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"Go out into the world today and love the people you meet. Let your presence light new light in the hearts of people." Mother Teresa



ARMY

Army Roman Catholic Newsletter



Current topics >>>

Connections

"Owe no one anything, except to love one another; for the one who loves another has fulfilled the law."

Romans 13:8



Examples of human connections could be having a personal conversation about what is important to you with someone and feeling listened to and understood or taking the time to listen to someone else and feeling real empathy for them. It is about being in the moment, being yourself. Human connection only truly works if there is honesty and trust. So, how do we connect with God? We talk to him the same as with any other person in our lives. Communication through His Word and His Spirit is essential to strengthening our relationship with God, and this is done through prayer, adhering to his commandments and studying the scriptures. Our opportunity to spend time with him will strengthen and develop a more meaningful relationship with him. God created us as unique individuals with a different way of connecting to him; he gave us all Free Will to make good or bad choices and it is this which proves there is no 'one size fits all' rule for spiritual and faith development yet our faith gives us that cohesion, connection and relationship.

"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me." Revelation 3:20

Welcome

From

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



I hope you found last month's article on Mental Health and Prayer useful. This month's main article continues the theme of mental well-being by looking at connections, relationships, their meanings and how powerful they can be.

Relationships

Connection is a relationship in which a person or thing is linked or associated with something else. Our understanding as Christians is ultimately a relationship with God, our friends and family, and the quality of that relationship can impact on how we connect with society. Establishing bonds with God, family and friends affects each and every one of us, providing happiness, security, support, and a sense of purpose. Being part of a community can also have a positive effect on our mental well-being by offering us a sense of belonging as well as social connectedness.

Chaplain's Spotlight

This month (July), we bid a fond farewell to Fr. Donald Cumming who is 'retiring' from the RACHD following 24 busy and fulfilling years of service in the Army. He will be greatly missed and we support him on his new journey with much love and prayers.



Fr Donald's military life began with postings to Germany. He spent 7 years in Hohne with the Light Dragoons, in Paderborn with 2 Logistic Support Regiment and with the 3rd Royal Horse Artillery in Gutesloh, serving the various Catholic communities based there at the time. Operationally, he was deployed to; Bosnia, Kosovo, Northern Ireland (2.5yrs), Iraq and Afghanistan. Entering the world of Phase 1 training, he spent 6 years between the Army Training Regiment, Winchester and the Army Foundation College, Harrogate. During his 3.5 years serving at StMichael & St George's Cathedral, Aldershot, he was attached to the Coldstream Guards and the Irish Guards in turn. Service with the Infantry and Household Division continued with 2 years in Catterick with the Scots Guards and St Joan of Arc Church. The last 3 years has been spent with 21 Engineer Regiment in Ripon, in the especially challenging context of the pandemic. He believes it has been an honour to have celebrated Mass in the splendour of our Cathedral of the Forces, impressed by leading a Christmas Carol Service in a packed Winchester Cathedral and memorable celebrating the Festival of Remembrance in the Albert Hall and preaching in Westminster Cathedral the following morning. However, for Fr. Donald the most significant of all was celebrating the Eucharist on the operating table of the surgery of the field hospital in Pristina, Kosovo. "To celebrate Mass which re-enacts the death of Christ, on a hospital table on which people have been operated on and may have died on, was loaded with significance. I was truly humbled to do so. The exceptional Navy Surgeons who attended were truly grateful for the spiritual sustenance that they received, before returning to their life giving tasks."

Father Donald,

Q: You are due to retire from the Chaplain's Dept shortly, what will be a lasting memory?

A: A Powerful memory for me is running 100 miles in the Sinai Desert with a team of Chaplains on Ex Millenium Pilgrim in the year 2000. I managed this despite having a haemoglobin of 4! A less pleasant memory is being shot at by the Taliban in Afghanistan, which is the only location I have ever washed my clothes in a cement mixer. Still madder moments were had in jumping out of planes in Germany and Northern Ireland. The most fun was had on Ex Long Look to New Zealand.

Q: Give 3 words that describe you?

A: I see myself as a compassionate person and gentle. In fact I have been called a giant teddy bear by friends. My tendency is to forget things is enhancing as the years go by.

Q:What events have defined this last year for you?

A: In the usual turn of events this would be easy to answer but, with the pandemic striking, normality has gone out of the window. A new experience for me was doing church services by Zoom. The most poignant of these was officiating at the memorial service of the father's of one of our officers, done so remotely from Glasgow. It was a year to reassure those who were struggling with the many aspects of the pandemic. For me personally, it was significant coming to terms with retiring from Military Chaplaincy after nearly 24 years of service.

Q: Marmite, Love it or hate it?

A: As to Marmite, I love Crunchy Nut Cornflakes and I hate porridge with a vengeance!



Everlasting Father, we thank you for the breath of life that we are so fortunate to have every morning and for health, strength, prosperity and favour. Continue to bless us, Oh Lord, and hold us together with your unconditional love and grace. Let your glory fall afresh on us and revive us as you have your way. Amen.

SPONSORED CYCLE RIDE – FUNDRAISER FOR BECKETT HOUSE & THE NEW ROYAL ARMY CHAPLAINS MUSEUM



Beckett House, Shrivenham
The Armed Forces' Chaplaincy Centre



Royal Army Chaplains Museum, Shrivenham

On Wednesday 23rd June 2021 Fr. Paschal O'Hanrahan and Fr. PJ O'Driscoll completed a **145km** cycle ride in aid of Beckett House (Army Chaplaincy Centre) and the new Royal Army Chaplains Museum. The cycle event took place at The Garrison Church of St George, Bulford along with two other Army Padres and a host of supporters. Although, a static cycle ride, the 145km represented the route from St George's Church, Bulford to the Royal Army Chaplains Museum and back to Bulford!



Left to Right: Padre Matt Dietz (5 Rifles), Padre Chris Kellock (12X), Fr. PJ O'Driscoll (1 RRF), Fr. Paschal Hanrahan (PRCC(A) & 3XX ACG)



Fr. Paschal would like to say a huge thank you to all those who sponsored him and Fr. PJ on their recent 145km cycle ride in aid of the Museum of Army Chaplaincy.

If you feel you would like to donate to this worthwhile cause then please use the link or scan the QR code. www.stewardship.org.uk/partners/20373424



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 or rafprccpastoralassistant457@outlook.com



Key Dates in July & August

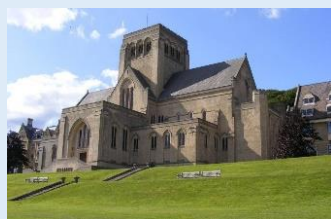
St Thomas the Apostle – 3 July

St Mary Magdalene – 22nd July

The Transfiguration of the Lord – 6th August

The Assumption of The Blessed Virgin Mary –
 15th August

St Bartholomew – 24th August



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