



**TEAMS**  
**GB NEWSLETTER**  
**January- March 2024**



Equipes Notre Dame  
TEAMS

**A movement for Christian Married Couples**

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## Tell us your Team news

Send us some photos and a few lines for the newsletter by **1 March** to: [editors@teamsgb.org.uk](mailto:editors@teamsgb.org.uk)

## Changed address?

Contact your **regional couple** for any change of postal address or any change in the number of newsletters your Team needs. Contact details in the directory inside back page of the newsletter.

**Front cover:** Lunt Meadows & Wetlands Nature Reserve. Photo by Mark Edwards



Don't forget to pray for the International Gathering in Turin.



# Letter from Regional Couple

## Dear Friends in Teams.

As the joy and peace of the Christmas season is upon us, we hope this message finds you well and filled with a sense of anticipation and excitement about the future of our wonderfully-enriching movement.

It's incredible to think about the journey we've embarked upon since our last newsletter. We've taken some footsteps forward, shared inspiring moments, and are learning so much. As we reflect on the wisdom of the past, we take cautious but optimistic steps outside our comfort zone to explore the opportunities that lie beyond.

The coming months are filled with promise and potential, and we can't wait to share all the exciting developments with you. So, let's dive right in and touch on the path ahead.

Your Province Team have embarked on a series of mini-projects, designed to explore the opportunities of reaching out to a greater number of Christian married couples. The UK is becoming an increasingly secular society, with only 44% identifying themselves as 'Christians' in the last Government survey (with only 8.3% of the total identifying themselves as Catholics). As you begin to categorise the number within that percentage who are married, let alone who attend Church regularly, it becomes a sobering realisation that our mission to spread the 'good news' of all that our movement offers, is a challenge that we can only hope to meet together.

Our 'mini-projects' will be looking at a range of inter-connected paths that include reaching out not just to our Catholic faithful, but also to other Christians- for example our Anglican friends (20% of the population). It involves reviewing all of our literature (website / flyers / brochures and other material), as well exploring new avenues via social media with the hope and intent of engaging with a wider audience of Christian married couples, across both Catholic, Anglican and other communities.

There is so much more than space allows us to share, but please do consider agreeing or volunteering to help with one or more of these mini-projects, if you are able. We need your wisdom and your energy.



If we may, we'd also like to take a moment, to reflect on the Northern Regional Gathering in October 2023... it was certainly an event to remember, filled with unexpected twists and turns. Although we faced a last-minute change in venue, the TeamsGB spirit prevailed, and the day unfolded beautifully – once we had overcome some early technical hiccups!

The gathering showcased our resilience in the face of challenges. Our hybrid model, which combined Zoom and face-to-face participation, was not without its drawbacks.

However, the dedication of our members and the power of technology allowed us to bridge distances and come together despite the hurdles.



We were delighted to welcome back our original keynote speaker, Fr Mario Ashuikaka, who shared insights on married spirituality. His wisdom and guidance resonated with everyone in attendance, reaffirming the importance of our mission. We were fortunate to be able to record his views and will be happy to share the link with any who request it.

The heart of our gathering was our meaningful liturgy, book-ending an in-depth slide presentation on the 'way forward'. Our liturgy focused on " Ecclesiastes, 4 9-12, cord of three strands," emphasising intercessions for the expansion of TeamsGB. The day was enriched by the Joyful mysteries of the Rosary led by Bishop Barron, followed by a beautiful Mass celebrated at the end of the day by Fr. Paschal (our Wirral 1 Spiritual Counsellor of over 20 years).

Throughout the day, we had much to share - not only prayers and spiritual nourishment but also the joy of coming together. Laughter, camaraderie, and the shared sense of purpose filled the air. It was a reminder of the deep connections that make TeamsGB a close-knit family for which we are so blessed.

We're filled with gratitude for our resilient community and excited about the path ahead. Together, we look forward to what the future holds, united in our mission to serve and support one another on this beautiful journey.

**David & Joanne Harries,**  
**Responsible Couple, Northern GB Region**

## Gathering fruits

Last Saturday, 25 November, we were involved, together with Karen and Adrian Jones based near Lincoln, in a hopeful Teams of Our Lady Information Event at Our Lady and St. Patrick's Church just south of the city centre in Nottingham. We've never been involved in anything quite like it before.

It sprang from the "New Wine, Fresh Skins!" Gathering at Swanwick in April this year, to which we had invited Bishop Patrick McKinney, the Bishop of Nottingham, as a keynote speaker. At the end of his visit on Sunday morning of that weekend, we thanked him and expressed our wish to keep exploring with him what Teams of Our Lady could offer to his Diocese.

Teams of Our Lady currently has a scant presence in Nottingham Diocese. Apart from Karen and Adrian themselves, still connected to Cheltenham 1 for many years, and meeting monthly via video conference with all that Team's geographically dispersed members, we've only had one Team in Nottingham for a few years more than five years ago, after which we stopped receiving communications from them, or responses to our emails. We assumed they had ceased meeting.

We've been writing regularly to Bishop McKinney with our quarterly Teams GB Newsletter, but the Swanwick Gathering was the first opportunity for that communication to flower as dialogue. The vibe at the Gathering gave Bishop Patrick a sense that Teams might hold something quite helpful for several couples recently married, earnest in their faith, who had become known to him through roles of service they fulfil in the Diocese.

Our follow-up after Swanwick led to a short video conference with Bishop Patrick in October where he shared his thoughts, asking about our typical process for briefing enquiring couples about our Movement. Setting ceremony aside, we mutually chose target dates, and Bishop Patrick undertook to invite couples and find a venue if we would prepare an information session and forward some literature in advance.

And so to last Saturday, meeting Bishop Patrick early, laying out our literature, arranging the tables, lighting the Regional Candle, re-arranging the tables, and waiting for couples to arrive. About ten couples ultimately attended, several others sending apologies due to schedule conflicts.

With hindsight, we were dubious whether our effort at re-creating a mini-Team experience through small group discussions was truly effective, or indeed the best



approach for this session, but the vigorous buzz of conversation as we gathered in tea cups after *The Magnificat* spoke promisingly of interest generated. To date, seven couples have asked how they can join or form a Team, and more than one has talked confidently of other couples to whom Teams would appeal.

Our goal is bigger than a single Team, or even two. Our ambition is a network of Teams from Lincoln to Mansfield to Derby, Nottingham, Loughborough, and Leicester. Our ambition is parishes who recommend Teams for couples preparing for marriage, or couples seeking sacraments for themselves or their children. Our ambition is groups of Teams that bring new vibrancy to their parishes.

In January, we'll plan further with all couples who so far have asked to know more. Please pray that the Lord will extract fruit from this Nottingham opportunity!

Holy Spirit, build up the Teams as vessels of synodality and seedbeds of missionary discipleship! Holy Mary, our patron, pray that our couples radiate God's love by drawing close to your Son! Father Henri Caffarel, our founder, pray for the Teams you were inspired to establish!

**Janet and Paul DeBoo, Regional Couple for Teams GB Central Region**

## Notes from the Editors

We hope that this newsletter finds you well. We are continuing with the recycled paper printing following your feedback- thank you.

We have had a dramatic few months. The short version is that, without warning, Mark's heart stopped whilst on holiday in Croatia. That was our low. Our high is that he survived, thank God, (a minor miracle given the less than 1 in 10 odds) and is making a full recovery .

Thank you for the prayer support which lifted and sustained us. An incident like this has reminded us to appreciate every day and not take life for granted and to focus on what is important in life. We have been deeply touched by the plight of those affected by conflict in the world, particularly in Gaza/Israel.

In addition to this our new Ukrainian guests have settled in well and our daughter and two cats have moved home to live.

We love to hear news about your Team and Sector so do send us some photos and a few lines. The newsletter is only as good as it's content.

We wish you a blessed Christmas and for 2024 peace, hope and joy in your lives.

**Mark and Dymrna Edwards, GB Newsletter Editors**



# Middlesbrough Team Retreat

Middlesbrough's retreat held both lows and highs this Autumn:

## Lows-

Not all our Team were able to be there this year- due to circumstances beyond their control.

## Highs-

- ◆ We stayed in Runswick Bay and were hosted for a day of reflection by the community at Madonna House in Robin Hoods Bay- both on our beautiful North Yorkshire coast.
- ◆ We spent time together in prayer and reflection around the theme of 'Thankfulness'
- ◆ We relaxed and chilled together.
- ◆ The pub nearby did takeaway fish and chips!
- ◆ But most amazingly, one of the other people visiting Madonna House was a young priest named Fr Joseph Meigh- the grandson of Harry and Clothilde who founded Teams in the UK! He seemed a little surprised and we all became so excited and explained how famous they are in Teams GB. It was a pleasure to meet him.



## Paul & Sue Rowney, Middlesbrough 1 Team



## Remembering Antony Denman

*"It's your first conference, is it? Would you like to write something for the newsletter?" And just like that, we were caught. For the next 25 years, our lives and those of Antony and Janet Denman were inextricably linked.*

*It was the Ushaw National Teams Conference in Durham in 1997(?), just after we had joined Teams. Antony and Janet had arrived late. We were mid-way through lunch, when a couple we didn't know chose to take the two empty seats opposite us. What prompted them to pick our table? There were plenty of other seats, and we weren't close to the door. Clearly, it was destiny.*



*A few months later, we replaced Antony and Janet as the South Midlands Sector Newsletter Couple, and we followed Antony and Janet as Sector Couple some three years later.*

*Knowing how good they had been as Sector Newsletter Couple in South Midlands, in 2006 we had no hesitation in choosing Antony and Janet to be our Transatlantic Super-Regional Newsletter Couple, and all four of us were back at Ushaw in 2007 when Great Britain hosted the International College.*

*Ushaw College introduced the international Teams Movement to Yorkshire pudding, and we began to appreciate just how important the role of the Animating Team was to the success of an International College. (Well done, Tom and Maureen Hoban, Peter and Di Wordsworth, and the rest of the team!)*

*As anyone who has had a responsibility in the Teams Movement knows, choosing your successor is a vital part of the job. Who could take Transatlantic on the next phase of its journey? Who else but Antony and Janet! So, in 2010, Antony and Janet became the second Transatlantic Super-Regional Couple.*

*However, Antony was a member of the United Reformed Church, and this came as a shock to some in the Movement, particularly those from Catholic countries where the situation rarely arises. The leading couple at the time, Carlo and Maria-Carla Volpini were very supportive, even coming in 2009 to the GB Teams 50<sup>th</sup> anniversary celebrations in Cheltenham to assure Antony and Janet of their blessing and support. So, Antony and Janet became the first inter-church couple to be members of the International College.*

*They gave a talk in 2013 at the International College in Bordeaux, Antony and Janet*



*gave a wonderful testimony of their life as an inter-church couple which proved to be an eye-opener for many members of the college, including some priests. But it wasn't just within Teams that they talked about their relationship. They were leading members of the Association of Inter-Church families, and in 2017 they were in Dublin for the World Meeting of Families, manning their stand, and meeting many Teams acquaintances.*

*But perhaps their finest hour was leading the Animating Team when the International College came back to England in 2016, this time to the Hayes Centre in Swanwick. Antony and Janet organised a trip to Chatsworth [The Downton Abbey Experience!], and also included a tram ride at the Crich Tram Museum, which members of the College still talk about.*

*Our lives will be the poorer for Antony's passing. Since 2006, we were in the habit of meeting for lunch every four to six weeks. Initially it was very much a working lunch when we were all part of the Transatlantic Leading Team, then we gave them support whilst they were Transatlantic Super-Regional Couple, and then they supported us during our time on the International Leading Team (the ERI). Finally, in retirement, we just met for lunch because we enjoyed each other's company and had much to reminisce about.*

*May Antony rest in peace.*

### **Paul and Helena McCloskey, Cheltenham 1**

Antony Denman passed away on 12 October 2023. Antony and Janet were really the beating heart of our Team, Northampton St. Thomas, and quite possibly the most committed among us to the idea of Teams and how belonging to a Team helps a married couple. When one looks back on their story together, it's not hard to see why this might be.

Antony's final illness brought us into a certain intimacy with Sophie, Antony and Janet's adopted daughter, and also Antony's sister Anne and her husband Clive. The carousel of photos from Antony's life projected at the get-together after his funeral eminently reflected the closeness of Antony and Anne's sibling relationship. Anne remembered him as protective towards her. They also indicated Antony's early interest in photography, evidenced by the camera draped around his neck, and how much leisure his family derived from boating and sailing. We did not know Antony loved the water in this way.

It was obvious even without photos that Antony was a gifted scholarly person, educated at Glyn County Grammar School for Boys in Epsom before reading Physics at Jesus College, Oxford, then taking a 1972 University of London Master of Science degree in Radiation Biology based at the Royal Free Hospital Medical School. His

PhD from Leeds Beckett University for research on Radon and Health followed later in 1999. In 2021, Antony submitted a letter to the Guardian newspaper responding to their obituary of Jan Stern, commenting as follows: "In 1970-71 I worked for Jan Stern as a biochemistry technician, when Queen Mary's hospital for children, Carshalton Beeches, south London, had just taken delivery of an automated amino acid analyser. This helped detect the condition of phenylketonuria in newborn babies and facilitated other research into levels of essential amino acids. Jan introduced me to the idea that physicists could work in hospitals and sent me to other ones to learn more. I left to study for a master's before working at Northampton General Hospital, and was grateful for his guidance." Indeed, Antony's placement as the Head of Medical Physics proved virtually a job for life, spanning 31 years. Afterwards his expertise about radon led to a professorship at the University of Northampton where he guided students in post-graduate projects, contributed to conferences worldwide, and even up to this year passed scholarly comment on research articles.

Antony had other personal interests, like birdwatching and playing guitar, that he acquired in youth and carried through life, but all his most important achievements flowed from his life with Janet, from the search they pursued together for the common ground in their different faith backgrounds, and from prejudices they withstood along the way. Antony met Janet on a canal boat outing, but were destined for rougher sailing. Having found they could not have children, they adopted Sophie, and from that point their journey in faith began. Their testimony in 2013 to the Teams International College about their experience as an Inter-Church couple was a climactic moment on that journey.

A page on the website for the Association of Inter-Church Families full of clear guidance for Inter-Church couples in question-and-answer format totally embodies the spirit of Antony and Janet. We could well believe they instigated it, or even wrote most of it. Wherever they had travelled through wilderness, they strove to leave a trail that could easily be followed. We encountered something similar a year ago while leading the Animating Team to prepare the "New Wine, Fresh Skins!" Gathering at Swanwick. A document surfaced with a checklist of to-do's for delivering a Gathering; it was Antony and Janet's, compiled following the Swanwick Gathering of 2010.

It's very moving now to recall Antony's patient care for Janet especially during the past year, mightily clinging onto the fabric of their life, and our last Team Meeting with them, which they hosted in July. They are constantly in our prayers.

**Janet and Paul DeBoo,  
Northampton St. Thomas Team**

*A good marriage is one where each partner secretly suspects that they got the better deal.*

## Remembering Ray Illingworth



*Ray Illingworth, 86, was one of the founding members of Warrington 3, which was formed twenty years ago. He was born in Halifax, Yorkshire and never lost his dry sense of humour. He passed away peacefully at home on September 22<sup>nd</sup> after several years of declining health, devotedly nursed by his wife Pat.*

*He and Pat were active members of Teams and were Responsible Couple several times and participated in Sector and Regional events. Ray attended a number of Sector training sessions.*

*With our Team, Ray and Pat were at all of the Team and Sector Retreats, in places such as, Belmont Abbey, Ladywell, Retreat centres in Crosby, Formby and the Irenaeus Centres in*

*Liverpool. We could always count on Pat and Ray for great support during our time as Sector and Regional Couple.*

*As a Team, we often visited Formby for the Ecumenical street performance of the Christmas Story, until the year Ray sadly collapsed and finished up in the local hospital. The Team 'banned' him from attending after that.*

*Ray was part of a large extended family, leaving behind his loving wife Pat, two children, three Stepchildren, fourteen Grandchildren and five Great-grandchildren. He was particularly close to Daisy and Freddie two of his younger Great-grandchildren who loved to visit 'Ray-Ray'.*

*Ray and Pat were a very sociable couple and enjoyed entertaining and theatricals with their group of friends. They holidayed at home and abroad and especially enjoyed Cruises. Ray also enjoyed music and was adept at playing the organ.*

*As a former Methodist, Ray brought to our Team a wider faith experience, especially his knowledge of the Bible, learned in Sunday School. Now, as a member of the Catholic church he supported his parish helping at Sunday Masses taking up the collection etc. Each year, Ray acted as a Steward for a neighbouring parish in the Warrington Walk of Christian Witness.*

*During Covid, and as his health declined, he found great comfort in daily following online, the Masses at Walsingham. Throughout his last illness, Masses were being offered for him at the Shrine.*

*He is already being greatly missed by all who knew him. May he Rest in Peace.*

***Tony and Pat Banks and all of Warrington 3 Team.***

# January Team meeting

**Mark 1:14-20**

**I will make you into fishers of men**

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

As he was walking along by the Sea of Galilee he saw Simon and his brother Andrew casting a net in the lake – for they were fishermen. And Jesus said to them, 'Follow me and I will make you into fishers of men.' And at once they left their nets and followed him.

Going on a little further, he saw James son of Zebedee and his brother John; they too were in their boat, mending their nets. He called them at once and, leaving their father Zebedee in the boat with the men he employed, they went after him.

**Psalm 24**

*Lord, make me know your ways.*

Lord, make me know your ways.

Lord, teach me your paths.

Make me walk in your truth, and teach me:  
for you are God my saviour.

Remember your mercy, Lord,  
and the love you have shown from of old.  
In your love remember me,  
because of your goodness, O Lord.

The Lord is good and upright.  
He shows the path to those who stray,  
He guides the humble in the right path,  
He teaches his way to the poor.

*Lord, make me know your ways.*



**Concluding prayer**

Lord, thank you for calling us to follow you. As we enter a new year, show us the way you want us to go. Give us the courage and faithfulness to continue to follow you, on your path each day. Amen.

# January Reflection

Three things strike me about the reading opposite. The first is the timing. Jesus went into Galilee after John had been arrested. John was no longer able to preach and so the time had come for Jesus to start his own ministry. "The time has come" he said. The new year and January is traditionally a time when we take stock, reflect on the year just gone and make plans and resolutions for the year ahead. The time has come for us too. How aware are we on a day to day basis, that the kingdom of God is at hand? How can we be more tuned into seeing God in our world, or turning it the other way around, to seeing God's world all around us?



The second thing that struck me is that Jesus started with John's message of repentance and built further on that teaching. Jesus' message was one of hope and of joy. He brought Good News. With our news full of wars, natural disasters, the impact of climate change and other local and global problems it is easy to become disheartened. But Jesus still offers us good news and opportunities to work with Him to make the Kingdom of God come in our lives and our world.

The third thing that struck me was the response from the fishermen. Would I be as responsive, or be hesitant to follow into the unknown? Would I follow initially and then have second thoughts, wanting to return to comfort, familiarity and safety?

Whatever this year holds for us, and those close to us we can reflect on what God is calling each of us to do or to become this year, how we can discern His call and how best we can follow Him. We can start by praying with the psalmist "Lord make we know your ways and walk in your paths".

**Dympna Edwards,  
Newsletter Editor**

***P.S. Please let us know if you or someone you know would be able to contribute a reflection to the newsletter once or twice per year.***



You get Dympna's pearls of wisdom, on occasion out of necessity when we haven't received a reflection we had expected not because she has had any theological training!

# February Team Meeting

**Mark 1:40-45**

**The leprosy left the man at once, and he was cured**

A leper came to Jesus and pleaded on his knees: 'If you want to' he said 'you can cure me.' Feeling sorry for him, Jesus stretched out his hand and touched him. 'Of course I want to!' he said. 'Be cured!' And the leprosy left him at once and he was cured. Jesus immediately sent him away and sternly ordered him, 'Mind you say nothing to anyone, but go and show yourself to the priest, and make the offering for your healing prescribed by Moses as evidence of your recovery.' The man went away, but then started talking about it freely and telling the story everywhere, so that Jesus could no longer go openly into any town, but had to stay outside in places where nobody lived. Even so, people from all around would come to him.

**Psalm 31(32):1-2,5,11**

*You are my refuge, O Lord; you fill me with the joy of salvation.*

Happy the person whose offence is forgiven, whose sin is remitted.  
O happy the person to whom the Lord imputes no guilt,  
in whose spirit is no guile.

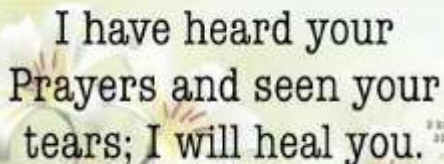
But now I have acknowledged my sins; my guilt I did not hide.  
I said: 'I will confess my offence to the Lord.'

And you, Lord, have forgiven the guilt of my sin.

Rejoice, rejoice in the Lord, exult, you just!  
O come, ring out your joy, all you upright of heart.

*You are my refuge, O Lord; you fill me with the joy of salvation.*

**Concluding prayer.** Lord, we are broken in so many ways, through our actions, in our hearts and in our bodies. As we acknowledge our need for you, your healing love restores us to unity with each other and with you. Thank you for your love which makes us whole. Amen.



I have heard your  
Prayers and seen your  
tears; I will heal you.

# February Reflection

*'Of course, I want to... Be cured!'*

What beautiful words were heard from Jesus that day to liberate a man from his disease and suffering! Jesus demanded no conditions or requirements except that the man ask for his help. This man may well have been justified in thinking that someone so pure as Jesus would surely want nothing to do with him. He could have allowed fear or anxiety to keep him away from Jesus. Likewise, the intense shame at being stigmatised with the incurable illness of leprosy could have convinced him to stay away.

Overcoming these possible resistances, the man threw himself into God's mercy and risked all. As a reward for his faith and trust he received the great gift of healing. Even more profound he received the gift of knowing God's everlasting love for him, revealed through Jesus Christ. Similarly, we may have a whole list of reasons why we might think God is not interested in our needs. We may feel we don't deserve God's help or we don't really know how to ask for it. We may think that God is somehow far away from the events of our life; that he has far more important things to do! However, the words of our psalm this month tell us that God is our *'refuge'* and that he fills us with *'the joy of salvation'*.

God wants to be our refuge in life and to fill us with joy. We discover this when, like the writer of the psalm and the man with leprosy, we humbly acknowledge our need for God's loving help. Whether it is for God's mercy for our sins, his consolation in our sorrows and sufferings or his provision for our physical needs or healing; God simply wants us to bring it all to him through his divine Son, Jesus. When we do this, we will hear Jesus say those beautiful words in our hearts: *'Of course I want to help you...'* In this way our very afflictions become the way we can discover God's immense love for us.

This really is good news and like the man in the Gospel, we will then not be able to resist sharing God's gift of his love with others, so that they can receive all they need from God as well.

**Fr Martin Plunkett**



# March Team Meeting

## Hebrews 5:7-9

### He learned to obey and he became the source of eternal salvation

During his life on earth, Christ offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering; but having been made perfect, he became for all who obey him the source of eternal salvation.

## Psalm 50(51):3-4,12-15

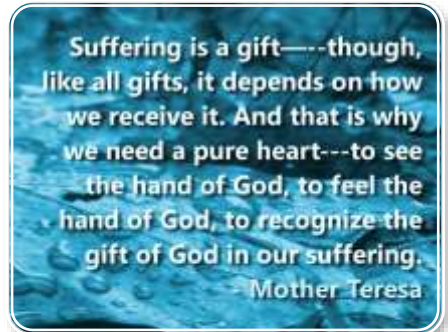
*A pure heart create for me, O God.*

Have mercy on me, God, in your kindness.  
In your compassion blot out my offence.  
O wash me more and more from my guilt  
and cleanse me from my sin.

A pure heart create for me, O God,  
put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your holy spirit.

Give me again the joy of your help;  
with a spirit of fervour sustain me,  
that I may teach transgressors your ways  
and sinners may return to you.

*A pure heart create for me, O God.*



**Concluding prayer.** Lord, we are humbled when we think of the sacrifice that you made for us to bring us new life. Your suffering transformed the world. May we learn how to let your love transform us; where there is suffering may we grow through this to experience wisdom and joy. Amen.



## March reflection

*Timothy Radcliffe is a well known Dominican priest. He was invited to speak to the participants in the recent Synod when they had a Retreat together before the sessions began. He spoke of Karl Barth's frustration at the Catholic 'and'.*

*'And' occurs 3 times in this piece of the Letter to the Hebrews given to us on the Fifth Sunday of Lent in Year B.*

*It resonates with me because I can still remember having difficulty reading the word 'and'. Mrs Culshaw rapped my knuckles until I got it right. That would have been in 1947.*

*So the inspired author tells us about Jesus's experience of the word 'and'.*

*His prayers were first of all a mix of prayer and entreaty. So let us separate prayer from entreaty. How might that feel for us? Let us try prayer that is not entreaty. That could be praise and thanksgiving. Let us start with that and only after that turn to entreaty.*

*The next 'and' concerns aloud and in silent tears. Sharing the Prayer of the Church or taking part in the Eucharist takes care of the word 'aloud'. Maybe we could concentrate not just on volume, but also expression. That might help us with using words that our almost too familiar.*

*'Silent tears' is an emotion that does have a poignant place in our prayer life. Maybe we could learn not to be afraid of the silent tears. Jesus obviously was no stranger to them*

*The third 'and' in our reading leads us to a conclusion. We submit our prayer for God to receive it and He hears it. We are led to humbly accept His answer, which is often not our answer*

*Jesus obviously had good days and bad ones, like us.*

*So we can face each emotion with the calm knowledge that tomorrow will almost certainly find us in another place.*

*The substrate is in the Psalm. A daily request for putting yesterday behind us. Why? Because today is a day for compassion, cleansing, newness, purity, steadfastness, joy, fervour, return.*

**Fr John Buchard, Formby Team**



# Teams Directory

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## 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)

## CENTRAL REGION

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

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## 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.**

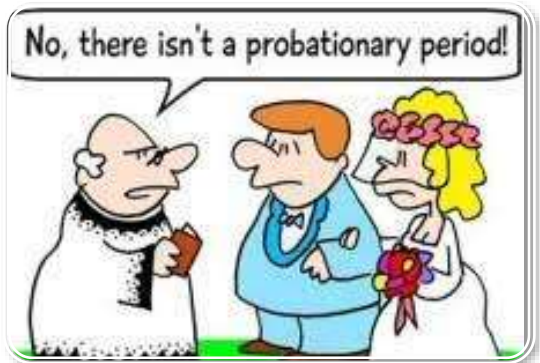
**He has come to the help of Israel His servant, mindful of His mercy  
According to the promise He made to our ancestors  
of His mercy to Abraham and to his descendants forever.**

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

“

**A happy marriage is  
a *long* conversation  
which always seems  
TOO SHORT.**

ANDRÉ MAUROIS



Equipes Notre Dame, Teams, is an international  
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