

# The Saint Raphael Link

Some Periodic Ramblings of the Prior

April 2016 (Issue 23)



## Dear Members

In one of the Gospel readings set for Easter Day, the account recalls how everyone was running?

St. Mary Magdalene goes to the tomb and when she sees the stone is rolled away, she runs to tell St. Peter and St. John. Then Peter and John start running. They raced to the tomb. John “ran faster,” and he got there first.

They were totally excited, even though they didn't fully understand what had happened.

But one of the most important lines is when we are told that St. John looked into the tomb and that **“He saw and believed.”**

This is important because the empty tomb is a “fact” of the Resurrection. This is what the apostles “saw.” They believed because they saw that his tomb was empty.

But what about us? Why do we believe? We did not see his empty tomb. We believe because his apostles told us what they saw and their testimony was handed down through the centuries in the One Holy Catholic and Apostolic Church.

We believe their words because we know that his Resurrection totally changed the way they lived. After Jesus was crucified, the apostles were scared to death. They went into hiding in an upper room in Jerusalem. But then Jesus appeared to them, and after that — they were fearless.

Once they saw that Jesus had risen from the dead, they weren't afraid to die anymore. We know from history, that every one of his twelve apostles suffered to the extreme to bear witness to Jesus and his Resurrection.

All but one of them was killed for this faith. Yet they rejoiced to be counted worthy to suffer for Jesus. They were joyful. Because they knew: Jesus Christ was alive!

We can see this kind of faith all through the history of the Church, especially in the lives of

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the saints and martyrs. So on Easter Day, all these centuries later, we have to remember to pray for all those Christians who are still suffering and dying for this faith in our world today

St. Paul tells us that our lives are now “hidden with Christ.” This is the blessing that Jesus promised: The blessing that comes through faith.

Our Baptism joins our lives to his. It makes us his brothers and sisters. Our Baptism makes us part of the family of God, His Universal Church. So as his family, we gather every Sabbath; just as his apostles used to do, just as Christians have done every Sunday since that first Easter. We gather to celebrate his Resurrection. That's what every Eucharist is! - A feast of the Resurrection.

Just as his apostles did, we eat and drink with Jesus who has risen from the dead. We share in this bread and wine, and we have communion in his Blessed Body and Blood. Jesus gives each one of us a mission. That same mission he gave to his apostles. - To be witnesses to his Resurrection.

We have to run and tell others what we believe that his tomb is empty! - And that because Jesus Christ is alive we can know true joy and happiness in our lives.

So let's make this Easter a new day for each one of us, a new beginning. Let's live our lives with joy! Let's be more grateful, every single day, for God's tender mercies in our lives. Let's get up every morning, and try to be less selfish. To serve our brothers and sisters with love and to tell the whole world that Jesus Christ is alive!

Blessed are you who haven't seen and yet believe in his Resurrection!

I wish each one of you and your families Easter blessings!

+Geoffrey GRAND PRIOR





Beryl Anderton / Mary Gallagher / Gillian Gaiter / Paul Shaw / Sheila Hogarth / Ivy Holland / Ruth Barr / Kathleen Roberts / Lesley Fudge / Thelma Thompson / Ian & Anne Weatherall / Marlene Addy / Ray & Doreen Connell / Margaret Smith / Tania Walker / John Bartle / Brian Adams / Vicky Grimshaw / Patricia Grant / Brian Barber / Elizabeth Mills / Lidia Flemming / Vera Balmforth / Tracey Rouse / Paul Sheridan / Roy Howard / Albert Jones / (Baby) Charlotte Park / Nicole Vendettuoli / Margaret Rixon / Vivienne Ainsworth / Ivor MacFarlane / Shaun Humphries / Lucy Riding / David Ford / Veronica Hawcroft / Amelia Radomski / Mary Flannigan / John & Mary Howard / Ida Simpson / Bernadette Delaney / Alexander Stoneham / Edward Billington / Katie Baker / Mary Cumberbach / Debbie Munday / Jean and Alan Rothwell / Michael & Anne Stephen / Michael Aymes / Gaynor Smith (nee James) / Anne Snell / Beryl & Julie Stelling / Diane Beresford / Doreen Devitt / Joan Armstrong / Brigitte Duffet / Eileen Duffy / Tony Kirby / Ronald Ball / Ian Cameron / Terry Duffy / Glyn Shipton, priest / Diane Shipton and parents Derek & Delia / Angela Billernes / Charlotte Ward Juliette Burglé / Sally Hayes / Raymond Ketland / Gabriella from Malta / Maddie Penlington.

Answers to Locations: 1. St Peter's Square at Easter / 2. Church of Miracles – Ta'Pinu, Malta / 3. Rochester Castle.

## Calendar of Saints



### St Macarius of Kalyzin

Saint Macarius of Kalyzin (in the world Matthew) was born in 1400 in the village of Gribkovo (Kozhino), near the city of Kashin, into the family of the boyar Basil Kozha. From youth he yearned for monasticism, but he married at the insistence of his parents.

After a year his parents died, and after three more years his wife Elena also reposed. Having nothing to bind him to his former life, Matthew became a monk at the Nikolaev Klobukov

monastery. Desiring solitude, he left the city monastery with the abbot's blessing, and he found a suitable place between two lakes, eighteen versts from Kashin. Here the monk raised a cross and founded a solitary wilderness monastery.

The boyar Ivan Kolyaga, to whom the nearby lands belonged, began to fear that a monastery would grow up there, and that monks would begin to cultivate the wastelands. The Enemy of our salvation planted such spite and enmity in the boyar, that he decided to kill the saint. Suddenly, he was stricken with a grievous illness. Fear of death awakened repentance in the boyar. Ivan Kolyaga was carried to the saint and told him of his evil intent, asking forgiveness.

"God forgive you", the humble ascetic replied. Wishing to expiate his sin and to help the saint, the boyar gave his lands to the growing monastery. The monks built a temple dedicated to the Most Holy Trinity. Word of the boyar Kolyaga's conversion brought many people to the monk, seeking salvation.

The monastery had two chalices, a diskos and two plates fashioned by St Macarius on a lathe. He guided not only the monks, but also laypeople coming to the monastery, dealing with both the educated and the simple.

Despite his noble origin and his position of igumen, the saint wore ragged, frayed and patched clothing. In his conduct and his way of life St Macarius was so simple that the haughty heretic Vassian, sneeringly called him the "peasant of Kalyazin." The saint preferred to hear himself mocked rather than praised. He went to solitary places, delighted to be alone with nature. Wild animals, sensing his holiness, walked with him like sheep, they submitted to him, and sometimes took food from him.

"Such piety and decorum were in that monastery, where everything was done in harmony with the patristic and communal traditions, that even the great Elder Metrophanes Byvaltsev was amazed. He had just come from Mount Athos, where he spent nine years, and said to the brethren: "My efforts and my journey to the Holy Mountain were in vain, because one can find salvation in the Kalyazin monastery. Life here is similar to life in the cenobitic monasteries of the Holy Mountain." From the moment St Macarius settled in the wilderness, he did not abandon his strict Rule because of old age. Even during his lifetime the saint repeatedly healed the paralyzed and the demon-possessed.

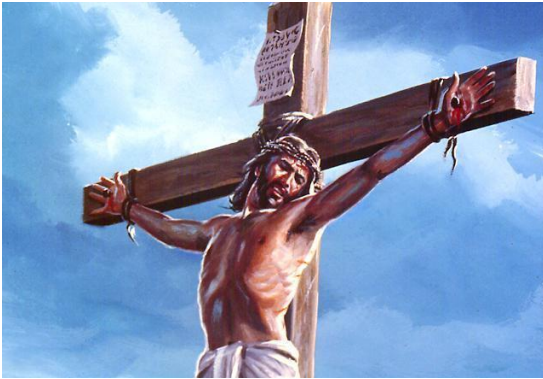
The saint reposed on March 17, 1483. At the time of his death they found heavy chains on him, about which no one knew. The incorrupt relics of St Macarius were uncovered on May 26, 1521 when ditches were dug for a new church. A Council of 1547 established his local festal celebration.

The successor of Bishop Moses was St Macarius' brother, Bishop Gennadius (Kozhin) (1460-1477). The nephew of St Macarius, St Paisius of Uglich (January 8 and June 6) was also

famed for his sanctity. The Kalyazin monastery had a collection of the sermons of St Gregory the Theologian, which St Macarius had copied in his own hand.

## Story Corner

“AND THEY CRUCIFIED HIM”



The cross is placed on the ground and the exhausted man is quickly thrown backwards with his shoulders against the wood. The legionnaire feels for the depression at the front of the wrist.

He drives a heavy, square wrought-iron nail through the wrist deep into the wood. Quickly he moves to the other side and repeats the action, being careful not to pull the arms too tightly, but to allow some flex and movement. The cross is then lifted into place. The left foot is pressed backward against the right foot, and with both feet extended, toes down, a nail is driven through the arch of each, leaving the knees flexed. The victim is now crucified.

As he slowly sags down with more weight on the nails in the wrists, excruciating fiery pain shoots along the fingers and up the arms to explode in the brain -- the nails in the wrists are putting pressure on the median nerves. As he pushes himself upward to avoid this stretching torment, he places the full weight on the nail through his feet. Again he feels the searing agony of the nail tearing through the nerves between the bones of his feet.

As the arms fatigue, cramps sweep through his muscles, knotting them deep relentless, and throbbing pain. With these cramps comes the inability to push himself upward to breathe. Air can be drawn into the lungs but not exhaled. He fights to raise himself in order to get even one small breath.

Finally, carbon dioxide builds up in the lungs and in the blood stream, and the cramps partially subsided. Spasmodically, he is able to push himself upward to exhale and bring in life-giving oxygen.

Hours of limitless pain, cycles of twisting, joint-renting cramps, intermittent partial asphyxiation, searing pain as tissue is torn from his lacerated back as he moves up and down against rough timber. Then another agony begins: a deep, crushing pain deep in the chest as the

pericardium slowly fills with serum and begins to compress the heart.

It is now almost over. The loss of tissue fluids has reached a critical level. The compressed heart is struggling to pump heavy, thick, sluggish blood into the tissues. The tortured lungs are making frantic effort to gasp in small gulps of air. He can feel the chill of death creeping through his tissues.

Finally, he allows his body to die. All this the Bible records with the simple words, "and they crucified Him" -- Mark 15:24

## Cook's Corner:

### CHOCOLATE HOT CROSS BUNS



#### Ingredients:

##### For the buns:

- 50 g unsalted butter
- 200 ml whole milk, at room temperature
- 500 g strong bread flour, plus a little extra for the board
- 7 g sachet fast-action dried yeast
- 50 g caster sugar
- 2 tsp ground cinnamon
- 75 g mixed peel
- 75 g sultanas
- 1 orange, zested
- 2 eggs
- 1 tsp vanilla extract
- vegetable oil, to grease the proving bowl and tray
- 100 g chocolate chips

##### For the crosses:

- 100 g plain flour
- For the toffee glaze:
  - 55 g unsalted butter
  - 125 g muscovado sugar
  - 2 tbsp golden syrup
  - 75 ml double cream

#### Method:

1. For the buns: Melt the butter and leave to cool slightly, then pour the butter into the milk and set to one side to cool. Sift the flour into a bowl, add the yeast, caster sugar, cinnamon, mixed peel, sultanas, orange zest, 1 beaten egg, the vanilla and a pinch of sea salt.
2. Using a fork, stir the ingredients to combine them, then slowly add the cooled melted butter and milk mixture. Bring together using your hands until a ball of dough forms. Add a little extra milk if the dough seems dry.
3. On a floured board, knead the dough for five minutes, until the dough is smooth and elastic.

Grease a large bowl with a little oil and place the ball of dough into the bowl, covering with cling film. Leave the dough to prove in a warm place for 1 hour.

4. After 1 hour, the dough should have doubled in size. Tip it out onto a floured board and punch the dough back to knock out any excess air. Tip the chocolate chunks onto the dough and work them in, kneading slightly again for about a minute.

5. Divide the dough into 12 equal portions and roll each ball into a bun shape, flattening it slightly. Lightly grease a large baking tray with oil and then lay the buns in the tray. They should be almost touching. Cover with a cloth and leave them to prove again for 30 minutes. In the meantime, preheat the oven to 220C/200C fan/gas 8.

6. For the crosses: Mix the plain flour with 2-3 tablespoons of water and bring it together to form a dough. Knead until smooth then roll out onto a floured board. Using a knife, cut 12 long strips, around 5mm in thickness and then cut each strip in half to make 24 pieces. Carefully place the dough strips onto the buns and brush the tops with the remaining beaten egg. Bake for 15 minutes, until golden.

7. For the toffee glaze: Melt the butter, sugar and golden syrup in a pan and stir well. Take the sauce off the heat and stir in the double cream. Once the buns are baked, brush the tops with the toffee sauce and serve whilst warm.

## Guess the Locations:



1.



2.



3.

Congratulations to all those Members of the Order who have been promoted and will receive their accolades at the Annual Investiture in Peterborough on the 14<sup>th</sup> May



*Diary Note:*

**THE INSTALLATION OF THE NEW GRAND MASTER TAKES PLACE ON SUNDAY 21<sup>ST</sup> AUGUST 2016**

at the 'OCCUK' Cathedral & Priory Church, Rugeley, Staffordshire



The Healing Teaching & Chivalric Order of St Raphael

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