

*In This Issue >>>*

Welcome  
News & Events  
Quiz  
Notices  
Key Dates



*"Have patience with all things, but first of all with yourself" St Francis De Sales*



## *Army Roman Catholic Newsletter*



### *Welcome*

*From*

*The Revd. Fr. Ian Stevenson CF  
Principal Roman Catholic Chaplain (Army)*



Welcome to Issue 19 of the Army Roman Catholic Newsletter. We wish you all a very Happy Easter! Today's world may seem full of doom and gloom with continued conflicts, natural disasters, famine and disease. However, there is also much joy and the renewed hope and faith in God's love which will help us through such tough times. John 16:33 tells us: "In this world you will have trouble. But take heart! I have overcome the world". Have faith and celebrate, 'Alleluia, he is risen'.



In the last issue of the Army RC Newsletter, we discussed the usefulness of Lent in getting ourselves spiritually fit and in shape for God. We set ourselves a training programme, a spiritual fitness regime in order to achieve our objective. Over the last 6 weeks, many of us have exercised our spiritual muscles and will be feeling the benefits of our efforts. For those of you who have 'achieved' your goal, you will now move onto the 'maintenance programme'. This is further accomplished through more prayer, meditation, service and fellowship. For those who have struggled and consider themselves non-achievers, do not be disheartened, you have also benefited by trying. You too can continue to build your spiritual fitness and maintain it in the same way. Spiritual fitness is a life long journey. 1 Timothy 4:8-10 encourages us in this journey - "Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life both for the present and for the future. This is a true saying, to be completely accepted and believed. We struggle and work hard, because we have placed our hope in the living God, who is the saviour of all, and especially of all those who believe."

If you would like to read more on spiritual fitness, there a plethora of information available on the internet. Enjoy your research!

prayer

# 'Out and About' with our Chaplains

Our military Chaplains are always very busy, they often work in varied environments. The following articles clearly demonstrate some of the diverse roles they play.

Fr David Burke, Padre to 15 Signals Regiment, reflects on his time on Ex Mau Ascent where he ascended Mount Kenya with members of the regiment last month...



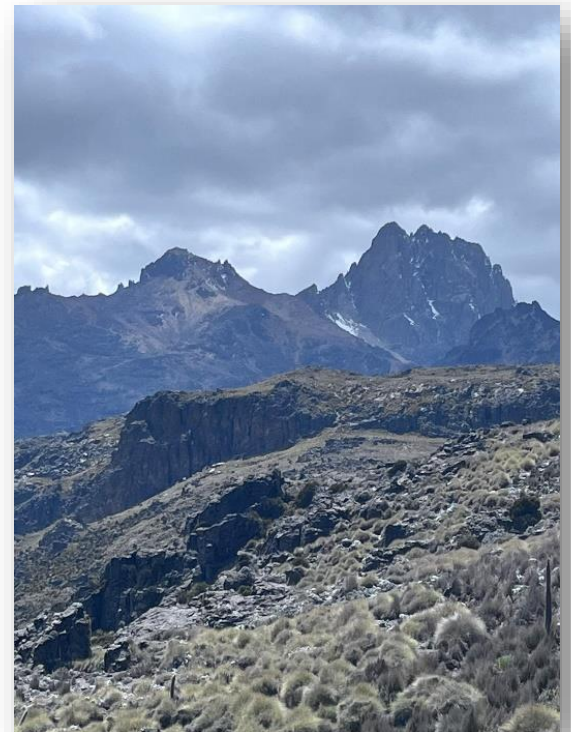
"This is tough but we are tougher..."

These were the words of wisdom that our guide, Paul, said to me during our ascent of Mount Kenya - the second highest mountain range in Africa at nearly 5000 metres above sea level. Paul's words were voiced, when we were at approximately 4000 metres and where the summit seemed very far.....very far indeed! I hadn't previously experienced the challenges of high altitude and at this point, I was unsure if I was going to make it. Paul (pictured) -our guide and friend - would say simply and quietly: "Yes this is tough but we are tougher...polepole polepole" (which means *slowly slowly* in Swahili).

This moment was a far cry away from the warm padre's office where, several months earlier, our Sgt Major posed the question as to whether I would accompany a group on Ex Mau Ascent and climb Mount Kenya. My response was an immediate "yes!", but it hadn't really dawned on me what I was getting myself into until I began climbing the mountain.

Despite the shortness of breath, the effects of altitude sickness, we as a group: step by step, bit by bit, moved high and slept low, each day, until we reached the summit 6 days later. We overcame the altitude sickness (and some of our group did suffer), we endured the cold nights, and by 'polepole polepole' we reached the top accompanied throughout by the gentle smiles and reassurance of our guides who very much see the mountain as their home.

On reflection, such a wonderfully, remarkable experience can remind us again of deeper realities; namely that anything of real value involves an element of sacrifice, a sense of trust, a sprinkle of faith and a dollop of dogged determination. A bit of pain along the way isn't unusual too and how crucially, progress and achievement take time. Such a recipe I'm pleased to say, got us all up the mountain (including the aged padre) and back down to Nairobi.



The last day of our trip was spent in Nairobi where we visited the Commonwealth War Graves and took the opportunity to pray with, and for, those who have made the ultimate sacrifice of giving their lives in conflict. May they rest in peace.



Thank you to all who made our exercise possible, this includes our guides and those of our regiment who did the painstaking background research and invited me to join in such a fabulous experience. Finally, I was asked upon my return to the regiment on whether I would climb Mount Kenya again or indeed Kilimanjaro....I replied I would think about it ....*polepole....polepole.*





On 24<sup>th</sup> February 2022, Russia launched a military assault against Ukraine in a major escalation of the Russo - Ukrainian War which began in 2014. The invasion has caused tens of thousands of deaths on both sides and instigated Europe's largest refugee crisis since World War II. The 24<sup>th</sup> February 2023 marked the first anniversary of that assault. Vigils and special services were held around the world for the victims of this war, including a service at a UK training base where one of our Army Chaplains - Deacon John Power led British, Canadian, Lithuanian and Ukrainian troops in prayer.

The following article covering this service was reported in the Universe Catholic Weekly publication on 3<sup>rd</sup> March.



## Padre leads moment of reflection for Ukraine

On Friday 24th February, members of British, Canadian and Lithuanian Armed Forces at a training base in the UK stood alongside Ukrainian recruits and interpreters to mark the first anniversary of their country's invasion by Russia.

The Nato troops have been training the Ukrainians for several weeks, but paused their arduous and rigorous training at sunrise to remember those lost in the conflict.

On what was a clear and beautiful morning, the pause allowed time to begin to process what is happening in Ukraine.

British Army chaplain Padre John Power of the Royal Lancers said that many of the Ukrainians he has met simply cannot understand why their country is being attacked in a brutal and barbaric way.

Padre John Power led the service. He is a Deacon of the Archdiocese of Liverpool and the first permanent

Deacon to be commissioned as an Army chaplain. The service contained bidding prayers and the recitation of the Lord's prayer in both English and Ukrainian.

During the service, Padre Power said: "We gather together in strength and hope of a brighter tomorrow for Ukraine and the Ukrainian armed forces. In this time of crisis, may we all speak words of truth and justice."

A minute's silence was held for all those who had lost their lives and, after the final blessing, the Ukrainians sang a rousing chorale of their national anthem, a chant of 'Slava Ukraini' - meaning 'glory to Ukraine'.

During the week prior to the service, Padre Power had distributed miraculous medals to the Ukrainian soldiers. The soldiers brought them to the service and venerated them during the final blessing.

Padre Power said: "I think you could tell from the atmosphere when we

**Padre Power leads soldiers from four nations in the service, which was held to commemorate the first anniversary of Russia's brutal assault on Ukraine**



gathered this morning that it was sombre, but I also maintain that we have to use these services to bring hope for a brighter tomorrow for the people of Ukraine.

"In the British Army, we will normally gather and pause in the middle of training to do a field service.

"It's been a relief to be part of the

training here, it's quite fun. Once training is over of an evening when I'm alone with some of the Ukrainian troops, we will use Google Translate to talk and obviously that doesn't always work out.

"It really has been a privilege to minister in this way as a chaplain in the Army with such an important

group of people for such an important exercise."



You can watch a short clip of the service by clicking here

# Ukrainian Memorial Service - 24<sup>th</sup> February 2023



## **OP INTERFLEX (UK) and OP CABRIT**



I have just come to the end of my first posting with the Royal Lancers in Catterick and have been fortunate enough to remain in the area as chaplain to the Infantry Training Centre.

Two final areas that I was involved in whilst with the Royal Lancers was to support their work on OP INTERFLEX (UK) and OP CABRIT (Poland). Whilst two very different Operations, they enabled me to minister to recruits from Ukraine and the NATO Enhanced Presence in Poland. Both Operations aimed at defending Ukraine and indeed the rest of Europe against the threat from Russia.

The Ukrainian recruits undergo a six week training programme in basic trench warfare and are then sent back to the front line in Ukraine. Many of them are teenagers and some are car dealers or shopkeepers. Two things unite them: they have no prior military experience and they are undeniable committed to defend their country.

I was with the Ukrainian troops at the time of the one year anniversary of the invasion of Ukraine and was privileged to lead them in prayer and remembrance at a sunrise service along with the training teams from the UK, Canada and Lithuania. During the time I spent with the Ukrainians I was also able to lead a Service of Word and Holy Communion with the blessing and distribution of Miraculous Medals donated by the Catholic community of St. Joan of Arc in Catterick.

OP CABRIT, in Poland, whilst in some way having the same objective of defending Europe, was very different. Here I witnessed the training and collaboration of UK, US, Hungarian and Bulgarian armed forces in a common goal of defence. Due to the ongoing nature of OP CABRIT I was also able to work with chaplains from other NATO nations and have input into a common framework for how chaplaincy may operate in an Enhanced Forward Presence.

*Written by Deacon John Power.*

On Thursday 23<sup>rd</sup> March, Fr David Burke led a Memorial Service at the Annual McBean Football Competition. This year the match was held between 15 Signal Regiment and 21 Signal Regiment at Perham Down for the coveted trophy. Prior to the game, both regiments came together to remember and pray for all Signallers who have died since the last final.



## *'Around The Churches'*



St Nicholas Church, Gamecock Barracks, Bramcote Station



On Monday 20<sup>th</sup> February, Bishop Paul came to Bramcote! The Bishop was given a tour of the camp, a briefing by Regimental Ops, a visit to the Regimental HQ as well as a couple of Squadron HQs. In the evening, LCpl James Stevens of 258 Signal Squadron received the Sacrament of Confirmation by Bishop Paul. May God bless and protect LCpl James Stevens in his faith.



The Cathedral of the Forces, St Michael and St George,

Last year, marked the end of the life and reign of our longest serving monarch. It seemed fitting that the reign of Queen Elizabeth II should be marked in some way in the Cathedral Church of St Michael and St George. The Cathedral underwent some extensive refurbishments last year and reopened in time for the

Remembrance Sunday Mass. I completed the kneeler so that it could be used for the first time at that service in memory of our late Queen. Kneelers such as the one I have made, are often found in our churches and have traditionally celebrated key events in the life of the Church or in the lives of our Monarchy. Such tangible and striking reminders of the link between our Church and Royalty help to forge a sense of unity and continuity of faith between both establishments, especially as St Michael and St George serves as the Roman Catholic Cathedral for the Bishopric of the Forces.

The kneeler is made to a design by Jacksons Church Kneelers and is stitched in cross stitch on Zweigart canvas using pure wool spun and dyed in Yorkshire. It took approximately 2 months to complete.



# Chrism Mass



Wednesday 29<sup>th</sup> March saw the Military clergy from the Royal Navy and Army gather for Chrism Mass. Chrism Mass is an annual event that brings together the Bishop, Priests, Deacons and Lay people to celebrate the blessing of the oils of Catechumens, Chrism and sick. The Chaplains also renew their priestly vows and commitments in front of the people.



# St George, Patron Saint of England

(23<sup>rd</sup> April)



St. George, was born in Cappadocia, Turkey in 275 AD and died 23<sup>rd</sup> April 303 AD. St George was canonised in 494 AD by Pope Gelasius, who claimed he was one of those 'whose names are justly revered among men but whose acts are known only to God'. A feast day of St George has been celebrated in England for hundreds of years on 23 April, which was possible the date of his martyrdom.

Nothing of George's life or deeds can be established, but tradition holds that he was a Roman soldier and was tortured and decapitated under Diocletian's persecution of Christians in 303. His remains were taken to Lydda (now Lod, Israel), the homeland of his mother, and were later transferred to the church that was built in his name there. Various relics reportedly are housed in both Western and Eastern churches worldwide. St. George's Chapel of Windsor Castle, for example, is said to have once held two fingers, part of the heart, and part of the skull of the saint.

Legends about him as a warrior-saint, dating from the 6th century, became popular and increasingly extravagant. Jacob de Voragine's *Legenda aurea* (1265-66; *Golden Legend*) repeats the story of his rescuing a Libyan king's daughter from a dragon and then slaying the monster in return for a promise by the king's subjects to be baptised. George's slaying of the dragon may be a Christian version of the legend of Perseus who was said to have rescued Andromeda from a sea monster near Lydda. It is a theme much represented in art, the saint frequently being depicted as a youth wearing knight's armour with a scarlet cross.

George was known in England by at least the 8th century. Returning crusaders likely popularised his cult (he was said to have been seen helping the Franks at the Battle of Antioch in 1098), but he was probably not recognised as England's patron saint until after King Edward III (1327-1377) made him the patron of the newly founded Most Noble Order of the Garter. He was also adopted as protector of several other medieval powers, including Portugal, Genoa and Venice. With the passing of the chivalric age and finally the Protestant Reformation, the cult of St. George dwindled. His feast is given a lesser status in the calendar of the Church of England, a holy day of obligation for English Roman Catholics until the late 18th century, it is now an optional memorial for local observance.

## Catholic Military App is Live!



The [Apostolat Militaire International](#) and [Tweeting with GOD](#) have launched the FREE Catholic Military Connect App. See the launch video [here!](#) It's designed explicitly for military Catholics.

- ❖ It offers:
- ❖ Strong Catholic prayers, all downloaded so they can be accessed easily whilst on ship/ops/ex etc.
- ❖ Answers to 200+ questions about faith and the military.
- ❖ Prayers specifically for the military.
- ❖ Testimonies from serving Catholics.
- ❖ Inspiring military Saints and quotes.
- ❖ Guidance for preparing for Mass and Confession.
- ❖ Spiritual first aid.
- ❖ Contact details for the Military Chaplain and Association of whichever country the user is in.
- ❖ The facility to upload spiritual reading.

The CMC app is currently available in both the [Google Play](#) and [App stores](#), for smartphones and tablets, in 8 languages (English, Italian, French, Spanish, Croatian, German, Portuguese and Dutch). This is an excellent resource for your spiritual armoury.



### The Holy See endorses CMC App

The Vatican's Secretary of State, Cardinal Parolin, sent a message for the launch of the CMC App to the International Military Pilgrimage to Lourdes. In his words: "I believe that the app will be immensely helpful to all military personnel, and in a particular way to young men and women who, in this important sector of civil service, seek to grow in personal friendship with Jesus Christ." See the video.



1. Where did the first Passover take place?
2. What does Mardi Gras mean?
3. Lent is the 40-day period prior to Easter. What do the 40 days represent?
4. The Easter Triduum refers to what?
5. Pretzels were a common food eaten during Lent. The shape that the middle portion of the pretzel forms is in the form of what?
6. Who provided the tomb for Jesus' burial?
7. Jesus first appeared to whom after His Resurrection?
8. How many Stations of the Cross are there?
9. What did Mary Magdalene see when she looked into the tomb of Jesus?
10. What does the term "Paschal Mystery" refer to?

Answers to Newsletter Issue 19 will be published in Issue 20 or email Karen at: [ArmyRCPAA21@gmail.com](mailto:ArmyRCPAA21@gmail.com)

Answers to Newsletter Issue 18: 1. 40 days, 2. Old English word Lencten meaning Spring, 3. Purple, 4. Jesus' triumphant entry into Jerusalem, 5. The last supper before arrest and crucifixion, 6. Holy Week, 7. Ash Wednesday, 8. Easter Saturday, 9. Spiritual preparation and renewal 10. Fasting.

# The Coronation of His Majesty King Charles III

## 6<sup>th</sup> May 2023



**In England and Wales, 5 May 2023.**

The Bishops' Conference requests that on Friday 5 May 2023 each parish celebrates Mass for His Majesty the King to mark his Coronation. At the end of Mass (after the Prayer after Communion and before the Final Blessing) the Prayer for the King is said. Parishes may also wish to sing a hymn of thanksgiving (the Te Deum or other hymn) followed by the chant Domine, salvum fac and/or the National Anthem. At Sunday Masses on 7 May parishes may wish to include an intention for the King and the Royal Family in the Prayer of the Faithful and at the end of Mass say the Prayer for the King followed by the chant Domine, salvum fac and/or the National Anthem.

### PRAYER FOR THE KING

V: O Lord, save Charles, our King.

R: And hear us on the day we call upon you.

V: O Lord, hear my prayer.

R: And let my cry come before you.

V: The Lord be with you.

R: And with your spirit

Almighty God, we pray, that your servant Charles, our King, who, by your providence has received the governance of this realm, may continue to grow in every virtue, that, imbued with your heavenly grace, he may be preserved from all that is harmful and evil and, being blessed with your favour may, with his consort and the royal family, come at last into your presence, through Christ who is the way, the truth and the life and who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Event >>>

# *International Military Pilgrimage Lourdes 2023*



The UK Contingent will depart for the International Military Pilgrimage to Lourdes on Thursday 11th May 2023, returning Monday 15<sup>th</sup> May 2023.

Serving personnel may obtain details from their Military Chaplain or from the Pilgrimage Organiser: **Father Nick Gosnell**, Cathedral of St. Michael and St. George, Queens Avenue, Aldershot, Hampshire GU11 2BY. Tel: **01252 315042**

The Travel agents are Tangley Tours, Pilgrim House, Station Road, Borough Green, Kent TN15 8AF. Tel: 01732 886666

<b>Defence Instructions and Notices</b>	
(Not to be communicated beyond Crown Servants, and Government contractors, without authority)	
<b>Title</b>	63rd International Military Pilgrimage to Lourdes (IMP)
<b>Audience</b>	All interested Service and Civilian personnel
<b>Applies</b>	29/01/2023
<b>Expires</b>	29/01/2024
<b>Replaces</b>	2022DIN01-033
<b>Reference</b>	<b>2023DIN01-011</b>
<b>Released</b>	29/01/2023
<b>Status</b>	Current
<b>Channel</b>	01 Personnel
<b>Subchannel</b>	All personnel
<b>Summary</b>	Details of the 63rd International Military Pilgrimage to Lourdes (IMP) 11 – 15 May 2023
<b>Sponsor/ Business owner</b>	Zena.Byrne851@mod.gov.uk
<b>Contact</b>	Fr Nick Gosnell VG Tel: 01252 315042 Mob: 07775 237099 stmichael.stgeorge@live.co.uk
<b>Annexes</b>	n/a
<b>Related Info</b>	Links are included at the end of the DIN
<b>Classification</b>	Official

## General

1. The International Military Pilgrimage (IMP) is an annual, multi-nation gathering of uniformed military personnel from around the world. Last year some 40 nations were represented and over 15,000 individuals took part in the activity. Support for this event has been approved by all three Service Chiefs and endorsed at MOD level, fostering as it does a positive outlook and genuine sense of camaraderie between sailors, soldiers and air personnel of all the nations represented.
2. The purposes of this DIN are to:
  - (a) invite members of the Royal Navy, Army and Royal Air Force, together with MOD Civilians, to be members of the United Kingdom Contingent (UKC) on the 63<sup>rd</sup> IMP in May 2023.
  - (b) communicate the details of travel and funding arrangements to all interested parties.
  - (c) encourage operationally injured personnel, and the widows/widowers of those killed on operations, to attend as guests of the UKC.
3. Service personnel wear uniform throughout the period of the Pilgrimage, remaining subject to military law and discipline at all times, while participating in a programme of international and national events. In a very real sense, they act as ambassadors for the



## OFFICIAL

Service and their country, engaging with senior political, military and ecclesiastical figures from across the world, and are classed as being on duty for this important international defence engagement activity.

4. The UKC in past years has been held in high regard by all those attending the IMP, both for bearing and turnout, as well as our full participation in all the common events. By arrangement with the relevant authorities, a military Band is nominated to support the Pilgrimage effort for the purposes of accompanying the Contingent in marching through the town to designated activities, as well as playing at events and services.

### **Background**

5. Lourdes has been a place of Pilgrimage since 1858. Today, over five million people per year visit the region. The IMP began in 1958 when the French invited the Germans, following WWII, to join them in a show of reconciliation and charity. It is instigated each year by the French Chief of Defence Staff to his counterparts all over the world, asking them to join in a renewed act of international fraternity and celebration.

6. The UKC is sponsored by the Tri-Service Chaplaincy Board under the auspices of the Chaplain General (Army). The Bishopric of the Forces, together with each of the single Service chaplaincy services, manages support for the event. It provides a unique opportunity to enhance the military's prestige in the wider community by allowing men and women who serve in our Armed Forces to engage with others of different countries who are called in a similar way to serve in their varied and differing parts of the world.

7. In addition to the vital defence engagement work undertaken on the IMP, recent years have highlighted the importance of the moral component of our service personnel as we have increasingly involved, as pilgrims, those who have suffered operational injuries and those who have been bereaved by the deaths of their loved ones on operations.

### **Logistics**

8. The 63<sup>rd</sup> IMP will take place in Lourdes, Southern France, from Thursday, 11 May to Monday, 15 May 2023 for UK based personnel who will travel by air from Stansted on a chartered flight, or from regional airports on scheduled flights depending on numbers.

9. Travel to-and-from the point of departure will be by Unit or personal arrangement. Transfers and full board accommodation within France will be arranged for all pilgrims travelling with the UKC by the Pilgrimage Organiser (PO).

10. During the Pilgrimage some members of the UKC will be nominated to undertake duties including:

- (a) aiding sick and invalided Service pilgrims from the UK and other nations;
- (b) parading as Colour Parties;
- (c) hosting international guests at the UK Reception and Band Marching Display;
- (d) forming the Guard of Honour for the wreath-laying ceremony at the town's War Memorial in the presence of the French Minister of Defence;

- (e) English-speaking parts in international ceremonies;
- (f) providing identifiable UK national components to the international organisers as logistic support for events.

11. Individuals who do not hold a British or European Passport should consult the PO concerning the possible requirement to obtain a visa. NATO Travel Orders are acceptable in some cases, though application for the use of such should be made in good time.

## Faith Matters

12. While the religious context of the Pilgrimage is historically Roman Catholic, all those of other denominations, faiths, or those of no faith, are very welcome to attend. Throughout the history of the IMP more non-Catholic than Catholic Military Pilgrims have been part of the UKC, with universally positive feedback.

## Finance

13. The cost of the IMP for UK based non-entitled personnel is £850, including return air travel, food, accommodation, transfers in France, regulatory registration and administrative fees.

14. As both Regular and Reserve personnel, together with the nominated Band for whom funding has been obtained from Headquarters London District on a FINCAT 1 basis, are deemed to be on duty for this event, public funds may be used, in accordance with current regulations, to reimburse all expenses that fall within the remit and scope of such. In addition, Commanding Officers of serving military personnel may offer grants from PRI (and Tri-Service equivalent) and Welfare Budgets, as well as Regimental (and Tri-Service equivalent) sources on application from those under their command.

15. Serving and Reserve military personnel who cannot obtain funding through public funds for whatever reason, may apply for a grant from their Single Service RC Trust, reducing their contribution to no more than 50% of the total cost. RN, Army, and RAF Trusts may increase this minimum amount for various needs and reasons on application. Separate Single Service arrangements are in place for certain individuals in Phase One and Phase Two Training, details of which may be obtained from the PO.

16. Service personnel injured on operations, together with their nominated carers, as well as spouses whose husbands or wives have died on operations, are given particular consideration and attract special funding. For serving personnel, an initial approach to the Unit Welfare Team should be made with a view to applying, though Help for Heroes or other similar agencies, for assistance. Non-serving personnel are also eligible for such grants but should apply directly to the charity concerned. A supporting statement can be provided, on application to the PO, for all such cases.

## Special Duty Status

17. At the discretion of the individual's Commanding Officer, those Service personnel (mainly Reservists) who fall outside of all other criteria and make application to attend the IMP are eligible for Special Paid Leave, which is in addition to the Individual Leave Allowance, in accordance with JSP 760 Para 2.025b and 2.016a.

## Further Details

18. Information about the IMP may be obtained from your local Roman Catholic Military Chaplain. If there is not one serving nearby and your own Chaplaincy Team are unable to help you, please feel free to contact the PO direct. Application Forms, a separate one of which must be completed for each individual attending, will be made available on request. Full joining instructions will be issued before the commencement of the Pilgrimage to everyone attending.

19. An online booking form is available at: [www.tangney-tours.com/imp](http://www.tangney-tours.com/imp)

20. The Pilgrimage Organiser is:  
Fr Nick Gosnell  
Vicar General for the Bishopric of the Forces  
The Cathedral Church of St Michael & St George  
Queens Avenue, Aldershot. GU11 2BY  
Tel: 01252 315042 Mob: 07775 237099  
E-mail: [stmichael.stgeorge@live.co.uk](mailto:stmichael.stgeorge@live.co.uk)

## Related Information

<https://www.indcatholicnews.com/news.php?viewStory=18312>

<https://www.bing.com/images/search?q=uk+military+pilgrimage+to+lourdes>

<http://www.rcbishopricforces.org.uk/international-military-pilgrimage/>

<https://www.gov.uk/government/news/british-troops-make-pilgrimage-to-lourdes>

## World Youth Day – Lisbon 2023



**31 July - 7 August 2023**

from £1,779 - 8 days / 7 nights

**Spiritual Leader Bishop Paul Mason**

**Organised by Jeremy Wynne (tel. 07834 609153),**

(Pastoral Administrative Assistant to the Royal Air Force Principal Roman Catholic Chaplain)

*If anyone from the Army is interested in attending this event please make contact with the Pastoral Administrative Assistant to the Principal Roman Catholic Chaplain (Army) - Mrs Karen Horn MBE, [armyrcpaa21@gmail.com](mailto:armyrcpaa21@gmail.com)*

## Bishopric of The Forces Retreats

*"His reputation continued to grow, and large crowds would gather to hear him and to have their sickness cured, but he would always go off to some place where he could be alone and pray". Luke 5: 15-16.*

Are you in need of stillness and sanctuary? The Bishopric of the Forces is offering 3 opportunities to go on a retreat in 2023. The retreats are open to all MOD personnel (Regular, Reserve and Civil Servant); immediate dependants will be considered dependent upon the availability of places. Applications from junior ranks are particularly encouraged.

Once again, for 2023, Douai Abbey in Berkshire, Worth Abbey in West Sussex and Ampleforth Abbey in North Yorkshire will be used. All 3 retreat locations are Benedictine Abbeys. Those attending the retreats will gain insight into Benedictine spirituality which is centred on the core values of silence, prayer, obedience, stewardship, listening, humility, peace, work, living in community and hospitality. Through led sessions, periods for prayer and reflection, and with the opportunity to join with the monastic community in the Abbey Church in praying the Daily Office, retreat participants will be refreshed and reinvigorated in the exploration and renewal of their faith.



DOUAI ABBEY 13 - 16 JUN 23

WORTH ABBEY 18 - 21 SEP 23

AMPLEFORTH ABBEY 30 OCT - 2 NOV 23

The retreats are aimed at all levels of faith and knowledge, age groups, backgrounds, ranks and experiences. They will allow participants to challenge their preconceptions in a relaxed and non-judgmental environment. All venues offer a unique opportunity to take a fresh look at faith away from the pressures of everyday service life. The retreats aim to promote and foster spiritual and moral values from a faith perspective thus contributing to professional and personal development as well as serving to strengthen the moral component of the application of military force.

Further details can be found on the Defence Instructions and Notices once it is published. Alternatively, please contact to register your interest or to receive further information:

Wg Cdr (rtd) Jem Wynne, Pastoral Administrative Assistant to the RAF Principal Roman Catholic Chaplain. Tel: 07834609153 Email: [rafprccpastoralassistant457@outlook.com](mailto:rafprccpastoralassistant457@outlook.com)

Sgt Caroline Routledge, Dep Retreats Coordinator, SNCO System Coordinator, Mission Support, Centre, RAF Coningsby, Lincolnshire, LN4 4SY. Tel: 95721 8075 Email: [caroline.routledge475@mod.gov.uk](mailto:caroline.routledge475@mod.gov.uk)



## Key Dates in April/May

Maundy Thursday – 6<sup>th</sup> April

Good Friday – 7<sup>th</sup> April

Holy Saturday – 8<sup>th</sup> April

Easter Sunday – 9<sup>th</sup> April

St George, Martyr, Patron of England  
(Solemnity) – 24<sup>th</sup> April

The Ascension of the Lord  
(Solemnity) – 18<sup>th</sup> May

Pentecost Sunday (Solemnity) – 28<sup>th</sup> May

An excellent website with weekly reflections on all the upcoming Sunday readings can be found at:  
<https://www.tarsus.ie/>

## CATHOLIC MILITARY ASSOCIATION the official network for Defence Catholics



We exist to support Catholics in the UK Armed Forces.

We are a lay association of the faithful whose members cooperate to support Catholicism in the UK Armed Forces.

We strive to inspire one-another in the Faith, to grow through prayer and the sacraments, and to offer up our sufferings, persevering together in the universal call to holiness.

We are the official Defence Catholic Association, formally approved by the Right Reverend Paul Mason, Bishop of the Forces. We are a member of the Defence Christian Network.

We are serving personnel, helping others. Find us at: <https://www.catholicmilitaryassociation.org.uk/>

## Information.....

If you wish to know more about Roman Catholic matters within the Army Faith Community, please contact: **Mrs Karen Horn MBE** Pastoral Administrative Assistant (PAA) to PRCC(A) at: [ArmyRCPAA21@gmail.com](mailto:ArmyRCPAA21@gmail.com)