

The Saint Raphael Link

Some Periodic Ramblings of the Prior

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Dear Members

Ash
Wednesday

"Remember, you are dust and to dust you will return."

"Write yourself a note so that you won't forget" my grandmother always used to tell me. So I would write the note and then proceed to forget where I left it!

Sometimes we can become forgetful in our spiritual journey as well. The purpose of Lent is to help us remember what and who we really are. Lent is a time set aside for us to remember that we are baptized Christians, people of God who through the Sacrament of Holy Baptism have died and risen with Christ to new life in the Spirit.

In the rush of our daily lives it is easy for us to lose sight of what is really important. We can forget that we are called as Christians to be different, to be "in the world, but not of the world". (John 15:19) We can forget that baptism has introduced us to a new way of life, with values, principles and standards of behaviour that are not often reflected in the culture that constantly surrounds and

influences us. We might forget that we have died to our "former way of life" as St. Paul puts it and are called to live in Christ. (Rom. 6:4)

We can forget that we have been given the Spirit of God to guide us and prompt us to follow the example of Jesus. We can forget we belong, not to ourselves, but to Christ. (Gal. 2: 20) We can forget that we have been called to carry on the mission of Jesus in our world. We can forget that we are loved beyond all measure with a divine and eternal love. (Eph. 3:19)

Rather we need to remember! For if we forget about our new life in Christ, we suffer the consequences. We can suffer anxiety and insecurity when we forget the great love that God has for each of us. We can suffer stress as we seek love and happiness in all the wrong places. We can become sick and fall into sinful habits. We become alienated from God.

So Lent is a time to remember who we are and what we are about. (Rom. 12:2) Lent is a time to return to the things that really matter. Lent calls us to look honestly at ourselves, about our motives, about our values, about our actions, about our identity, about our lives. During Lent we strive to see our lives and ourselves as they truly are, as God sees us.

This is hard work and we have to discipline ourselves to do it. That's why Lent is time when we are called to a greater spirit of prayer, fasting and almsgiving. But if we accept the discipline we will know the joy of coming

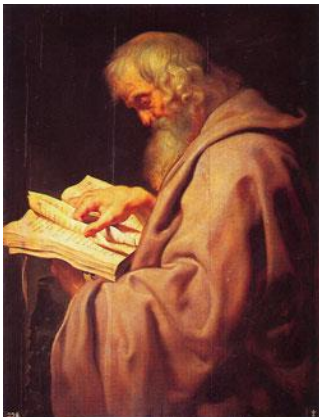
closer to Our Lord. We will know the joy of remembering that we are God's chosen people whom he loves with an everlasting love. **Amen.**

+*Geoffrey* – GRAND PRIOR



SICK: Beryl Anderton / Paul Shaw / Sheila Hogarth / Ruth Barr / Kathleen Roberts / Lesley Fudge / Thelma Thompson / Marlene Addy / Ray Connell / Tania Walker / Lidia Flemming / Paul Sheridan / David Kiteley / Roy Howard / Albert Jones / (Baby) Charlotte Park / Nicole Vendettuoli / Ivor MacFarlane / Shaun Humphries / Lucy Riding / Veronica Hawcroft / Amelia Radomski / Mary Flannigan / John & Mary Howard / Ida Simpson / Una & Karen Kirby / Angela Pearson / Clarice Shaw / Julie Stelling / Diane Beresford / Doreen Devitt / Tony Kirby / Delia Serman / Angela Billerness / Sally Hayes / Nick Brooks / Pam Crane / Ruth Moody & family / Brigitte Duffett / Norman Dutton, archbishop / Keith & Joan Warren / Jean & Alan Rothwell / Maureen Bohanna / Eileen Duffy / Elaine Coope / Joan Taylor / Alan Pearson, bishop.

Calendar of Saints



In **St. Matthew's Gospel**, we read of **St. Simon or Simeon** who is described as one of our Lord's brethren or kinsmen. His father was **Cleophas**, **St. Joseph's** brother, and his mother, according to

some writers, was our **Lady's** sister. He would therefore be our Lord's first cousin and is supposed to have been about eight years older than He. No doubt he is one of those brethren of Christ who are mentioned in the Acts of the Apostles as having received the Holy Spirit on Pentecost.

St. Epiphanius says that when the Jews massacred **St. James the Lesser**, his brother **Simeon** upbraided them for their cruelty. The apostles and disciples afterwards met together to appoint a successor to **James** as bishop of Jerusalem, and they unanimously chose **Simeon**, who had probably assisted his brother in the government of that church. In the year 66 civil war broke out in Palestine, as a consequence of Jewish opposition to the Romans.

The Christians in Jerusalem were warned of the impending destruction of the city and appear to have been divinely ordered to leave it. Accordingly that same year, before **Vespasian** entered Judaea, they retired with **St. Simeon** at their head to the other side of the Jordan, occupying a small city called **Pella**. After the capture and burning of Jerusalem, the Christians returned and settled among the ruins until the Emperor **Hadrian** afterwards entirely razed it.

We are told by **St. Epiphanius** and by **Eusebius** that the church here flourished greatly, and that many Jews were converted by the miracles wrought by the saints.

When **Vespasian** and **Domitian** had ordered the destruction of all who were of the race of **David**, **St. Simeon** had escaped their search; but when **Trajan** gave a similar injunction, he was denounced as being not only one of

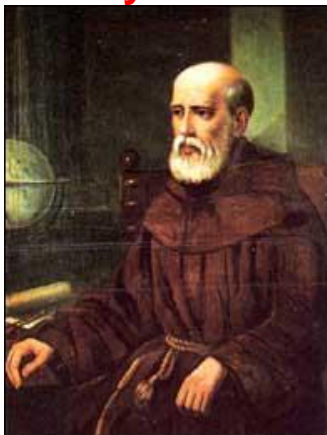
David's descendants, but also a Christian, and he was brought before Atticus, the Roman governor. He was condemned to death and, after being tortured, was crucified. Although he was extremely old - tradition reports him to have attained the age of 120 - Simeon endured his sufferings with a degree of fortitude which roused the admiration of Atticus himself.

His feast day is February 18

Guess the Locations:

1. Knaresborough / 2. Bexhill by the Sea

Story Corner



I wanted to change the world

When I was a young man, I wanted to change the world.

I found it was difficult to change the world, so I tried to change my nation.

When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town and as an older man, I tried to change my family.

Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town.

Their impact could have changed the nation and I could indeed have changed the world.

Author: unknown monk around 1100 AD

Cook's Corner:



Ingredients for the stew

500g stewing beef
1 onion (or shallots), sliced
2 carrots, chopped
1 parsnip, chopped
3 sticks of celery, chopped
400g chopped tomatoes (1x tin)
200g pearl barley
1 beef stock cube
dried mixed herbs (to taste)
black pepper (to taste), water, cornflour

For the mustard mash

900g potatoes, butter, milk
1 tbsp wholegrain mustard

Method for the stew

Heat some sunflower or olive oil in a large saucepan and seal the meat
Add the onions and cook until soft
Add the water - enough to half fill the saucepan

Add all the rest of the ingredients
Bring to simmering point then turn down the heat, cover and leave to simmer for 1½-2 hours

Once the meat and vegetables are thoroughly cooked and tender, mix some cornflour with cold water and add to the sauce gradually, stirring continually to avoid lumps

Keep going until you are happy with the consistency - add more cornflour for a thicker sauce and less for a thinner one

You can always leave the lid off the saucepan to reduce the liquid, if you don't want to use cornflour

For the mustard mash

Peel, chop and boil the potatoes for about half an hour

Test with a knife to make sure they are cooked and if not cook for a bit longer

Drain the potatoes

Put in butter (or margarine) and milk to taste and a heaped teaspoon of wholegrain mustard

Mash to the consistency that you like

Guess the Locations:



1.

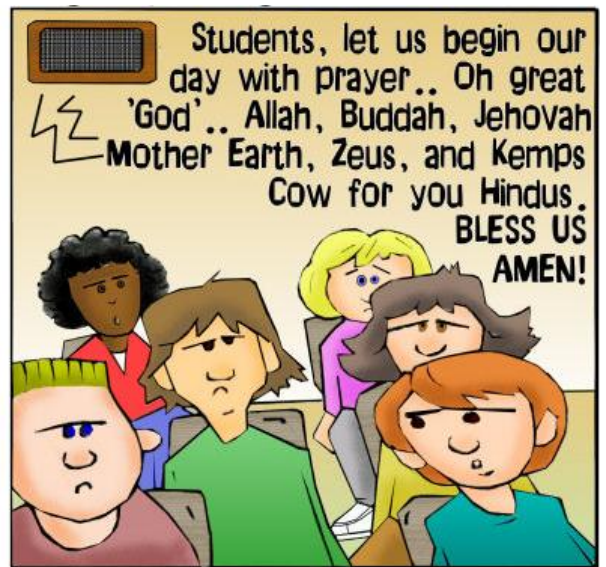


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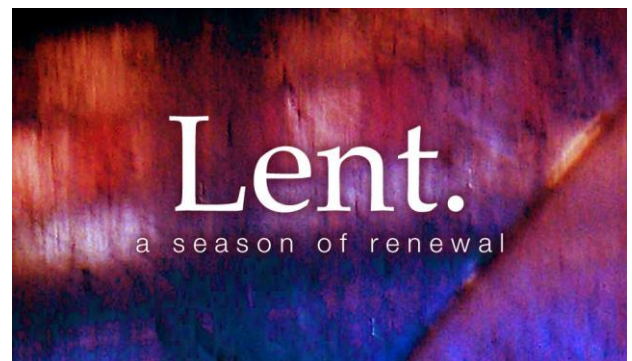
God does not demand we be **SUCCESSFUL**, God demands we be **FAITHFUL!**



Mother Theresa speaking a great truth of perspective for life.



I believe in PRAYER IN SCHOOLS, but not A SCHOOL PRAYER because I fear it may look like this.



**Almighty and Everlasting God,
You have given the human race
Jesus Christ our Saviour
as a model of humility.
He fulfilled Your Will by becoming Man
And giving His life on the Cross.
Help us to bear witness to You
By following His example of suffering
And make us worthy to share
in His Resurrection.
We ask this through
our Lord Jesus Christ, Your Son. Amen.**



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