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**"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you" Deuteronomy 31:6**



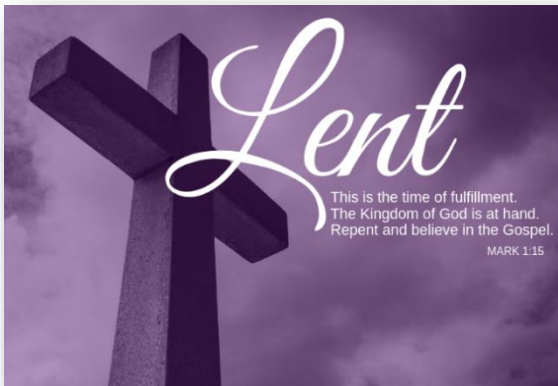
## *Army Roman Catholic Newsletter*



### *Welcome*

*From*

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



Welcome to Issue 18 of the Army Roman Catholic Newsletter.

The season of Lent will soon be upon us. This issue we are focusing on preparing ourselves for our Lenten journey and ultimately Easter. It may not take a lot of time to prepare for the beginning of Lent but it does take desire and focus. The desire to grow with openness and lighten our spirits and experience the joy and anticipation. The focus is on what God wants to give us, his blessing and grace. Just as there are many who start the New Year wanting to get fit and focusing on that exercise programme to achieve their goals, why not approach spiritual fitness in a similar way. Psalm 37:4 "Take delight in the Lord, and he will give you the desires of your heart."

We hope that you will find the information useful.

# Lent

## A Time for Spiritual Fitness



Lent is a time to get ourselves spiritually fit and in shape for God. The season of Lent will soon be here which means it is the time to prepare our hearts, minds and souls for Easter so, that we may be ready and willing to fully accept our faith and the love of Jesus.

In the Gospels, Jesus spends forty days and forty nights in the desert before beginning his Ministry to the people. During that time he prayed and fasted but, was frequently enticed by the devil. Similarly, Lent poses many temptations and trials for the modern Catholic. In today's world the value of self-sacrifice is not often a priority. The idea that someone would intentionally deny themselves something is an unfamiliar concept in a society, where anything you want is available. But, the purpose of fasting, sacrifice and preparation for the duration of Lent is to detach ourselves from material goods in order to purify our hearts and minds to make room for God. Similar to a diet, Lent is a time to eliminate the 'junk food' we accumulate in our daily lives (i.e. money, power, wealth, politics, work etc) and focus ourselves on healthy habits, in order to grow in faith and our relationship with God.



Prayer will be our spiritual fitness regime. Here are some activities or a Lenten spiritual fitness checklist to help us prepare our souls. Just like a workout schedule, it is separated into different levels so we can go at our own pace.

<b>Beginner:</b>	
•	Give up something you enjoy such as: chocolate, alcohol, coffee, television etc. Whenever you have a craving, do not give in but say a prayer.
•	Arrive early for Mass, or stay and say extra prayers.
•	Participate in the Mass more by lifting your voice in the hymns and speaking up during the responses.
•	Identify an irritating habit or behaviour that you do and try not to do it.
•	Go to confession at least once.
•	Abstain from eating meat on Fridays.
•	Pray daily.

<b>Intermediate:</b>	
•	All the beginner activities.
•	Meditate on a mystery of the rosary daily.
•	Read the scriptures daily.
•	Visit the Stations of the Cross at least once.
•	Go to adoration at least once.
•	Fast once a week.
•	Learn something new about the catholic faith by reading the Catechism.

<b>Expert:</b>	
•	All the intermediate activities.
•	Pray all four mysteries of the rosary daily.
•	Fast twice a week.
•	Refrain from having or going to parties, instead, use the time to pray.
•	Get to know your priest. Perhaps make plans to meet him in a non-religious setting. After all, we are all humans who like to socialise.

**Strategies to build your spiritual fitness**

**At the start of each day, reflect on these questions to help enhance your performance and well-being. At the end of each day, use them as a personal AAR to grow your spiritual fitness.**

**Be grateful**

What are you thankful for and how will you show it?  
What do you want to make sure you do NOT take for granted?

**Serve others**

What personal strengths and gifts can you share?  
What's one thing you can do today to make the world a little bit better?

**Overcome challenges**

What do you need to accept? Where can you take action?  
Who or what helps give you the strength to persevere and grow?

**Forgive yourself and others**

What anger, pain, guilt, or hatred do you want to release?  
What can you learn? What do you hope for in the future?

**Live your values**

What values do you want to live out? What drives you to be your best?  
What are your temptations? How can you avoid them?

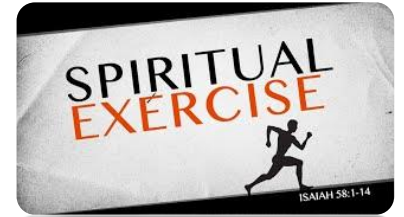
**Connect with something greater**

How will you take time to deeply engage with something larger than yourself?  
How can you meaningfully connect with others, nature, or a higher power?

# Exercise Spiritually

There are many of us who exercise and many who do not. We might ask, why do we physically exercise? It is time consuming, takes a lot of physical and mental effort and sometimes it is painful. Frequently, we may not see the immediate results we want or expect. However, many of us do exercise because we understand and realise that it has numerous benefits, such as:

- Preserving our health and reducing the risks of sickness.
- Improves our strength and stamina for when we need it.
- Enhances our physical appearance.
- Alleviates stress.



Exercise is a valuable part of healthy living and it is interesting to see how much time, effort and money is put into physically keeping ourselves fit compared with how little time and effort we put into our spiritual exercise. For example; we may be able to find an hour in the day to go to the gym but, we cannot find an hour a week to go to church or pray the rosary; or how much time do we spend in meditation and prayer compared to surfing the internet or playing video games?



It is essential to exercise our spiritual muscles just as much as our physical ones. As we build up our spiritual muscles we will be better prepared to handle things when we are challenged. Whether, it is handling daily life or an issue of faith, praying regularly can help us manage. Attempting to cope with tough life challenges without a deep faith is like trying to run a marathon with minimal training.

Just like physical exercise, we only need to put in small but constant effort praying in order to achieve results over time. It usually takes about 20 minutes to pray a mystery of the rosary which is shorter than it takes to watch 'Emmerdale'. We may not immediately feel like a saint but, in time we will start to feel the change. It will change our perspective of the world and make us realise what is really important. Praying the rosary can have a positive effect just as physical activity can help the production of endorphins, the brain's feel-good neurotransmitters.



Some recommended reading during Lent in addition to the scriptures:

- 'Barking to the choir' The power of radical kinship by Gregory Boyle.

*In a nation deeply divided and plagued by poverty and violence, Barking to the Choir offers a snapshot into the challenges and joys of life on the margins. Sergio, arrested at nine, in a gang by twelve, and serving time shortly thereafter, now works with the substance-abuse team at Homeboy to help others find sobriety. Jamal, abandoned by his family when he tried to attend school at age seven, gradually finds forgive-ness for his schizophrenic mother. New father Cuco, who never knew his own dad, thinks of a daily adventure on which to take his four-year-old son. These former gang members uplift the soul and reveal how bright life can be when filled with unconditional love and kindness.*



V. Pray for us, Holy Mother of God.  
 R. That we may be made worthy of the promises of Christ.

Let us pray, O God, whose only begotten Son, by his Life, Death and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech you, that we who meditate on these mysteries of the most holy Rosary of the blessed Virgin Mary, may both imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

#### MYSTERIES

**JOYFUL MYSTERIES** (Monday and Saturday)  
 Annunciation; Visitation; Nativity; Presentation; Finding in the Temple

**SORROWFUL MYSTERIES** (Tuesday and Friday)  
 Agony in the Garden; Scourging at the Pillar; Crowning with Thorns; Carrying of the Cross; Crucifixion

**GLORIOUS MYSTERIES** (Wednesday and Sunday)  
 Resurrection; Ascension; Descent of Holy Spirit; Assumption; Coronation of the Blessed Virgin Mary

**LUMINOUS MYSTERIES** (Thursday)  
 Baptism of Jesus in the Jordan; Manifestation of Jesus at the Wedding at Cana; Proclamation of the Kingdom of God; Transfiguration of Jesus; Institution of the Eucharist

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### How to Pray the Rosary

1. Make the Sign of the Cross and say the "Apostles' Creed."
2. Say the "Our Father."
3. Say three "Hail Marys."
4. Say the "Glory Be."
5. Announce the First Mystery; then say the "Our Father."
6. Say ten "Hail Mary's," while meditating on the Mystery.
7. Say the "Glory Be," then say the "Fatima Prayer."
8. Announce the Second Mystery; then say the "Our Father." Repeat 6 and 7 and continue with Third, Fourth and Fifth Mysteries in the same manner.
9. Say the "Hail Holy Queen."

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In the name of the Father and of the Son and of the Holy Spirit. Amen.

#### APOSTLES' CREED

I believe in God,  
 the Father almighty,  
 Creator of heaven and earth,  
 and in Jesus Christ, his only Son, our Lord,  
 who was conceived by the Holy Spirit,  
 born of the Virgin Mary,  
 suffered under Pontius Pilate,  
 was crucified, died and was buried;  
 he descended into hell;  
 on the third day he rose again from the dead;  
 he ascended into heaven,  
 and is seated at the right hand  
 of God the Father almighty;  
 from there he will come to judge the living  
 and the dead.

I believe in the Holy Spirit,  
 the holy catholic Church,  
 the communion of saints,  
 the forgiveness of sins,  
 the resurrection of the body,  
 and life everlasting.

Amen.

**OUR FATHER** Our Father, who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

**HAIL MARY** Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

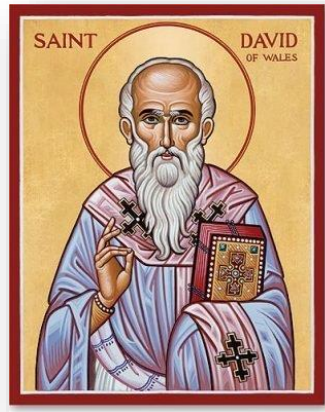
**GLORY BE** Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

**FATIMA PRAYER** O my Jesus, forgive us our sins, save us from the fires of hell and lead all souls to heaven, especially those most in need of Thy mercy.

**HAIL HOLY QUEEN** Hail Holy Queen, Mother of mercy! Hail, our life, our sweetness and our hope! To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears! Turn then, most gracious advocate, your eyes of mercy toward us; and after this, our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary!

# St David, Bishop & Patron Saint of Wales

(1<sup>st</sup> March)



St. David, born c. 520, near St. Bride's Bay, Pembrokeshire, Wales and died c. 600. Little is known of his life. According to the hagiography (c. 1090) (the body of literature describing the lives and veneration of the Christian saints) by the Welsh scholar Rhygyfarch, he was the son of the chieftain Sant, who raped David's mother, St. Non. Educated at Henfynyw, Cardigan, he seemingly took a prominent part in the synod of Llanddewi-Brefi (in Cardigan) to suppress the heresy of Pelagius (born c. 354, probably in Britain—died after 418, possibly Palestine), monk and theologian whose heterodox theological system known as Pelagianism emphasised the primacy of human effort in spiritual salvation and presided at the Synod of Victory held later at Caerleon-on-Usk, Usk, Monmouthshire, which supposedly defeated the Pelagian heresy in Britain. More certainly, he moved the seat of ecclesiastical government from Caerleon to Mynyw, which is, as St. David's (Ty-Dewi), still the cathedral city of the western see. Many miracles are ascribed to St. David, including the resurrection of a dead child and the restoration of sight to a blind man. One of the more famous miracles associated with him is the formation of a hill beneath him as he preached to a large crowd, allowing them to see and hear him more clearly. During this incident, a white dove is said to have landed on his shoulder, and St. David is often so depicted.



St David's Cathedral, St David's, Haverford West, Wales

# St Patrick, Bishop & Patron Saint of Ireland

(17<sup>th</sup> March)



St. Patrick, patron saint and national apostle of Ireland, is credited with bringing Christianity to Ireland and probably responsible in part for the Christianisation of the Picts and Anglo-Saxons. He is known only from two short works, the *Confessio*, a spiritual autobiography, and his *Letter to Coroticus*, a denunciation of British mistreatment of Irish Christians.

Patrick was born in Britain of a Romanized family. At age 16 he was torn by Irish raiders from the villa of his father, Calpornius, a deacon and minor local official, and carried into slavery in Ireland. He spent six bleak years there as a herdsman, during which he turned with fervour to his faith. Upon dreaming that the ship in which he was to escape was ready, he fled his master and found passage to Britain. There he came near to starvation and suffered a second brief captivity before he was reunited with his family. Thereafter, he may have paid a short visit to the Continent. The best known passage in the *Confessio* tells of a dream, after his return to Britain, in which one Victoricus delivered him a letter headed "The Voice of the Irish." As he read it, he seemed to hear a certain company of Irish beseeching him to walk once more among them. "Deeply moved," he says, "I could read no more." Nevertheless, because of the shortcomings of his education, he was reluctant for a long time to respond to the call. Even on the eve of reembarkation for Ireland he was beset by doubts of his fitness for the task. Once in the field, however, his hesitations vanished. Utterly confident in the Lord, he journeyed far and wide, baptizing and confirming with untiring zeal. In diplomatic fashion he brought gifts to a kinglet here and a lawgiver there but accepted none from any. On at least one occasion, he was cast into chains. On another, he addressed with lyrical pathos a last farewell to his converts who had been slain or kidnapped by the soldiers of Coroticus.



Careful to deal fairly with the non-Christian Irish, he nevertheless lived in constant danger of martyrdom. The evocation of such incidents of what he called his "laborious episcopate" was his reply to a charge, to his great grief endorsed by

his ecclesiastical superiors in Britain, that he had originally sought office for the sake of office. In point of fact, he was a most humble-minded man, pouring forth a continuous paean of thanks to his Maker for having chosen him as the instrument whereby multitudes who had worshipped "idols and unclean things" had become "the people of God." The phenomenal success of Patrick's mission is not, however, the full measure of his personality. Since his writings have come to be better understood, it is increasingly recognized that, despite their occasional incoherence, they mirror a truth and a simplicity of the rarest quality. Not since St. Augustine of Hippo had any religious diarist bared his inmost soul as Patrick did in his writings. As D.A. Binchy, the most austerely critical of Patrician (i.e., of Patrick) scholars, put it, "The moral and spiritual greatness of the man shines through every stumbling sentence of his 'rustic' Latin."

It is not possible to say with any assurance when Patrick was born. There are, however, a number of pointers to his missionary career having lain within the second half of the 5th century. In the Coroticus letter, his mention of the Franks as still "heathen" indicates that the letter must have been written between 451, the date generally accepted as that of the Franks' irruption into Gaul as far as the Somme River, and 496, when they were baptized en masse. Patrick, who speaks of himself as having evangelized heathen Ireland, is not to be confused with Palladius, sent by Pope Celestine I in 431 as "first bishop to the Irish believers in Christ."

Toward the end of his life, he retired to Saul, where he may have written his *Confessio*. It is said that an angel conveyed to him that he was to die at Saul, the site of his first church, despite his wishes to die within the ecclesiastical metropolis of Ireland. His last rites were administered by St. Tussach (also spelled Tassach or Tassac).



Before the end of the 7th century, Patrick had become a legendary figure, and the legends have continued to grow. One of these would have it that he drove the snakes of Ireland into the sea to their destruction. Patrick himself wrote that he raised people from the dead, and a 12th-century hagiography places this number at 33 men, some of whom are said to have been deceased for many years. He also reportedly prayed for the provision of food for hungry sailors traveling by land through a desolate area, and a herd of swine miraculously appeared.

Another legend, probably the most popular, is that of the shamrock, which has him explain the concept of the Holy Trinity, three persons in one God, to an unbeliever by showing him the three-leaved plant with one stalk. Traditionally, Irishmen have worn shamrocks, the national flower of Ireland, in their lapels on St. Patrick's Day, March 17.





## 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. How long does Lent last excluding Sundays?
2. Where does the word Lent come from?
3. What colour is associated with Lent?
4. What does Palm Sunday celebrate?
5. What does Maundy Thursday commemorate?
6. What is the last week of Lent known as?
7. Which day marks the start of Lent?
8. Which day marks the end of Lent?
9. What does the period of Lent represent?
10. What do many Catholics observe during Lent?

Answers to Newsletter Issue 18 will be published in Issue 19 or email Karen at: [ArmyRCPAA21@gmail.com](mailto:ArmyRCPAA21@gmail.com)

Answers to Newsletter Issue 17: 1. Peter, 2. Stephen, 3. Baptism, 4. Christ, 5. Peter, 6. Ordination Mass, 7. Francis, 8. Benedict XVI, 9. Henry VIII, 10. Boris Johnson, 11. Francis, 12. Francis Walmsley.

Event >>>



## *Chrism Mass*

**Wednesday 29<sup>th</sup> March 2023 at 1200 hrs**  
**Cathedral of St Michael and St George, Aldershot**

The annual Chrism Mass brings together the Bishop, Priests and Deacons and Lay People of the Royal Navy, Army and Royal Air Force to celebrate the blessing of the oils of Catechumens, Chrism and the Sick. The Chaplains will renew their priestly vows and commitment in front of the people.

Further details can be obtained from:

**Mrs Diane Restall, Tel: 01252 348234 or Email: [Dianerestall654@mod.gov.uk](mailto:Dianerestall654@mod.gov.uk)**

# *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

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<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>

## 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 February & March



Ash Wednesday – 22<sup>nd</sup> February

1<sup>st</sup> Sunday of Lent – 26<sup>th</sup> February

St David, Bishop, Patron of Wales – 1<sup>st</sup> March

2<sup>nd</sup> Sunday of Lent – 5<sup>th</sup> March

3<sup>rd</sup> Sunday of Lent – 12<sup>th</sup> March

St Patrick, Bishop – 17<sup>th</sup> March

4<sup>th</sup> Sunday of Lent – 19<sup>th</sup> March

St Joseph, Spouse of the Blessed Virgin Mary

(Solemnity) – 20<sup>th</sup> March

The Annunciation of the Lord (Solemnity)

– 25<sup>th</sup> March

5<sup>th</sup> Sunday of Lent – 26<sup>th</sup> March

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

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)