

The Saint Raphael Link

Some Periodic Ramblings of the Prior

August 2013 (Issue 07)

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Dear Friends,

Here are some words from a well-known hymn to begin the August edition of 'The St Raphael Link'.

***'Fight the good fight with all thy might,
Christ is thy strength and Christ thy right
Lay hold on life and it shall be
Thy joy and crown eternally.'***

Do you find that just occasionally life begins to weigh heavy? I suppose that this happens to us all from time to time.

Pressures of one sort or another begin to build up. Perhaps at work where we are given more duties or responsibilities; then there are the demands of everyday life and the running of a home and family which can make us feel stressed; and so it goes on.

Even the holy apostles who when they returned to Jesus, began telling him all about the stresses and strains of their individual ministries. We can read in sacred scripture how, with all their comings and goings, the apostles had no time to even eat; but Jesus knew the difficulties and understood exactly how they were all feeling

I don't know about you, but I can't count the number of times that I missed lunch and worked right through the day without food. There have even been times when I have gone to work one day and returned home the following day with only hot drinks to keep me going.

Such like demands were placed on the apostles, and it was for this reason that Jesus said to them: ***'You must come away to some lonely place all by yourselves and rest for a while'***.

So off they went in a boat, planning to spend some time in solitude and just relax from the pressures of everyday life. We too need to follow that example from time to time; but unfortunately for the apostles, their hope of some time to themselves for rest and

relaxation was dashed as the crowds guessed what they were up to, and where they were planning to go. When they arrived, people from all the surrounding areas were waiting for them.

Now at one level you may think what a wonderful situation to be in, where people were flocking from miles around to see and hear what the apostles were teaching.

But unfortunately, you and I live in a society where the majority of people couldn't care less about established religion; and I wonder why that is? Perhaps it has something to do with encountering attitudes of selfishness and pride; believing that as Christians we are rather better than anyone else. Well, I believe that it is attitudes such as these that have driven people away from church, and they will continue to do so until people stop putting themselves first.

There really has never been such an acute problem in our land as there is at present, where all that seems to matter to people is fulfilment of their own desires. We only have to look around within our communities, and our places of work, to see just how arrogance, selfishness and pride seem to flourish when people turn their backs on God and his teachings.

For me, sacred scripture is as relevant now as the day it was written (*Mark 6:30-34*). It speaks about Jesus who took pity on the people because they were like *'sheep without a shepherd'*. In other words, all constructive direction had gone out of their lives and one selfish act followed the next.

I often wonder what Jesus will see when the time comes for him to look at us as individuals.

Will there be need for his pity or will he be able to smile because we have fought the good fight with all our might. Amen.

+ Geoffrey

For your Prayers:



Beryl Anderton / Mary Gallagher / Gillian Gaiter / Norman Glover* / Lesley Fudge / Thelma Thompson / Paul Shaw / Sheila Hogarth / Ivy Holland / Maddie and Alan Penlington / Ruth Barr / Marjorie Greenwood / Simon Taylor / Dorothy Burns / Kathleen Roberts / Suzie Jeng / Hilery Robinson / Tracey Solley / Ian & Anne Weatherall / Marlene Addy / Phillip Ward / Pauline Weatherall / Graham McCrudden* / Ray & Doreen Connell / Rita Davison / Margaret Smith / Florence Palmer / Jean Gott / Sadie Sutton / Tony Kirby / Philip Coope / Gordon & Anne Gentry / Margaret Waterhouse / Pat Williamson / Norman Winstanley / Ruby & Calvin Brindley (Gozo) / Joan Crawford / Helen Kirk / John Leatherland, bishop / Elsie Rhodes / Darren Ferguson / Samantha Glover / William Collier. (* = close to death)

Calendar of Saints:



Jean-Baptiste-Marie Vianney
(8 May 1786 – 4 August 1859)

He is commonly known in English as **St John Vianney**, and was a French parish priest who is venerated in the Church of God as a saint and as the patron saint of all priests. He is often referred to as the "*Curé d'Ars*". He became internationally notable for his priestly and pastoral work in his parish because of the radical spiritual transformation of the community and its surroundings. Catholics attribute this to his saintly life, mortification, his persevering ministry in the sacrament of confession, and his ardent devotion to the Blessed Virgin Mary and to Saint Philomena.

Cook's Corner:



DANISH GAMMON WITH MANGO & PORT SAUCE

Ingredients:

6lb Danish Gammon Joint, un-smoked
Sauce: 1 x 14½ oz can of sliced mangoes
Unsweetened orange juice
¼ pint port

1 tbsp of arrowroot

Garnish: parsley springs

Method:

Pre-heat oven to 180C or Gas Mark 4
Weigh the joint and calculate the cooking time, allowing 25 minutes per pound plus 25 minutes. Rinse and dry joint. Wrap in foil and place in a roasting tin. Bake on middle shelf of oven.

Am I a Soldier of the Cross?



Am I a soldier of the cross,
A follower of the Lamb,
And shall I fear to own His cause,
Or blush to speak His Name?

Must I be carried to the skies
On flowery beds of ease,
While others fought to win the prize,
And sailed through bloody seas?

Are there no foes for me to face?
Must I not stem the flood?
Is this vile world a friend to grace,
To help me on to God?

Sure I must fight if I would reign;
Increase my courage, Lord.
I'll bear the toil, endure the pain,
Supported by Thy Word.

Thy saints in all this glorious war
Shall conquer, though they die;
They see the triumph from afar,
By faith's discerning eye.

When that illustrious day shall rise,
And all Thy armies shine
In robes of victory through the skies,
The glory shall be Thine.

Words: Isaac Watts, appended to his Sermons, published 1721-4; Watts wrote this hymn in conjunction with a sermon he was giving on 1 Corinthians 16:13. Music: Arlington, Thomas A. Arne, 1762; arranged by Ralph Harrison in his Sacred Harmony—A Collection of Psalm tunes, Ancient and Modern (London: 1784

THE ORDER OF ST RAPHAEL ANNUAL INVESTITURE AND CONSECRATION OF A NEW CONCLAVE SATURDAY 24TH AUGUST 2013

at the
Peterborough Masonic Centre
Bretton PE3 8RD



Details from:

RE The Chevalier Julian Gunnell GCSR KSM
Mansell Cottage Gypsy Lane Knebworth
SG3 6DJ - Tel: (01438) 811404

Did You Know



That no one knows who invented spectacles

Roman tragedian Seneca (4 BC-AD 65) is said to have read "all the books in Rome" by peering through a glass globe of water. A thousand years later, presbyopic monks used segments of glass spheres that could be laid against

reading material to magnify the letters, basically a magnifying glass, called a "reading stone."

They based their invention on the theories of the Arabic mathematician Alhazen (roughly 1000 AD). Yet, Greek philosopher Aristophanes (c. 448 BC-380 BC) knew that glass could be used as a magnifying glass. Nevertheless it was not until roughly 150 AD that Ptolemy discovered the basic rules of light diffraction and wrote extensively on the subject. (The laws of diffraction was formulated much later by Snellius, between 1600 and 1620.)

Venetian glass blowers, who had learned how to produce glass for reading stones, later constructed lenses that could be held in a frame in front of the eye instead of directly on the reading material. It was intended for use by one eye; the idea to frame two ground glasses using wood or horn, making them into a single unit was born in the 13th century.

In 1268 Roger Bacon made the first known scientific commentary on lenses for vision correction. Salvino D'Armate of Pisa and Alessandro Spina of Florence are often credited with the invention of spectacles around 1284 but there is no evidence to conclude this.

The first mention of actual glasses is found in a 1289 manuscript when a member of the Popozo family wrote: "I am so debilitated by age that without the glasses known as spectacles, I would no longer be able to read or write." In 1306, a monk of Pisa mentioned in a sermon: "It is not yet 20 years since the art of making spectacles, one of the most useful arts on earth, was discovered." But **nobody mentioned the inventor.**

In the Middle Ages wearing spectacles signified knowledge and learning. Painters of the time often included spectacles when portraying famous persons even when depicting people who lived before the known invention of spectacles. On numerous paintings the religious teacher Sofronius Eusebius Hieronymus (340 – 420 AD) is portrayed with a lion, a skull and a pair of reading glasses. He is the patron saint of spectacle makers.

Eat more carrots

It actually is true that eating carrots can help you see better. Carrots contain Vitamin A, which feeds the chemicals that the eye shafts and cones are made of. The shafts capture

black and white vision. The cones capture color images.

The oldest known lens was found in the ruins of ancient Nineveh and was made of polished rock crystal.

In 1718, Edward Scarlett, a London optician, put arms on eyeglasses to hold them on the ears.

About one person in 30 is colourblind. More men than women are affected by colour blindness.

Healthy eyes are so sensitive to light that a candle burning in the dark can be detected 1,6km (1 mile) away. The human eye can distinguish about 10 million different colours. There currently is no machine that can achieve this remarkable feat.

Bus Pass

by Pam Davies



"We go where adventure takes us —
as long as we're back before dark."

They gave to me a Bus Pass
And said 'go where you like',
We know the days have come and gone
When you could ride your bike.

'Your carbon footprint's shrinking
When you leave the car at home,
So come with us, get on a bus
And let us help you roam.'

But I've been here for ages,
And a bus I haven't seen,
I'm feeling cold and turning blue
Instead of going green!

I had an urge to wander
And to venture far and wide.
I'd packed myself a lunch
That I could peck at on the ride.

Now I'm not one to get upset,
Nor one to make a fuss,
But It's no use to have a pass
If you don't have a bus!

I'll wait a little longer,
After all, I've come this far,
But if it doesn't come by twelve,
I'm off to fetch the car!

Guess the Locations



1 Brompton Oratory



2 Buckingham Palace



3 Liverpool Anglican Cathedral



The Healing Teaching &
Chivalric Order of St Raphael