing 'Teams GB: Where we are now and what next?'



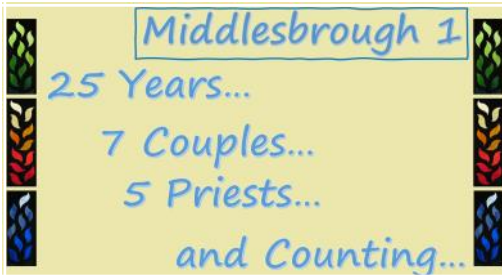
## Fareham 2 Team Celebrates 40 years!



Congratulations to Fareham 2 team who celebrated 40 years as a team in June this year- a celebration postponed from 2020!

In September, the team also celebrated with Chris and Frankie Lane their 50th Wedding anniversary which takes place on 29th September. Congratulations to them both!

# Middlesbrough celebrates 25 years



Middlesbrough 1 team recently celebrated our silver anniversary in style. Between us all, we usually attend a variety of parishes, so we came together for a Sunday morning Mass at St Paulinus Church in Guisborough, celebrated by our chaplain Fr Phil Cunnah. As well as

celebrating our special 25<sup>th</sup> anniversary, we decided to take this opportunity to spread the word about Teams. Fr Phil welcomed us and explained to the congregation a little bit about Teams. We had leaflets available too and several parishioners came and chatted to us after Mass to find out more.

We followed this with a well earned coffee and sharing in the parish meeting room and then onto an excellent Sunday lunch at a local pub. We reminisced that in our 25 years together, Middlesbrough 1 Team has had 5 different chaplains and 7 couples (although never more than 5 at one time). We currently are made up of 4 couples accompanied by Fr Phil.

We now look forward to our forthcoming retreat in Runswick Bay, a picturesque village on the North Yorkshire coast. Retreats could perhaps be described as our team “speciality”. We usually manage a weekend away once a year, always fuelled with an endless supply of cake (and a bottle or 2 of wine for the evenings). We ensure there is a variety of activities undertaken as a whole team, as couples and also as individuals. As well as the usual team meeting components of sharing, prayer, discussion and endeavours, we always find time for walking and often add in a prayerful craft activity. Our weekend retreats are filled with laughter and we always come away refreshed and renewed. We look forward to many more to come.

**Peter and Di Wordsworth  
Middlesbrough 1 Team**



# North West Crazy Golf

The Wirral Team was joined by Tony and Pat from Warrington 3 for this year's crazy golf tournament at New Brighton. The tournament was played in its usual friendly, "competitive" manner!



We had fantastic weather and finished with a lovely meal at a nearby Pub.

**Mark & Carol Traynor**  
NW Sector Couple



*P.S. We were sorry to miss the event as we were on holiday in Scotland but look forward to next year's event.*

*Mark & Dympna*  
Newsletter Editors



## Focus on Team Retreat

### Epsom 4 on Retreat

Having been a Team for more than 3 years, Epsom 4 decided it was time to go on our first retreat together. Ladywell in Godalming was chosen as a venue. What a fantastic property it is! The welcome was wonderful, the rooms clean, comfortable and very posh! We highly recommend other teams contemplating a retreat to consider Ladywell.

The retreat was perfect for our team, drawing us closer together as a group and enabling us to get to know each other in a way that monthly meetings just don't allow. Spiritually, we had much discussion on the church and it's future.

We all agreed that we would make this at least an annual event.



In the pictures are Fr Simon Hall (chaplain), Clive and Teresa Weeks, Gerard and Fernanda Mee, Tim and Nikki Murrill, Angus and Luiza Keen.

**Angus Keen, Epsom 4 Team**

# Verbum Dei retreat

What a wonderful weekend we had!

We can't recommend the recent Verbum Dei Retreat for Married Couples highly enough. The centre on the Isle of Wight is a peaceful oasis and the community offered wonderful hospitality. We had comfortable accommodation, super food and brilliant input from knowledgeable and inspiring married speakers.



We were twelve diverse couples from 2 to 40 years married, from London, Cambridge as well as the island. Some were delighted to meet again, while some like us were visiting for the first time.

The chapel is simple and prayerful, but rang out with beautiful singing and music during Mass. We came home refreshed with new ideas of God's plan for married couples and new learning on how better to communicate with each other and God.



Watch out for details of the next retreat in October 7<sup>th</sup>-9<sup>th</sup>, [www.uk.verbumdei.org](http://www.uk.verbumdei.org), or contact: [verbumdei.iow@gmail.com](mailto:verbumdei.iow@gmail.com)

**Jim & Pat Gilhooley**



# Fr Caffarel on The Retreat in Teams

The Father Paulo Renato Campos, Spiritual Counsellor of the Satellite Teams offers some thoughts and insights into the Team retreat. The full text is available on the Teams website.



The "retreat" is a heritage of our Jewish-Christian tradition and that the major innovation of Henri Caffarel, without neglecting the personal retreats, is the retreat for couples.

## History of retreat

In Sacred Scripture we often find important characters who sought a "space" where they could listen and better discern the voice of God in silence and recollection. Many prophets from Abraham through to John the Baptist and Jesus felt the need to take time in quiet and prayer. This continued through the history of the Christian church with the tradition of hermits and monasteries.

## Couple residential retreat

Fr Caffarel was an experienced spiritual director and retreat leader. He applied this to couples and introduced a couple retreat as a Teams endeavour. It was important for both members of the couple to attend, ideally for a minimum of 48 hours, and without distractions of family responsibilities. The original retreat didn't necessarily involve the whole team although different models have evolved over time.

## Important aspects of the retreat include:

- ⇒ It is different to a social or other Teams Gathering or conference.
- ⇒ It is an opportunity for prayer and silence which create "the retreat environment". Respecting the silence provides mutual help and charity towards our neighbour who wants to pray.
- ⇒ It is an opportunity for formation and development of faith as well as prayer but different from a "training session".
- ⇒ The retreat is also an opportunity to reflect on our faith as a couple and move forward in our couple spirituality.
- ⇒ Planning and preparing the topic and retreat leader is important- Teams study topics & church documents can help to guide the topics. A Teams spiritual counsellor can bring insights as a retreat leader.

Fr Paulo concludes that the couple retreat is a gift of the movement. As Pope Francis teaches us:

*“... the continuous innovations of technological means, the thrill of travelling, the countless consumer offerings, sometimes leave no empty spaces where the voice of God can resound. Everything is filled with words, epidermal pleasures and rumours at an ever-increasing speed; here joy does not reign, but the dissatisfaction of those who do not know what they live for. So how can we not recognize that we need to stop this feverish race to recover a personal space, sometimes painful but always fruitful, where sincere dialogue with God takes place? At certain moments, we must face the truth of ourselves, to let it be invaded by the Lord.”*

**Fr Paulo Renato Campos**

The full text is available on <https://teams-transatlantic.org/latest-news/> or [https://teams-transatlantic.org/wp-content/uploads/2023/09/The-Retreat-According-to-Father-Henri-Caffarel\\_s-Inspiration-1.pdf](https://teams-transatlantic.org/wp-content/uploads/2023/09/The-Retreat-According-to-Father-Henri-Caffarel_s-Inspiration-1.pdf)

## Selly Park Retreat Centre

Sr. Margaret, spiritual counsellor for Warrington 1 team has moved and is now running the Dupuis Centre Selly Park, Retreat and Conference Centre B29 7LL. Bookings are now open and Teams and other groups would be very welcome.



There are 10 en-suite bedrooms, 3 on the ground floor, one large conference room for up to 80 people, chapel, two smaller meeting rooms, dining room and a one-to-one room.

It is available for periods of quiet time or retreat and day conferences.

For more information see our website [www.sellypark.org](http://www.sellypark.org)

Contact: Sr. Margaret Mattison

Email: [margaret.mattison@sellypark.org](mailto:margaret.mattison@sellypark.org)

Phone: 0121 4156100 (switchboard) or 07811753163 (m)

**Information on other retreat venues are available on the Teams website** <https://teams.gb.org.uk/members/retreat-centres/>

# October Team meeting

## **Matthew 23:1-12**

### **They do not practise what they preach**

Addressing the people and his disciples Jesus said, 'The scribes and the Pharisees occupy the chair of Moses. You must therefore do what they tell you and listen to what they say; but do not be guided by what they do: since they do not practise what they preach. They tie up heavy burdens and lay them on men's shoulders, but will they lift a finger to move them? Not they! Everything they do is done to attract attention, like wearing broader phylacteries and longer tassels, like wanting to take the place of honour at banquets and the front seats in the synagogues, being greeted obsequiously in the market squares and having people call them Rabbi.

'You, however, must not allow yourselves to be called Rabbi, since you have only one master, and you are all brothers and sisters. You must call no one on earth your father, since you have only one Father, and he is in heaven. Nor must you allow yourselves to be called teachers, for you have only one Teacher, the Christ. The greatest among you must be your servant. Anyone who exalts himself will be humbled, and anyone who humbles himself will be exalted.'

## **Psalm 130(131)**

*Keep my soul in peace before you, O Lord.*

O Lord, my heart is not proud nor haughty my eyes.

I have not gone after things too great nor marvels beyond me.

Truly I have set my soul in silence and peace.

A weaned child on its mother's breast, even so is my soul.

O Israel, hope in the Lord, both now and forever.

## **Concluding prayer**

Lord, may we always look for ways to serve each other, not to judge but to bring light and hope to others. May we be mindful that all goodness comes from you. Amen.



## October Reflection

*What so infuriated the Lord about the pharisees was their falseness. How they camouflaged themselves behind a veneer of religiosity. How they would readily hide behind their pride. The word which he often applied to them was 'hypocrite', which literally means 'someone who wears a mask'. The opposite of hypocrisy is honesty. And the antidote to hypocrisy is humility. Because humility means standing in the truth about oneself, rejoicing in the truth about others. How often in our relationships, with God and with each other, we find ourselves hiding behind masks. How liberating it is when we choose to be humble in our sit-downs, with each other and with Him. This is where we experience again and again what Jesus promised: 'the truth shall set you free' (John 8.32). That's why that other promise is also true: 'whoever humbles himself will be exalted' (Matthew 23.12).*

*'O my God, let me see things as they really are. Let nothing throw dust into my eyes.' This telling prayer of St Therese reveals her commitment to the truth. She had a horror of any kind of pretence. She loved simplicity, which is the opposite of duplicity. She displayed a disarming honesty in all her relationships. She was so refreshingly up front with others and with God. It's both fitting and beautiful that our psalm for this month is the one that is sung on her feast day. It celebrates the humility of a little child resting trustfully in its mother's arms. A baby doesn't hide behind the mask of pride like the pharisees. Its utter dependence is what makes it so endearing. Lying back in its mother's arms a little child reveals the intimate connection between truth and trust. May the vulnerability of a tiny baby inspire us to take off the masks we can often find ourselves hiding behind. May we be ready to risk the humility which is the firm rock on which every lasting relationship is founded.*

**Fr John Udris**



# November Team Meeting

**Philippians 4:6-9** If there is anything you need, pray for it.

There is no need to worry; but if there is anything you need, pray for it, asking God for it with prayer and thanksgiving, and that peace of God, which is so much greater than we can understand, will guard your hearts and your thoughts, in Christ Jesus. Finally, brothers and sisters, fill your minds with everything that is true, everything that is noble, everything that is good and pure, everything that we love and honour, and everything that can be thought virtuous or worthy of praise. Keep doing all the things that you learnt from me and have been taught by me and have heard or seen that I do. Then the God of peace will be with you.

**Psalm 22(23)**

*In the Lord's own house shall I dwell for ever and ever.*

The Lord is my shepherd; there is nothing I shall want.  
Fresh and green are the pastures where he gives me repose.  
Near restful waters he leads me, to revive my drooping spirit.

He guides me along the right path; he is true to his name.  
If I should walk in the valley of darkness no evil would I fear.  
You are there with your crook and your staff; with these you give me comfort.

You have prepared a banquet for me in the sight of my foes.  
My head you have anointed with oil; my cup is overflowing.

Surely goodness and kindness shall follow me all the days of my life.  
In the Lord's own house shall I dwell for ever and ever.

*In the Lord's own house shall I dwell for ever and ever.*

**Concluding prayer**

Lord, help us to trust in you to guide us on our journey, particularly when we face difficulties. May our focus be on you, being thankful for the love and peace that you bring. Amen.

## November Reflection

*I have to share v.4 and 5 that precedes this reading to give better context to 'do not worry'.*

*"Always be joyful then, in the Lord; I repeat, be joyful. Let your good sense be obvious to everybody"*

*One of the Teams endeavours asks that couples develop and maintain a Rule of Life; that will enable their spiritual development. I can imagine that the aspirations of this reading from Philipians contain many of those things that might be foundational and when established, deepen such a rule in a marriage. Prayer is central to the Christian purpose and ever present among Teams, as they seek the peace of God.*

*The expectation that we fill our minds (and lives) with truth, nobility (honour), goodness and purity, everything that we love and admire, everything we think virtuous and praiseworthy, is a commendable model for living and I suspect equally challenging for us all, who remain sinners, despite our efforts.*

*At many funerals, we are consoled in our loss by Psalm 23 but this psalm is written in the now, addressing how God cares for us in this life. It is a declaration of faith. When we achieve the Rule of Life we desire, we are promised that the God of peace (not just the peace of God) will be with us.*

*If we achieve something of these things by the way we live, after a life of goodness and kindness, we will eventually dwell with the Lord in heaven for evermore. One of the things I often say to couples preparing for marriage is that it is the task of each to get the other into heaven. I wish you well with this divine endeavour!*

**Deacon Nick Johnson**



# December Team Meeting

## **Mark 1:1-8 A voice cries in the wilderness: prepare a way for the Lord**

The beginning of the Good News about Jesus Christ, the Son of God. It is written in the book of the prophet Isaiah:

*Look, I am going to send my messenger before you; he will prepare your way. A voice cries in the wilderness: Prepare a way for the Lord, make his paths straight.*

And so it was that John the Baptist appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. All Judaea and all the people of Jerusalem made their way to him, and as they were baptised by him in the river Jordan they confessed their sins. John wore a garment of camel-skin, and he lived on locusts and wild honey. In the course of his preaching he said, 'Someone is following me, someone who is more powerful than I am, and I am not fit to kneel down and undo the strap of his sandals. I have baptised you with water, but he will baptise you with the Holy Spirit.'

## **Psalm 84(85):9-14**

*Let us see, O Lord, your mercy, and give us your saving help.*

I will hear what the Lord God has to say,  
a voice that speaks of peace, peace for his people.  
His help is near for those who fear him  
and his glory will dwell in our land.

Mercy and faithfulness have met;  
justice and peace have embraced.  
Faithfulness shall spring from the earth  
and justice look down from heaven.

The Lord will make us prosper  
and our earth shall yield its fruit.  
Justice shall march before him  
and peace shall follow his steps.

## **Concluding Prayer**

Lord, help us to prepare our hearts and lives to welcome you, each day and in particular, this Advent as we look forward to celebrating your coming on earth. Amen.

## December reflection

*During this Advent season we are given the time and the opportunity to reflect on Jesus coming two thousand years ago, His coming to us daily in scripture, in the sacraments, in other people and His future coming. All of these come together as God's plan.*

*Mark introduces us to John the Baptist, who appeared 'proclaiming a baptism of repentance for the forgiveness of sins.' John made such an impression on the people that 'all Judaea and all the people of Jerusalem made their way to him.' John lived a very simple life and his message, too, was simple – 'repent'. The living out of this did not seem so simple to the people and it may not to us today either. What is it in our lives that we want or need to change? Can we recognise what we need to change? Do we even give time to thinking or praying about this? Perhaps it is something that we can discuss in our 'Sit Down'.*

*John not only speaks of repentance but he also tells the people that he is only the messenger: the one who is the Saviour is coming after him. John baptises with water but the one who follows will baptise with the Holy Spirit.*

*As Advent progresses we can ask ourselves how it is making a difference in our lives. Are we preparing ourselves for the coming of Christ or are we caught up in what is going on, or not, in our own lives and in the lives of those around us? It is so easy to be overwhelmed by what is going on us in terms of preparations for Christmas and to be so caught up that the Advent season passes us by altogether. We need to try and keep our eyes focused on Jesus and His message. We can follow John's example by what we do as well as what we say. Others will be drawn to Christ through us just as people*

*were drawn to Christ through John. As we go through the weeks of Advent let us be the kind of people who can lead others to Christ.*

**Sr Margaret Mattison**



# Teams Directory

## GB & INTERNATIONAL

### Super Regional Couple

Annette & Paul O'Beirne  
SRcouple@Teams-Transatlantic.org

### Super Regional Spiritual Advisor

Fr Liam O'Donovan SCA  
Chaplain@Teams-Transatlantic.org

### Eurasia Zone ERI Couple

Faye and Kevin Noonan  
teams.noonan.au@outlook.com

### GB & Northern Region Treasurers

Dominique & Chris Thompson  
GBTreasurers@TeamsGB.org.uk  
5 Petrebrook, Chelmsford CM2 6QJ

### GB Literature Couple

Gaynor & Alan Hakes  
Literature@TeamsGB.org.uk

### GB Book of Remembrance

Margaret & Sean McGettrick  
Remembrance@TeamsGB.org.uk

### GB Mixed Teams Coordinators

Dzidzia & Piotr Chodzko-zajko  
MixedTeams@TeamsGB.org.uk

### GB Intercessor Coordinators

Pat & Tony Banks  
Intercessors@TeamsGB.org.uk

### GB Newsletter Editors

Dympna & Mark Edwards  
Editors@TeamsGB.org.uk

### GB Website Editors

Katie McRae and Peter Wordsworth  
WebEditors@TeamsGB.org.uk

## NORTHERN REGION

### Regional Couple

Sue & Paul Rowney  
Northern@TeamsGB.org.uk

### North East & Tyne Contact Couple

Denise & Colin Nelson  
NorthEast@TeamsGB.org.uk

### North West Sector Couple

Carol & Mark Traynor  
NorthWest@TeamsGB.org.uk

### North Yorkshire & Teesside Sector contact Regional Couple

### Prayer Cascade:

[www.TeamsGB.org.uk/prayercascade](http://www.TeamsGB.org.uk/prayercascade)

[TeamsPrayers@GoogleGroups.com](mailto:TeamsPrayers@GoogleGroups.com)

Prayer cascade administration: [prayercascade@TeamsGB.org.uk](mailto:prayercascade@TeamsGB.org.uk)



*My husband, and I had several stressful months of financial difficulties. So one evening I was touched to see him gazing at the diamond wedding ring that symbolized our marriage.*

*"With this ring..." I began romantically.*

*"We could pay off Visa!" he responded.*

## CENTRAL REGION

### **Regional Couple, West & Midlands sectors**

Janet & Paul DeBoo  
Central@TeamsGB.org.uk

### **Regional Treasurer**

Teresa & Andrzej Zapasnik  
CentralTreasurers@TeamsGB.org.uk

### **North Thames Contact Couple**

Margaret & Tony O'Byrne  
NorthThames@TeamsGB.org.uk

### **West London Sector Couple**

Marysia & Andrzej Maryniak  
WestLondon@TeamsGB.org.uk

## SOUTHERN REGION

### **Regional Couple**

Yvonne & Peter Newman  
Southern@TeamsGB.org.uk

### **Membership database**

Maggie & Richard Acres  
SouthernMembership@TeamsGB.org.uk

### **London South East Contact Couple**

Valerie & Robert Mann  
LondonSE@TeamsGB.org.uk

### **London South West Contact Couple**

Louisa & Chris Elliot  
LondonSW@TeamsGB.org.uk

### **Surrey North Contact Couple**

Howard & Theresa Park  
SurreyNorth@TeamsGB.org.uk

### **Surrey South & Sussex Sector Couple**

Carol Hope & Bill Norman  
SurreySussex@TeamsGB.org.uk

### **Thames Valley Sector Couple**

Sue & Geoff Collier  
ThamesValley@TeamsGB.org.uk

### **Wessex Sector Couple**

Contact Regional Couple

### **Solent Sector**

Pat & Jim Gilhooley  
Solent@TeamsGB.org.uk

## Teams Websites

**GB Website:** [www.TeamsGB.org.uk](http://www.TeamsGB.org.uk)

**Superregional:** [www.Teams-transatlantic.org](http://www.Teams-transatlantic.org)

**International:** [www.Equipes-Notre-Dame.com](http://www.Equipes-Notre-Dame.com)



# Last notes...

**The Magnificat** (Lk 1: 46-56)

**My soul proclaims the greatness of the Lord;  
and my spirit exults in God my Saviour,  
because he has looked upon his lowly handmaid.**

**Yes, from this day forward all generations will call me blessed,  
for the almighty has done great things for me.**

**Holy is His name,  
and His mercy reaches from age to age for those who fear Him.**

**He has shown the power of His arm.**

**He has routed the proud of heart.**

**He has pulled down princes from their thrones and exalted the lowly.  
The hungry He has filled with good things, the rich sent empty away.**

**He has come to the help of Israel His servant, mindful of His mercy  
According to the promise He made to our ancestors  
of His mercy to Abraham and to his descendants forever.**

**Our Lady of the Home, pray for us.**

## **Northern Regional Gathering**

Saturday 21st October.

Ladyewell shrine, Preston

## **Virtual Teams**

on 3rd Friday of the month.

[virtualteams@Teamsgb.org.uk](mailto:virtualteams@Teamsgb.org.uk)

## **Central Birthday celebration**

16:30 10 Dec, Our Lady of The Assumption and  
The English Martyrs, Cambridge CB2 1JR.

Listening to wife is like reading  
the terms & conditions of website.  
you understand nothing, still you  
say...

"I Agree"....!



Equipes Notre Dame, Teams, is an international  
Christian movement for married couples of all ages.  
Charity Reg No: 1044902



Equipes Notre Dame  
TEAMS