

The Saint Raphael Link

Some Periodic Ramblings of the Prior

JUNE 2018 (Issue 33)

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Dear Members,

There once was a poor boy who regularly passed by a food store in his neighbourhood. He used to ask the owner for food that he could take home to feed his sick father. He would always do this every day for the simple reason that the store owner was a kind-hearted man.

Then after a few days had passed without seeing the boy, the store owner began wondering how it was that the boy was not calling at his store anymore. So, he asked the people around the neighbourhood about the boy and was told that the boy's family had moved from the area to live with a relative.

Many years followed and the shop keeper became ill and had to close his business. Then one day a young rich man was looking for the old shopkeeper, and eventually found him living on his own and struggling to look after himself.

Immediately the rich man introduced himself to be the boy

who regularly asked for food that he could take to his sick father. The eyes of the sick man glowed and he asked: Why are you here?

The rich man said: "I am here to give back your goodness." He therefore took the sick man to the hospital, paid for all his hospital treatment. When he was eventually discharged from hospital, he invited the old man to stay with him for good.

Now, Jesus talks about giving back to those who do good to his followers. What does this mean?

Well, Simply this - that whatever good that we do to those who follow Jesus we will receive back a hundredfold.

Of course, we all know that Jesus doesn't want us to limit our acts of goodness only to His followers.

Jesus wants us to do good to anyone who is in need: To the poor loitering in the street, to the beggar asking for alms, to a relative who asks for help and the like.

We should do good not because we want something in return someday. We do good since we simply want to obey Jesus.

When was the last time you did
good to somebody in need?

+*Geoffrey* – GRAND PRIOR



SICK: Beryl Anderton / Paul Shaw / Sheila Hogarth / Ruth Barr / Kathleen Roberts / Lesley Fudge / Thelma Thompson / Marlene Addy / Tania Walker / Lidia Flemming / Paul Sheridan / Roy Howard / Albert Jones / Charlotte Park / Nicole Vendettuoli / Ivor MacFarlane / Shaun Humphries / Lucy Riding / Veronica Hawcroft / Amelia Radomski / Mary Flannigan / John & Mary Howard / Ida Simpson / Clarice Shaw / Julie Stelling / Diane Beresford / Tony Kirby / Delia Serman / Sally Hayes / Nick Brooks / Bishop Gerard & Pam Crane / Ruth Moody & family / Brigitte & Brian Duffett / Norman Dutton, archbishop / Keith & Joan Warren / Jean / Maureen Bohanna / Eileen Duffy / Antonia / Carole Armistead / Charlotte Collins / John Langham / Anne-Marie Solley / Marjorie Hooley / Yvonne Doyle / Pamela Masih (pronounced - Massey) / Harry Shaw / Ray Pope / Derrick Hawkins Doreen Morgan / Ian Weatherall / Lilian King / Benedicta Bocaoco / Magdi Abdel Sayed / Luish Sao / Mary Park / Helen Neaves-Wilde / Fr Vernon Sexton / Deacon Matthew / Rodrigo Miranda / Roy Grainger / Grace Haywood / Edgar Bottomley / Norman Offield

RIP: Irene Haggart 13.6.18 / Margaret V Heald 6.6.18 / James Calder 8.6.8 / Helen Myra Leach 22.6.18

YEARS MIND: Michael Stahr 2010 / Ian Waterhouse 2013 / Vera Manley 2014 / David Ford 2016 / Bob Morrison 2014 / Arthur Kerr 2003.

Guess the Locations

1. Edinburgh University
2. Westminster Cathedral

A LETTER FROM THE GRAND MASTER TO CHEVALIER NORMAN OFFIELD

Dear Norman,

It is with great sadness that I have been advised of your resignation for our Order. Whilst it is a sad thing to receive at any time, in your case I fully understand your reasons. I know you have not enjoyed good health in recent times and are having a difficult time at the moment, so it is sensible that you do not burden yourself with unnecessary problems.

I would like to take this opportunity to thank you on behalf of myself, the former Grand Master Howard Doe, the Officers and all members of the Order for your loyal support over the years.

It is really greatly appreciated as without members such as you, an Order will always struggle. You will be missed very much by us all.

On behalf of all the members of the Order, we will all remember you in our prayers.

Yours in the Bonds of the Order etc.

Julian

M.E. The Chevalier Julian Gunnell, G.C.S.R., G.C.S.M.,

Cook's Corner:

MACARONI & CHEESE WITH BACON



INGREDIENTS

- 6 strips bacon
- 8 ounces elbow macaroni (2 cups dry)
- 5 tablespoons butter (divided)
- 4 green onions (thinly sliced)
- Dash garlic powder
- 1/4 cup all-purpose flour
- 2 1/2 cups milk

Kosher salt and freshly ground black pepper (to taste)
2 cups sharp cheddar cheese (8 ounces, divided)
1 cup soft bread crumbs

METHOD

Place a large skillet over medium heat. When the skillet is hot, add the bacon. Cook until the bacon is browned and crisp, turning frequently. Remove the bacon to a paper towel-lined plate to drain. Set aside.

Cook macaroni in boiling salted water following package directions. Drain the macaroni in a colander, rinse with hot water, and set aside.

Heat oven to 350 F (180 C/Gas 4).

Lightly grease a 2 1/2-quart baking dish. In a medium saucepan over medium heat, melt the 3 tablespoons of butter. Add the green onions and garlic powder. Cook, stirring, for about 1 minute. Add the flour and stir until well blended and smooth. Continue cooking, stirring, for 2 minutes.

Gradually add the milk and cook, stirring, until thickened. Stir in salt and freshly ground black pepper, to taste.

Set 1/2 cup of the shredded cheese aside and stir the remaining 1 1/2 cups of cheese into the sauce. Continue cooking and stirring until the cheese has melted.

Combine the cheese sauce with the drained macaroni and then spoon the mixture into the prepared baking dish. Crumble the bacon and sprinkle it evenly over the top of the casserole.

Sprinkle the reserved 1/2 cup of shredded cheddar cheese over the bacon.

Melt the remaining 2 tablespoons of butter.

Put the breadcrumbs in a small bowl and drizzle the butter over them. Toss the breadcrumbs lightly to coat with the butter. Sprinkle the crumbs over the cheese and bacon.

Bake the macaroni and cheese casserole for 25 to 30 minutes, until lightly browned and bubbly.

GUESS THE LOCATIONS:

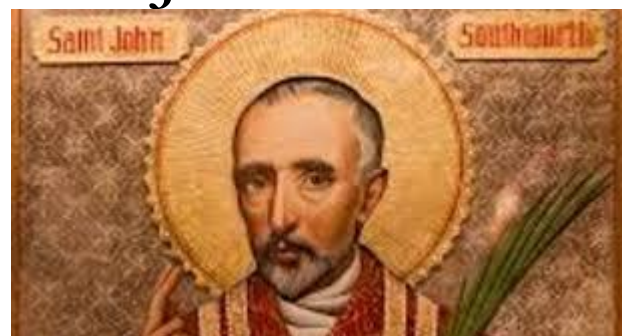


1.



2.

Saint John Southworth



Saint John Southworth came from a Lancashire family, the principal members of which seemed to have lived at Samlesbury Hall. He is thought

to have been born in 1592 and was martyred at Tyburn on 28 June 1654.



In 1618, John Southworth was ordained a priest at the English College, Douai (Douay) in Northern France. After returning to England, he was arrested and condemned to death in Lancashire in 1626, and imprisoned first in Lancaster Castle, and afterwards in the Clink Prison, London. On 11 April, 1630, he and some other priests were delivered to the French Ambassador for transportation abroad, but, in 1636, he was reported to have been released from the Gatehouse, Westminster, and was living at Clerkenwell. From there it seems he frequently visited the plague-stricken dwellings of Westminster to administer the sacraments and comfort the sick and the dying. In 1637, he appears to have been based in Westminster, where he was arrested on 28 November, before being again sent to the Gatehouse. From there he was transferred to the Clink and, in 1640, was brought before the Commissioners for Causes Ecclesiastical, who sent him back there.

On 16 July, John Southworth was again freed, but by 2 December he was once more imprisoned in the Gatehouse. After his final apprehension on 19 June

1654, he was tried at the Old Bailey, where he insisted on pleading guilty to being a priest. He was reluctantly condemned to be hung, drawn and quartered. On the day of his martyrdom, he was allowed to make a long speech at the gallows.

The Spanish ambassador bought his body from the executioner and, in 1655, returned it to Douai after the corpse had been sewn together and embalmed. In 1656 the recovery of Francis Howard, fifth son of the Earl of Arundel, was attributed to St John Southworth's relics. When England and France went to war in 1793 St John Southworth's body was buried in an unmarked grave below the college for its protection. The grave was discovered in 1927 and his remains were returned to England. In 1930, his major relics - the only complete body of a Reformation martyr - were brought to Westminster Cathedral, where a shrine was prepared for them. He was beatified in 1929 and was canonised in 1970 by Pope Paul VI, as one of the Forty Martyrs of England and Wales.

St John Southworth's feast day is 27 June, which is observed as a Solemnity at the Westminster Cathedral.



The Healing Teaching
& Chivalric Order of
St Raphael

www.orderofstaphael.org.uk