

The Saint Raphaël Link

Some Periodic Ramblings of the Prior

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Dear Members

I wonder if you have ever wondered why sometimes we bother getting up on any particular morning.

It may be that we are having a bad time at work with colleagues, our customers or patients. Or it may simply be that things in general are just not going right for us.

I can remember one particular day a few years ago when everything I did seemed to be wrong. The difficulty about such experiences is that when they happen, we often look for other people to blame. Very seldom when things are going wrong, do we look at ourselves and ask the question - Is it our own actions which may have caused the problems.

Well the other day I was thinking about the time when Our Lord attended a Wedding Feast. There are clues in the text that he was enjoying himself and didn't really want to be involved with his mother's request to him. *'What has this to do with me'*, he said.

But, as we all know, Jesus never turned his back on anyone who needed his help. So the reading goes on to explain how Jesus turned the water into wine. It was the first miracle which Jesus performed in his short ministry here on earth.

I do not want to speak in detail about the actual miracle, but what I would like to highlight are the words which Our Lady said to the servants: *'Do whatever he tells you'*. Now I believe that these few words spoken by Mary hold the very clue to life – Do whatever he tells you!

Each one of us will have experienced the sort of thing that I wrote about earlier. Things in our life which go

wrong; people who we perhaps wish were far away from us; friends and family who on occasions we wish would leave us alone. Yet in all this we forget to look at ourselves.

I think that Our Lady's words really are worth remembering – *'Do whatever he tells you'*. So this miracle for me is not just about turning water into wine; no, it is about remembering that Jesus is always there, ready and willing to help us in our time of need.

Perhaps if we really took notice of what He tells us to do through Sacred Scripture, we would not find life as much of a struggle as many of us do from time to time.

So may the words of this hymn encourage us to do whatever he tells us-
*'Put thou thy trust in God,
In duty's path go on;
Walk in His strength with faith and hope,
So shall thy work be done.'* **Amen.**

+ Geoffrey GRAND PRIOR

For your Prayers:



Beryl Anderton / Mary Gallagher / Gillian Gaiter / Lesley Fudge / Thelma Thompson / Paul Shaw / Sheila Hogarth / Ivy Holland / Maddie and Alan Penlington / Ruth Barr / Simon Taylor / Kathleen Roberts / Suzie Jeng / Hilery Robinson / Tracey Solley / Ian & Anne Weatherall / Marlene Addy / Pauline Weatherall / Ray & Doreen Connell /

Margaret Smith / Florence Palmer / Sadie Sutton / Peter Bell / Margaret Waterhouse / Norman Winstanley / Ruby & Calvin Brindley (*Gozo*) / John Leatherland, bishop / William Collier / Linda Smith / Tania Walker / Pamela (Masih -*pronounced Massey*) / Tommy Ryan / John Bartle / Michael Greer / Brian Lee (*OSRaphael*) / Brian Adams / Gwen Cordell / John Bodkin / Leah Uttley / Vicky Grimshaw / Patricia Grant / Elena Grady (and parents) / Brian Barber / Louise Greenwood / Elizabeth Mills / Yvonne Tuzio / Helen Kalli / Christine Felton / Lidia Flemming / Sandra Howell / Tracey Rouse / Vera Balmforth / Susan Walton / Paul Sheridan / Mary Park / Roy Howard / Elaine Ingham / Carol Sagar and Pam Crane / Albert Jones.

RIP: John Malcolm Rhodes, *Bishop* - Entered into his Eternal Rest on the 27th May 2014.
Keith Payne (28.5.14) / Ted Langdale (30.5.14)

Answers to Locations:

1. The Urbis Centre in Manchester
2. Birmingham Anglican Cathedral
3. St Margaret's Church Westminster.

Calendar of Saints



St. Francis Caracciolo

Founder of the Minor Clerks

Regular with St. John Augustine Adorno. He was born in 1563, a member of a noble Neapolitan family. Though he had a rare skin disease, much like leprosy, Francis

became a priest, at which time his skin disease disappeared. In 1588, he co-founded the Minor Clerks Regular and spent the rest of his life as the superior. He was canonized in 1807. His cult is now confined to local calendars.

Poetry Corner

God's Peace

God's tender love and peace
Is what we all long for
In a world so hopelessly chaotic,
So unstable and unsure

It brings stability to our minds
And calmness to our souls
For that is what we desperately need
As this world can be so cold

We need to have God's peace
When turmoil's in our lives,
For God's peace doesn't depend
On the daily pressures of life

When we have those stressful days,
God's peace can often soothe
And bring us such a quiet hope
That chases away the blues

So when you feel the pressure on,
Remember, Jesus Christ,
Receive from Him the peace He gives
As His daily dose for life!

F S Lowndes

Cook's Corner



PORK SAGE AND ONION STUFFING

INGREDIENTS

- 15g butter
- 1 medium onion, finely chopped
- ½ Knorr Vegetable Stock Cube
- 2tbsps fresh sage leaves
- 1tbsp fresh parsley
- 225g breadcrumbs

450g good quality sausage meat

METHOD

Pre-heat your oven to 180 °C, Gas Mark 4.

Fry the onion in the butter. Add the Knorr Vegetable Stock Cube to dissolve with the butter.

Coarsely chop your herbs and add them to the pan. Tip: *If you use dried herbs make sure you use less because they are more concentrated than fresh ones.*

Once the stock has dissolved completely and the onion is cooked without colouring, transfer to a mixing bowl. Add the breadcrumbs and mix together.

Add in the sausage meat, and use your hands to knead and squeeze the mixture together. Place in an ovenproof pan and flatten – use the same pan you fried the onion and herbs in to put the stuffing mixture back in. It saves on the washing up!

Pop into the oven for around 20–30 minutes. Serve the stuffing in cake-like pieces and layer the turkey over the top – perfect!

Healthy Tips: *Try using Flora Buttery rather than butter and substitute wholemeal breadcrumbs for white breadcrumbs. You could also reduce the saturated fat and salt content by substituting 200g of the sausage meat for 200g of lean minced pork.*

Guess the Locations:



3.



Did you Know?

Catholics are more likely to vote Labour while Church of England worshippers vote Conservative, claims new research

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Iceland is recognised as the most peaceful country and it has no army

■ ■ ■

‘UNDERGROUND’ is the only word that begins and ends with the letters ‘und’

■ ■ ■

‘EPISTEMOPHOBIA’ is the fear of knowledge

■ ■ ■

The revolving door was invented in 1888

■ ■ ■

There are more than 2700 languages in the world and more than 7000 dialects

Prior's Prayer Corner:

Blessed Saint Raphael, Archangel, We beseech you to help us in all our needs and trials of this life, as you, through the power of God, didst restore sight and gave guidance to young Tobit. We humbly seek your aid and intercession, that our souls may be healed, our bodies protected from all ills, and that through divine grace we may become fit to dwell in the eternal Glory of God in heaven. Amen.



The Healing Teaching &
Chivalric Order of St Raphael