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**"Do not worry about anything instead pray about everything" Philippians 4:6**



## *Army Roman Catholic Newsletter*



*Current topics >>>*



### Welcome

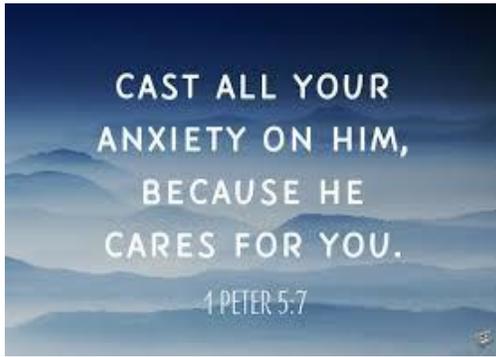
*From*

**The Revd Fr Paschal J Hanrahan CF  
Principal Roman Catholic Chaplain (Army)**

As restrictions lessen and we find ourselves with more freedom and our new 'normal', many will approach life with renewed vigour however, there will also be many who feel anxious at re-engaging with society. It may be helpful to look at what anxiety is and how Faith and God can aide us in reducing that fear.



The word anxiety seems to have become a commonly utilised word in recent years but, do we really understand what anxiety is? Anxiety is a generalised response to an unknown threat or internal conflict. When faced with fear, most of us will experience the physical reactions that are described under anxiety. Fear can cause anxiety and anxiety can cause fear. Common signs of anxiety can include: racing thoughts, over-thinking, feelings of dread or panic, problems with sleeping and trembling as well as several other symptoms. So, is it any wonder with the pandemic and what society has experienced over the last 18 months that many individuals will be anxious in re-engaging fully with society again? Anxiety is our body's natural response to stress. Stress is a personal experience caused by pressure or demands, it arises when individuals perceive that they cannot adequately cope with the demands being made upon them or with threats to their well-being. There is a fine line between anxiety and stress but, both are emotional responses. Stress more often than not is caused by an external trigger whereas, anxiety is that persistent, excessive worrying that won't disappear even though the stressor may have gone. Symptoms for both anxiety and stress are almost identical.

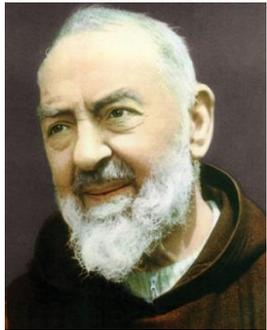


There is plenty of excellent advice 'out there' on how to combat anxiety and stress. These include; reviewing your sleep hygiene, ensuring you are eating a well balanced diet, exercising daily, deep breathing exercises, listening to music, switching off, talking to someone, accepting you cannot control everything and much more, all extremely pertinent. But, also alongside the coping skills already mentioned is our faith, that connection with God and prayer. These latter elements are also as important for reducing anxiety. In times of need and hardship many people turn to prayer, prayer being that vehicle for communication with God. They draw on their faith and connection with God to help them through. Prayer gives us time to not only reflect but, it is also a way of being present in the moment and to open ourselves up without fear. Prayer can provide us with that healing presence that is both spiritual and loving. Praying can elicit feelings of compassion, forgiveness and gratitude. It can calm us and bring us a sense of peace.

There are many passages in scripture that can allay our fears and encourage us to converse with God when we are not feeling our best. We don't always have to try and deal with anxiety alone, for as Roman Catholics we gather for many reasons. Our faith community is of utmost importance, being rooted in the Sacrament of Baptism, our entry into the church, and the nourishment we receive through the Eucharist. It unites us in common ideologies and fellowship. People also experience security, comfort, friendliness, empathy and belonging within community; it provides a sense of structure. This religiosity supports individuals and can have a positive effect on those suffering from anxiety and stress.



Did you know that many of the Saints faced anxiety too? During their earthly lives they often faced times of worry and uncertainty. Even though we converse with God, we often petition the Saints to intercede for us. Here are some of the Saints we can turn to in times of anxiety:



St Padre Pio (or St. Pio of Pietrelcina) was a Capuchin friar from Italy; he became a priest at the age of 23. He is renowned, in part, for his deep prayer life and piety. During his life, even from a young age, he suffered from many health issues, so much so that he had to be separated from his religious community for several years in order to take care of his health. He is famous for many miraculous signs, such as an ability to bilcate, healings, and the stigmata that developed on his hands. People flocked to him to be close to someone so holy, and he shared wisdom that made a difference in their lives. He had one message that he shared frequently: "Pray, hope, and don't worry. God is merciful and will hear your prayer." Despite facing struggles and physical pain, Padre Pio lived his life with complete resignation to the will of God. That's a good example that can give us strength when we are in the middle of a dark and threatening situation. And though prayer doesn't take away anxiety we can turn to Padre Pio for intercession when we are struggling. He knows what it was like to suffer, and his prayers will help us pursue hope and not worry in the midst of our anxieties.



St. Thérèse of Lisieux lived for only 23 years, but the Church formally recognized her spiritual wisdom by declaring her a doctor of the Church, a designation that sets her apart from other saints because her example is so instructive. She was a Carmelite religious sister in France in the 19th century, and dealt with extreme anxiety in the form of scrupulosity. Scrupulosity is not uncommon among people of faith and is essentially a form of obsessive compulsive disorder. It is marked by a deep and pervasive fear that one has sinned gravely, thinking things are sins which are not sins, and not finding solace and peace in the forgiveness we experience in the sacrament of confession. These fears pile up in the scrupulous person's mind, leading them to seek affirmation from a friend or priest that they have not sinned but, then that affirmation doesn't last long and soon the cycle of anxiety begins again. St. Thérèse would often turn to her sister for affirmation when she experienced anxiety related to her scrupulosity. She overcame this difficulty by denying herself the opportunity to seek

this affirmation from her sister repeatedly. We can turn to St. Thérèse in prayer asking for her intercession, but she's also a model for how to remain steadfast in our trust in God's goodness and loving care.



St. Francis de Sales is the patron saint of writers and journalists and was the bishop of Geneva during the 17th century so, he may not be a saint you readily think of in the midst of anxiety. During his lifetime, he served as the spiritual director of St. Jane Frances de Chantal, who struggled with anxiety and depression and later became a canonised saint, herself. Francis helped Jane work through her struggles and pursue holiness, and he can do the same for us today, both by his intercession and by his well-known book, *Introduction to the Devout Life*. In reading this book, you can truly hear the calm, fatherly voice with which St. Francis reminds us of God's mercy and offers tangible advice for the anxious heart: "bring your heart quietly back into God's presence, subjecting all your affections and desires to the obedience and direction of his divine will."

The following are a few bible readings that you may wish to consider during times of feeling anxious or under pressure and they may remind you that during tough times God is always there with love and support.

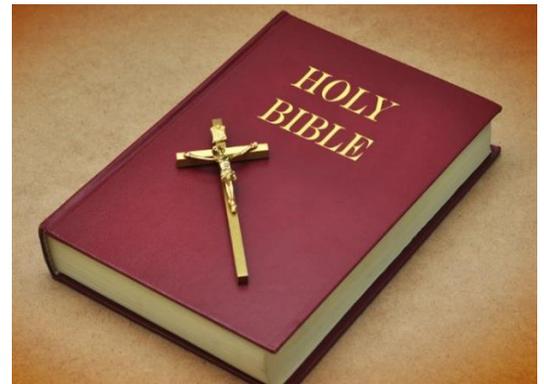
Psalm 94:19 - "When anxiety was great within me, your consolation brought joy to my soul."

Proverbs 12:25 - "An anxious heart weighs a man down, but a kind word cheers him up."

1 Corinthians 7:32 - "I want you to be free from anxieties."

Isaiah 35:4 - "Say to those who have an anxious heart, 'Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.' "

Matthew 6:27 - "And which of you by being anxious can add a single hour to his span of life?"



\*It is important to declare that although this article has provided information that can have a considerable impact on mental well-being, it should not be deemed an alternative to psychological treatment or therapy. Rather one of many processes that can support mental well-being.



*I come before You to lay my panic and anxiety at Your feet. When I'm crushed by my fears and worries, remind me of Your power and Your grace. Fill me with Your peace as I trust in You and You alone. ... So, Father, I thank you for being my strength and My God in whom I trust, Amen.*

# Chaplain's Spotlight



## Father Ian,

Q. How would you describe yourself?

A. *I have a great interest in people and behaviour patterns and I am an eternal optimist, I love nothing more than people watching and helping individuals unwrap their traumas and obstacles in interpersonal relationships. I always find something of value in the events of any day.*

Q. What is the funniest thing that has happened to you recently?

A. *I left my car in the car park overnight, with the back windows down. It was excessively hot so I was driving with all 4 windows down, on my way to catch a train I parked up and*

*shut the windows and I only discovered the next day when I returned to collect my Car that the back window was open....initially I thought that my car had been broken into and the window was smashed.*

Q. What was the last gift you gave someone?

A. *One of my sisters loves pineapple but hates the faff of preparing it. Being accustomed to the procedures in German Supermarkets I bought her a gadget to peel and core it.*

Q. What do you think about when you are alone in a car?

A. *I like structure and to-do lists. When driving I'm regularly focused on what I just done or about to do...I do have to admit that I have been so deep in thought cruising along that Ive missed Exit 4 of the motorways on my way to work....*



## Veterans Corner – Retired Army RC Chaplains

On 27<sup>th</sup> July, a restaurant in Liverpool was the venue for five retired Army Chaplains who met together for lunch and a reunion. In the words of Father Tom Butler, "there was lots of laughter and reminiscing".

They are seated left to right; Monsignor Phelim Rowland, Monsignor Stephen Alker MBE, Father Tom Butler, Father Michael Fava CBE and Father Martin Caddell.

## *'Around Our Churches'*

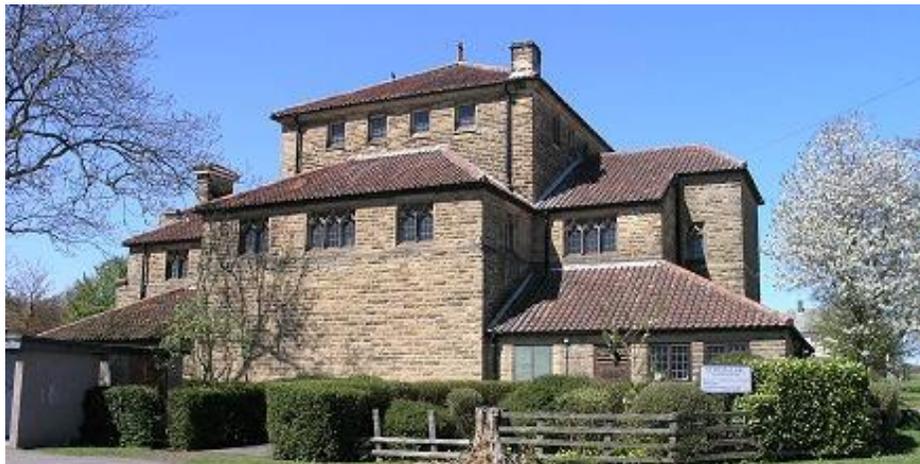


### **This month brings us news from St Joan of Arc Church, Catterick Garrison.**

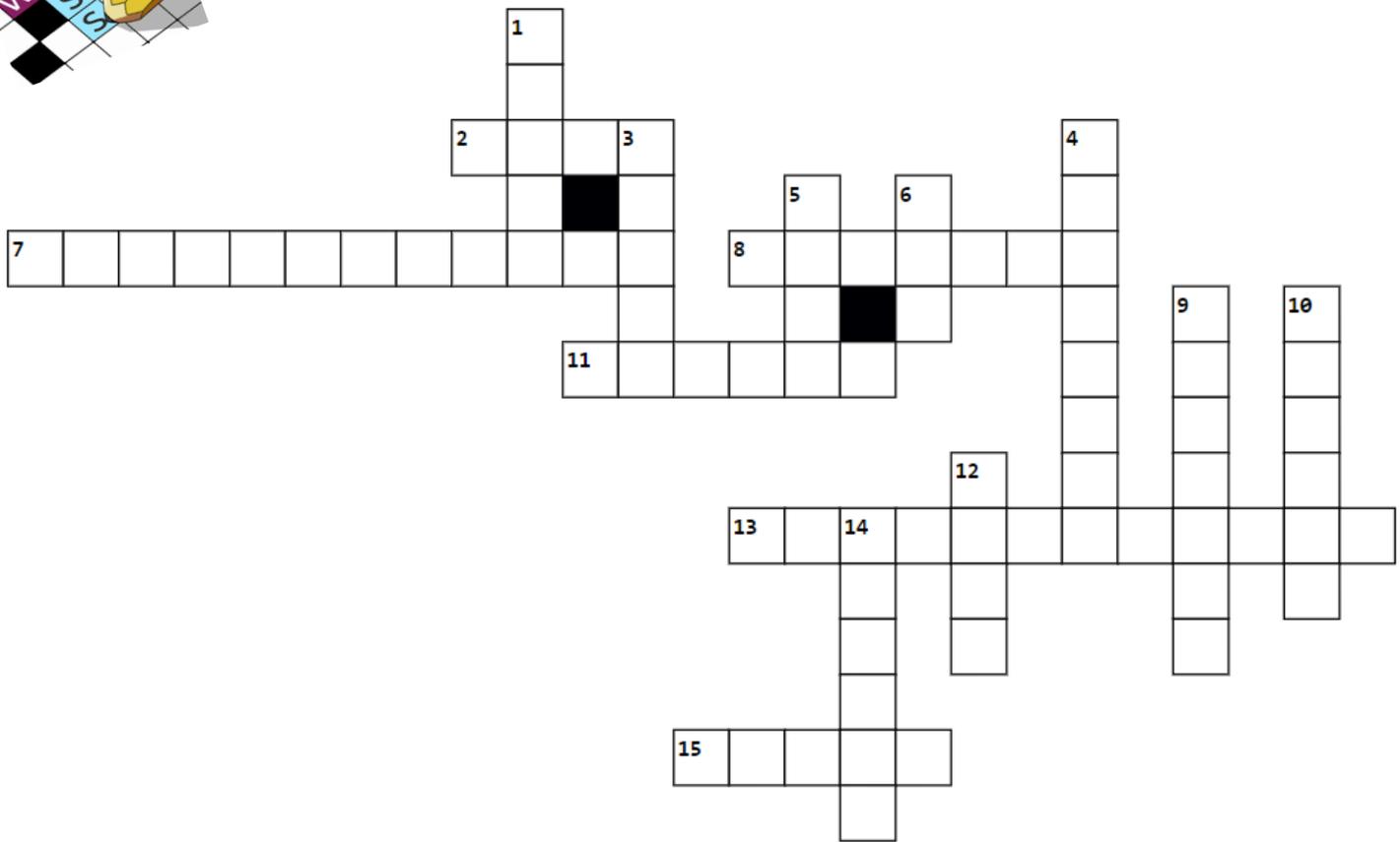
Almost 100 years after its blessing and dedication in 1930, the Church Bell at St Joan of Arc in Catterick Garrison went electric. No more swinging on a precarious rope for the chaplain before Mass, the bell can now be rung remotely via a wireless connection; not only prior to Mass but also at the moment of the Consecration. A further bonus is that the bell can now be programmed to ring the Angelus at 0800, 1200 and 1800hrs in honour of the Incarnation of Our Lord.

Thanks to the Army RC Trustees who kindly footed the bill for the electrification.

Fr David Smith RChD.



## Crossword Number:2 Bible Knowledge



### Across

2. Who wrote "Do not let anyone judge you by what you eat or drink"? (4)
7. What does Bethlehem mean? (5, 2, 5)
8. Who saw a vision of an almond tree? (7)
11. Who was the sister of Jesus' friends Lazarus and Mary? (6)
13. What does Jesus mean? (3, 4, 5)
15. How many children did Jacob and Leah have? (5)

### Down

1. What is the meaning of the name Salome? (5)
3. According to Acts, who did Paul meet by the river outside Philippi? (5)
4. What expression does Paul use 15 times in the New Testament? (3, 2, 3)
5. According to Genesis who was given a name which meant he would provide comfort for his father? (4)
6. Who in the Old Testament, was the son of Haran? (3)
9. Which Philistine was over nine feet tall? (7)
10. What is the first crime recorded in the bible? (6)
12. Who is the first person in the bible who is recorded as becoming drunk? (4)
14. How many New Testament letters bear the names of people? (6)

Answers to Newsletter Issue 4, Crossword No:1 - Across: 2.Judas 5.Olive 6.Vine 7.Twentythree 9.Mustard 10.Archangel 11.Gabriel 12.Jesus 13.Stephen Down: 1.Mulberry 2.JohntheBaptist 3.Night 4.Peter 8.Justice

Answers to Newsletter Issue 5 will be published in Issue 6 or email Karen at: [ArmyRCPAA21@gmail.com](mailto:ArmyRCPAA21@gmail.com)

Events >>>

## Bishopric of The Forces Retreats 2021

Are you in need of stillness and sanctuary? Scripture gives us many examples of our Lord Jesus withdrawing from noise and bustle to pray and to gain respite (Mark 3:7, Luke 5:16). Subject to Government restrictions, there is the opportunity to find that same peace at one of the Bishopric of the Forces Retreats planned for 2021:

Worth Abbey, Sussex 4 - 7 Oct 21 Ampleforth Abbey, North Yorkshire  
29 Nov- 2 Dec 21 DIN Reference 2020DIN01-124 gives more details. In the meantime, to express an interest or to receive an application form, contact [Caroline.Routledge475@mod.gov.uk](mailto:Caroline.Routledge475@mod.gov.uk) or [rafprccpastoralassistant457@outlook.com](mailto:rafprccpastoralassistant457@outlook.com)



### Key Dates in September & October

The Nativity of the Blessed Virgin Mary – 8<sup>th</sup> September

The Exaltation of the Holy Cross – 14<sup>th</sup> September

St Matthew, Apostle, Evangelist – 21<sup>st</sup> September

Ss Michael, Gabriel, and Raphael, Archangels – 29<sup>th</sup> September

St John Henry Newman – 9<sup>th</sup> October

St Luke, Evangelist – 18<sup>th</sup> October

Ss Simon and Jude, Apostles – 28<sup>th</sup> October

All Saints – 31<sup>st</sup> October

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)