

FOCUS

*The Parish Magazine
of
St. Joseph's Catholic Church, Wembley*



St Thérèse of Lisieux – Feast Day October 1

Autumn 2021

ST JOSEPH'S CATHOLIC CHURCH

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Monday	Mass: 9.30am
Tuesday	Mass: 9.30am and 6.30pm
Wednesday	Mass: 9.30am
Thursday	Mass: 9.30am and 6.30pm
Friday	Mass: 12.00noon
Saturday	Mass: 9.30am 6.30pm Vigil Mass of Sunday
Sunday	Mass: 9.00am, 10.45am, 12.30pm and 7.30pm

All services are streamed live on ChurchServices
ChurchServices.tv/wembley1

Schools

ST JOSEPH'S INFANT SCHOOL, Waverley Avenue. Tel: 020 8903 6032

ST JOSEPH'S JUNIOR SCHOOL, Chatsworth Avenue. Tel: 020 8902 3438

Executive Head Teacher: Mrs Mandy Whelan

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Autumn: A new beginning



At the start of autumn each year, we welcome a new school and university start and potentially the commencement of a job especially for those for whom it is a new beginning. This can be a daunting time but one that inevitably forms a definitive period of personal growth in all of our lives and which must be adapted to in our societies. It is our opportunity to grow in our knowledge, experience of the world and to form good and lasting friendships.

Spiritually too, we can rethink our lives and consider whether we are choosing the way that our Catholic faith tells us in our acceptance of the Church's teachings and practices. The regular reception of the Sacraments should be a key preoccupation of our lives enabling us to grow closer to our Maker, enjoy the happiness and fulfilment that this brings and become models for our families and friends. Attendance at Sunday Mass is a required practice in fulfilling our obligation of keeping the Sabbath holy. It offers that unique worship of the Almighty in the sacrifice of the Cross, a fundamental aspect of the meaning of our existence, a message of salvation and the amazing prospect and gift of eternal life in the Lord.

So I urge you, in this troubled world of today, to recognise the wonderful gift from God that your Catholic faith endows, to come to Mass and further to seek opportunities to express praise, gratitude and the worship of our Creator. One such opportunity will present itself in the form of our Annual Retreat due to be preached between 22 and 24 October by Rev. Dr. Thomas Kalam CMI, an eminent speaker to which all are invited. I encourage you to join also the many regular devotions in our parish including the Adoration of the Blessed Sacrament, the Rosary and the Divine Mercy Chaplet all of which may be accessed on line. This is a recipe for bringing contentment in our lives.

May I wish you all every blessing.

Fr Joseph

Biography of St Therese of Lisieux



St Therese of Lisieux (1873-1897) was a French Catholic who became a Carmelite nun at an early age. She died in obscurity at the age of 24. However, after her death, her autobiography – Story of a Soul was published and became a best-seller around the world. Her books explained her spiritual path of love and selflessness, and she became one of only three females to be considered a doctor of the Catholic Church.

From an early age, it was Therese's ambition and desire to be a saint. She was born into a pious and loving Catholic family. She remembers the idyll of her early childhood, spending time with her parents and five sisters in the unspoilt French countryside.

However, this early childhood idyll was broken by the early death of her Mother (from breast cancer). Aged only four years old, she felt the pain of separation and instinctively turned to the Virgin Mary for comfort and reassurance. The next couple of years of St Therese's' life was a period of inner turmoil. She was unhappy at school, where her natural precociousness and piety made other school children jealous. Eventually, her father agreed for Therese to return home and be taught by her elder sister, Celine.

She enjoyed being taught at home; however, after a while, her eldest sister decided to leave home and enter the local Carmel Convent at Lisieux. This made Therese feel like she had lost her second mother. Shortly afterwards Therese experienced a painful illness, in which she suffered delusions. The doctors were at a loss as to the cause. For three weeks she suffered from a high fever. Eventually, Therese felt completely healed after her sister's placed a statue of the Virgin Mary at the foot of the bed. Therese felt her health and mental state returned to normal very quickly. Soon after on Christmas Eve 1884, she recounts having a remarkable conversion of spirit. She says she lost her inclination to please herself with her own desires. Instead, she felt a burning desire to pray for the souls of others and forget herself. She says that on this day, she lost her childhood immaturity and felt a very strong calling to enter the convent at the unprecedented early age of fifteen.

St Therese was drawn to pray for sinners. Although her father tried to keep newspapers out of the house, she became aware of the notorious – unrepentant killer Henri Pranzini, who was due to be executed in 1887. Therese prayed for his last-minute conversion and was able to read in the newspaper of his last-minute grab for a crucifix as he approached the scaffold. He kissed the wounds of Jesus three times before being guillotined.

St Therese audience with the Pope

Initially, the Church authorities refused to allow a girl, who was so young to enter holy orders. They advised her to come back when she was 21 and

“grown up”. However Therese’s mind was made up, she couldn’t bear to wait; she felt God was calling her to enter the cloistered life. Therese was so determined she travelled to the Vatican to personally petition the Pope. Breaking protocol she spoke to the Pope asking for permission to enter a convent. Slightly taken aback Pope Leo XIII replied: “Well, my child, do what the superiors decide.” Soon after, her heart’s desire was fulfilled, and she was able to join her two sisters in the Carmelite convent of Lisieux.

“Our fulcrum is God: our lever, prayer; prayer which burns with love. With that we can lift the world!”

Convent life was not without its hardships; it was cold, and accommodation was basic. Not all sisters warmed to this 15-year-old girl. At times she became the subject of gossip, and one of her superiors took a very harsh attitude to this young “spoilt middle class” girl. However, Therese sought always to respond to criticism and gossip with the attitude of love. No matter what others said, Therese responded by denying her sense of ego. Eventually, the nun who had criticised Therese so much said. “why do you always smile at me, Why are you always so kind, even when I treat you badly?”

Love attracts love, mine rushes forth unto Thee, it would fain fill up the abyss which attracts it; but alas! it is not even as one drop of dew lost in the Ocean. To love Thee as Thou lovest me I must borrow Thy very Love – then only, can I find rest.

This was the “little way” which Therese sought to follow. Her philosophy was that – what was important was not doing great works, but doing little things with the power of love. She believed that if we can maintain the right attitude, then nothing shall remain that can’t be accomplished.

Therese had the ambition to become a missionary and travel to Africa or China. However, ill health curtailed these plans, and she was forced to stay in the convent.

Towards the end of her life, when she was increasingly bed-ridden, St Therese was encouraged by the elder nuns to write down her way of spiritual practice. She wrote three books that explained her “little way” and included her personal spiritual autobiography ‘Story of a Soul’.

“The good God does not need years to accomplish His work of love in a soul; one ray from His Heart can, in an instant, make His flower bloom for eternity...



St Therese died tragically early at the age of 24 from tuberculosis. However, after her death, the writings became avidly read by, first other nuns, and then the wider Catholic community. Although initially intended only for a small audience, her books have frequently been republished. In 1997, St Therese was declared one of the only three female Doctors of the Catholic Church (there are 33 doctors of the church in total). Thus after her death, she was able to achieve her intuitive feeling that she would be able to do something great and help save souls.

St Therese was canonized by Pope Pius XI on May 17, 1925, only 26 years after her death.

Pope Francis (elected 2013) has said St Therese is his favourite saint and keeps a picture of her on his bookcase. Explaining his choice for St Therese, Pope Francis remarked

“Do not be afraid to depend solely on the tenderness of God as Saint Thérèse of Lisieux did, who, for this reason, is a beloved daughter of the Blessed Mother and a great missionary saint.” (1)

He has also remarked: “When I have a problem I ask the saint, not to solve it, but to take it in her hands and help me accept it.”

Miraculous Invocation to St. Therese

O Glorious St. Therese, whom Almighty God has raised up to aid and inspire the human family, I implore your Miraculous Intercession.

You are so powerful in obtaining every need of body and spirit from the Heart of God.

Holy Mother Church proclaims you “Prodigy of Miracles... the greatest saint of Modern Times.”

Now I fervently beseech you to answer my petition (mention in silence here) and to carry out your promises of spending heaven doing good on earth... of letting fall from Heaven a Shower of Roses.

Little Flower, give me your childlike faith, to see the Face of God in the people and experiences of my life, and to love God with full confidence.

St. Therese, my Carmelite Sister, I will fulfill your plea “to be made known everywhere” and I will continue to lead others to Jesus through you.

Amen.

Catholic church finds fresh ways to spread message in New Evangelisation



According to a survey, one in 10 American adults identifies as an ex-Catholic. And of the 25 percent of American adults who are still Catholic, only one in four attend Mass regularly.

“People are not leaving because of the last crisis or last scandal,” said Katie Pesha, the executive director of communications and planning for the Archdiocese of St. Louis. “The church has been dealing with that for 2,000 years. The church is bigger than that.” Most of them, she said, are simply drifting away because of time commitments, health or family reasons.

The church is in the midst of a push to reach out to these people. It’s called the New Evangelisation. The term New Evangelisation originated with Pope John Paul II, back in the 1980s. But a particular push was part of the “Year of Faith,” which Pope Emeritus Benedict XVI declared as an initiative for Catholics all over the world to deepen their beliefs. And the New Evangelisation a movement to “re-propose the Gospel” to those who have drifted away, or never had too deep of a faith to begin with.

The message is the same as it’s always been. “The New Evangelisation is focused on explaining the gospel of Jesus Christ to people,” but some of the techniques for spreading that message are new.

Getting social

Social networks, such as Twitter, are strong assets to evangelisation. The viral power of the Internet can be helpful in spreading a message to a much broader audience than one person could ever reach.

Of course, social media also brings its challenges, such as criticism. A concern is how to respond to negative tweets.

"Respond with truth and love," US Archdiocese Web Content Specialist Amanda Lindley said.

She said sometimes, it's OK to delete tweets, but it's better to use them as teachable moments – and not let the negative tweets prevent boldness. "St. Paul was not received well," she said, citing an example from church history who persisted under persecution.

"People are going to be rude," she said, "but you still need to be bold."

Building a brand

Criticism toward the church's image is nothing new. But that image matters.

Just as people associate ideas and services with company logos, such as Starbucks, Nike and Apple, people also associate ideas with religious groups. The key is in making sure the right image emerges.

What people should see, is what the church does every day: Feed the hungry, help the sick, clothe the naked.

Learning, living, spreading

"We live in a very confused and despairing world," said [Patrick Novecosky](#), an award-winning Catholic journalist. Yet despite the confusion, Catholics need to remain firm in their faith.

Novecosky delivered the keynote address at a US archdiocese conference, and he gave his audience tips for learning, living and spreading their faith – all important components of the New Evangelisation:

LEARN

Read: Read the Bible, the catechism, and good news sources.

Listen: Listen to Catholic radio, and other uplifting and educational sources.

Go out: Go to conferences and on pilgrimages that will help enrich your faith.

LIVE

Pray: Live a life of prayer and sacraments.

Practice the virtues: Prudence, justice, temperance, courage, faith, hope and charity.

Serve: "We need to be joyful Catholics, ... and our joy comes from Christ," he said. That includes joy in serving others.

SPREAD

To the closest: Spread the message of Catholicism to those closest to you.

To the community: Spread the message of Catholicism to the community, even in little ways, such as "Merry Christmas," "Happy Easter" and "Bless you."

Beyond the confines: Write letters to officials regarding important issues.

In a time of what Novecosky calls "unprecedented cultural hostility" toward Catholicism, these are not always easy to do.

"We need to first be transformed by God's power and God's grace," he said.

What does the Catholic Church teach about Guardian Angels



Images of angels are on calendars and notecards, magnets and mugs. But these spiritual beings are not the stuff of Hallmark designs; they are real and powerful, serving as protectors and ministers of divine care.

Among the myriads of angels are guardian angels - special beings who guide and guard every human life.

They are "an amazing personal gift, beyond our comprehension," said Arlington Bishop Paul S. Loverde in a homily earlier this year. "Many think that having a guardian angel is 'too good to be true,' and so they hesitate to call upon that strong angelic presence as they move through the events of an ordinary day."

Yet according to the Catechism of the Catholic Church, from the moment of conception until a person's last breath, a guardian angel surrounds each human being with "their watchful care and intercession." The church

honours these guardians with a feast day Oct. 2.

Aids in salvation history

Often lumped with fairies and other imaginary creatures, angels are affirmed as truth through Scripture and Catholic tradition. Their existence was dogmatically declared by the Fourth Lateran Council in 1215.

Created by God as spiritual, noncorporeal beings who possess intelligence and will, angels "have been present since creation and throughout the history

of salvation," according to the catechism.

The word "angel" comes from the Greek "*angelos*," meaning "messenger," and these beings are envoys who aid in God's saving plan.

When you think of angels, perhaps the big players come to mind: the archangels Michael, Raphael and Gabriel. That is not surprising, as they are the only angels named in the Bible, and each has a unique role in salvation history. Gabriel, of course, announced to Mary that she would bear the Messiah.

Guardian angels, those you perhaps prayed to beside your childhood bed, also have a place in the story of salvation.

These guardians, according to Our Sunday Visitor's Encyclopedia of Catholic Doctrine, "are entrusted above all with helping humanity come to know and love God in this life, so as to enjoy eternal happiness in heaven."

The church encourages the faithful to pray to and thank their guardian angels daily.

Many saints trusted steadfastly in their guardian angels, including St. Thomas Aquinas, St. Francis of Assisi, Padre Pio and St. John Paul.

Padre Pio, a Capuchin Franciscan who died in 1968, was granted the vision of not only his own guardian angel but also those of others.

"How consoling it is to know that we are always under the protection of a heavenly spirit, who never abandons us, not even (most admirable fact!) in the very act by which we displease God," wrote Padre Pio in a letter to one of his spiritual daughters.

According to Father Paul F. deLadurantaye, Arlington diocesan secretary for religious education and sacred liturgy, guardian angels function differently depending on whether or not a person is baptised. For the unbaptized, their main function is to protect individuals from grave harm and evil; for the baptised, their function along with protection, function is "is more directly supernatural - they serve as a guide on the path to heaven," he said.

Some Catholics like to name their guardian angels, which Father deLadurantaye said is not part of church tradition, but it's not prohibited "if you wanted to do it as an act of private devotion."

Because they have no bodies, angels are genderless and only take on human appearance so as to be perceived by humans. Scripture talks about angels having wings, indicating their ability to move from one location to another in an instant, said Father deLadurantaye.

A constant consolation

Guardian angels, wrote Padre Pio, protect us "like a friend, like a brother. This ought to be a constant consolation for us."

So consider fitting a prayer to your guardian angel into your day. There is a lifelong friend beside you, ready to lighten your burdens and draw you closer to God.

Prayer to your guardian angel

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.

Kids Corner

Riddles

Why do maths books always look so sad?

Because they are full of problems

Why did the teacher wear sunglasses to school?

Because her students were so bright

Why do magicians always do so well in school?

Because they can handle trick questions

Why do calculators make good friends?

Because you can always count on them

Why can't pirates learn the alphabet?

Because they keep getting lost at C

Bible Word Search: Mass Catholic Church

W W E A K G J I Y G R U T I L C A
Y D R Y F F I L Y G G U N X M T Y
Q Q V L I A P C R E P E Y L O H N
C Y Y A R E J E N J H E T V A A N
J O G C J M E R E D A E R G S S R
B S M W R T S C M O J O P B R V Z
N N I M I P Y N A B J L G E V V D
E H T N U Y W A O Q T P Y N Q H P
K Q G H N N L U K M H A L L L Z O
O P C C G L I D M Y R N X G S E U
O U X S E H I O B P M Y Y N N Y B
I E R L U E B O N D C B A Q P O E
Z I U E X S D P S A D A P Z E P G
D I R M V Y G N H M I L S T A R N
A B W A A U M R T S I R A H C U E
Y S X L P Y O Q R V M D W M E W T
R N Q K H F G O D V E N I W F F D

PRAYERS

AMEN

GOD

PEACE

HYMNS

BODY

GREETING

WINE

ALLELUIA

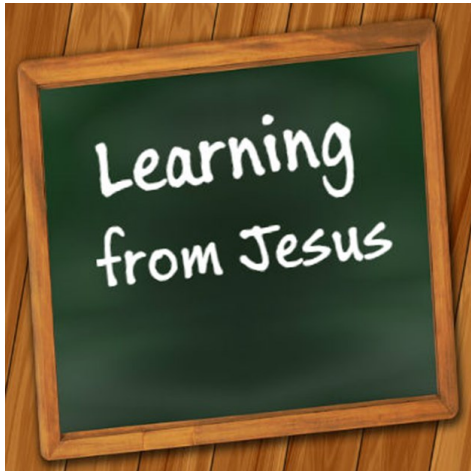
COMMUNION

HOLY

READER

EUCCHARIST

LITURGY



Jesus taught his disciples, saying, "Do not think that I came to set aside the old law or the teachings of the prophets. I did not come to set them aside but to complete them.

"Come to me, all you who labour and are heavily burdened, and I will give you rest. Take my yoke upon you and learn of me, for I am kind and sympathetic, and you will find rest, for my yoke is

easy and my burden light.

"He who hears these words of mine and keeps them in mind will be like a wise man who built his house upon the rock. The rain fell, the floods came, the winds blew and beat upon that house; yet it did not fall, for its foundation was built on the rock.

"He who hears these words of mine but does not keep them in mind will be like a foolish man who built his house upon sand. The rain fell, the floods came, the winds blew and beat upon that house, and it fell, and great was its downfall."

At another time when Jesus was teaching beside the lake, such a large crowd gathered about him that he entered a boat and sat in it, while the crowd stayed on the shore. He then taught them many truths by means of stories, and said, "Listen to me. The sower went out to sow, and as he sowed, some of the seed fell on the road where birds came and ate it up. Some fell on rocky ground, where it had but little soil, and because there was no depth of earth it began to grow at once; but when the sun rose, it was scorched with the heat, and having no root it withered away. Some of the seed fell among thorns, and the thorns grew up and choked it so that it bore

nothing. Other seed fell on good soil, and sprouted and grew and bore at the rate of thirty, sixty, and a hundredfold." And he said to them, "Let him who has ears to hear, remember this."

When Jesus was alone, those who were with him and the twelve disciples asked him what this story meant. He said to them, "Do you not see the meaning of this? How then will you understand all my other stories? The sower sows his teaching. The teaching that is sown along the road is like some people who hear but immediately Satan comes and takes away the teaching which has been sown in them.

"And the seed that has been sown on rocky places, is like those people who hear the teaching and receive it at once with joy, but it takes no root in them and they remember it only for a short time.

"The seed sown among thorns is like those who hear the teaching but the pleasures of this life, the desire for wealth and other things makes them forget the teaching, and so it bears no fruit.


"But the seed sown on good soil is like those people who hear the teaching and remember it, and it bears fruit; some thirty, some sixty, and some a hundredfold.

"Can a blind man guide a blind man? Will not both fall into a ditch? A disciple is not above his teacher; but every pupil when perfectly trained will be like his teacher.

"No good tree bears rotten fruit; neither does a rotten tree bear good fruit; for each tree is known by its own fruit. Figs are not gathered from thorns, nor grapes picked from a bramble-bush. From the good stored in his heart the good man brings forth goodness, but the evil man from his evil store brings forth evil; for the mouth speaks that with which the heart is filled.

"You are the light of the world. A city on a hill cannot be hidden. One does not light a candle to put it under a basket but on a stand, where it shall give light to all who are in the house. So let your light shine before men that they may see your good deeds and praise your heavenly Father."

Mother Teresa's 15 Tips to Help You Become More Humble



Humility is not denying your strengths, humility is being honest about your weaknesses.

Rick Warren

The world does not value or understand the power of humility but we do, because it was what Jesus used to save us.

Good self-esteem is confidence in one's worth or abilities. Think about Mother

Teresa. That little nun had good self-esteem. She even dared to speak against abortion at the National Prayer Breakfast in 1993 before her invited hosts President Bill Clinton, and Vice President Al Gore, and their spouses. That's guts. That's self-confidence. And that's humility.

All the saints understood that humility is the way to nail down a good self-esteem by depending on God rather than oneself. It's the understanding that everything comes from God and that God is everything.

Mother Teresa called humility the mother of all virtues. She said: "If you are humble nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed you will not be discouraged. If they call you a saint you will not put yourself on a pedestal."

3 Myths About Humility

Humility, however, is often misunderstood. Some think it is synonymous with self-deprecation. In a Sunday homily, Father Jared Johnson, associate pastor of Cathedral of the Holy Spirit in Bismarck identified three myths about humility.

Myth #1. The humble soul lacks confidence. "The most humble people out there are some of the most confident and sometimes some of the most prideful people are the most insecure," he said. "Humble souls know their life is dependent on God and know what to value — things lasting not passing. They value the Lord over anything else."

Myth #2. Humility is not attractive. "True humility is attractive," he explained. "It is the humble person who listens and cares about others as opposed to the one focused on their self and trying to look good."

Myth #3. Humble people want to be recognized as humble. Father Johnson explained that wanting to look humble is false humility. In reality, he said they simply want to do something because it is right and they are not looking for praise.

"Our greatest block to growing closer to God is when we rely more on us than

on him,” Father Johnson said. By putting on the virtue of humility, he explained that we grow more confident and allow ourselves to grow closer to God. “When we look at a crucifix, we see a man who is humble and who is not about himself. We see a man who is for others. May we imitate that humility so that we can experience God in his fullness.”

Ways to Become Humble

Mother Teresa’s example proves all three of Father Johnson’s points. While she was head of the Missionaries of Charity, Mother Teresa kept a list of ways to cultivate humility for the sisters in her care.

1. Speak as little as possible about yourself.
2. Keep busy with your own affairs and not those of others.
3. Avoid curiosity (she is referring to wanting to know things that should not concern you.)
4. Do not interfere in the affairs of others.
5. Accept small irritations with good humour.
6. Do not dwell on the faults of others.
7. Accept censures even if unmerited.
8. Give in to the will of others.
9. Accept insults and injuries.
10. Accept contempt, being forgotten and disregarded.
11. Be courteous and delicate even when provoked by someone.
12. Do not seek to be admired and loved.
13. Do not protect yourself behind your own dignity.
14. Give in, in discussions, even when you are right.
15. Choose always the more difficult task.

The Power of Humility

“It was pride that changed angels into devils; it is humility that makes men as angels.” —Saint Augustine

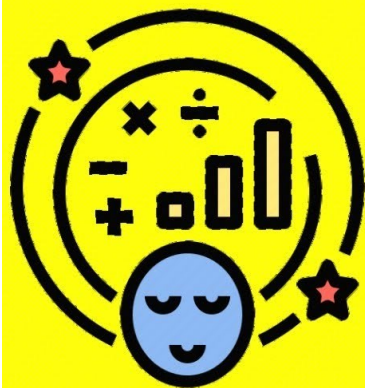
The devil preferred to leave Heaven for eternity in Hell rather than to humble himself before his creator. And humility would have protected Adam and Eve from thinking they could disobey God and become like him.

Yet through our humility and thus obedience to God, the devil is defeated. St. John Vianney, the Curé of Ars, who was often harassed by the devil, related a conversation with him. The devil said: “I can do everything you do, I can also do your penances, I can imitate you in everything. There is one thing, however, that I cannot do, I cannot imitate you in humility.”

“That is why I defeat you,” St. John Vianney responded.

Humility seems to be a contradiction, and yet, Jesus was meek and humble of heart (Matthew 11:29). “He emptied Himself, taking the form of a bond-servant, and being made in the likeness of men.” (Philippians 2:7)

The world does not value or understand the power of humility but we do, because it was what Jesus used to save us. “Just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.” (Matthew 20:28)



20 COOL FACTS ABOUT MATHS

If you were to play a word association game with a school-aged child, you'd be pretty unlikely to get a response of 'cool' when you asked them what word first came into their mind when you said 'maths'. Despite what some people may tell you, maths is far from dull. On the contrary, there are plenty of fun and strange maths-related facts out there that will fascinate children of all ages. To prove this, we've compiled a list of 20 cool facts about maths which we encourage you to share with the children in your life.

1. The word "hundred" comes from the old Norse term, "hundrath", which actually means 120 and not 100.
2. In a room of 23 people there's a 50% chance that two people have the same birthday.
3. Most mathematical symbols weren't invented until the 16th century. Before that, equations were written in words.
4. "Forty" is the only number that is spelt with letters arranged in alphabetical order.
5. Conversely, "one" is the only number that is spelt with letters arranged in descending order.
6. From 0 to 1000, the only number that has the letter "a" in it is "one thousand".
7. 'Four' is the only number in the English language that is spelt with the same number of letters as the number itself.

- 8.** Every odd number has an “e” in it.
- 9.** The reason Americans call mathematics “math”, is because they argue that “mathematics” functions as a singular noun so ‘math’ should be singular too.
- 10.** Markings on animal bones indicate that humans have been doing maths since around 30,000BC.
- 11.** “Eleven plus two” is an anagram of “twelve plus one” which is pretty fitting as the answer to both equations is 13.
- 12.** Also, there are 13 letters in both “eleven plus two” and “twelve plus one”.
- 13.** Zero is not represented in Roman numerals.
- 14.** The word “mathematics” only appears in one Shakespearean play, “The Taming of the Shrew”.
- 15.** -40°C is equal to -40°F .
- 16.** In France, a pie chart is sometimes referred to as a “camembert”.
- 17.** The symbol for division (i.e.÷) is called an obelus.
- 18.** 2 and 5 are the only prime numbers that end in 2 or 5.
- 19.** A ‘jiffy’ is an actual unit of time. It means 1/100th of a second.
- 20.** If you shuffle a deck of cards properly, it’s more than likely that the exact order of the cards you get has never been seen before in the whole history of the universe.



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Ingredients

Makes 12

5 medium potatoes, peeled, boiled, drained and mashed; 2 medium fresh green chillies, finely chopped; ½ tsp cumin seeds, toasted and finely ground; 2 sprigs fresh coriander, finely chopped; 1 tbsp vegetable oil, plus extra for deep frying; 1 medium onion, peeled and finely chopped; 450g/16oz lean minced lamb; 1cm/½in piece fresh root ginger, peeled and chopped; ½ tsp red chilli powder, ½ tsp ground coriander, pinch ground cumin, ½ tsp garam masala; ½ lemon, juice only; Salt to taste; 2 free-range eggs; 225g/8oz fresh white breadcrumbs.



Method

1. In a bowl, mix the mashed potatoes, chopped chillies, ground cumin seeds and chopped fresh coriander until well combined. Season, to taste, with salt.
2. For the croquette filling, heat the oil in a pan over a medium heat, add the chopped onion and fry for 3-4 minutes, or until golden-brown.
3. Add the minced lamb, root ginger, chilli powder, ground coriander and ground cumin. Cook, stirring continuously, for 18-20 minutes, or until the minced lamb has cooked through.
4. Add the garam masala and the lemon juice and season, to taste, with salt. Strain the lamb mixture through a fine sieve and allow any excess oil to drain away. Set the mixture aside to cool.
5. Divide the potato mixture into 12 equal portions and roll each portion into a ball. Make a hollow in the centre of each potato ball, using your finger. Spoon one tablespoon of the mince mixture into each of the 12 hollows, then fold the potato over and around it.
6. Flatten the filled potato ball into a patty using your hands. Place the potato balls onto a baking tray, cover the tray with cling film and set aside for 15-20 minutes.
7. Beat the eggs in a bowl and sprinkle the breadcrumbs onto a plate.
8. Heat the remaining oil in a deep heavy-based frying pan until a breadcrumb sizzles and turns brown when dropped into it.
9. Dip each patty into the beaten egg, then dredge in the breadcrumbs until completely coated. Lower each patty into the oil and fry for 5-6 minutes, or until crisp and golden-brown and completely cooked through. Set aside to drain on kitchen paper. Serve with fresh sliced onions, carrots and beetroot salad immediately.

O God of Creation,
you have blessed us
with the changing of the seasons.
Remind us to take time to rest.
Remind us of the wonder
of your creation.
Remind us that it is you
who give us the breath of life.



Autumn Scene