

VINCULUM

Ministry to Priests News

He
is
Risen

MATTHEW 28:6

April 2021 / Issue 3

Mgr. Benny O Shea Director Ministry to Priests

Dear Brothers,

The 'strange' times continue! Yesterday (23rd March) we paused to remember all those who have fallen victim to Covid -19 in the past twelve months. Yes, we have lived through a whole year which has been so different to anything we had experienced in our lifetimes. I heard someone talk about 'Charity Fatigue' a couple of days ago. Last night I lit a candle in the upstairs window of the Presbytery and went out onto the pavement to greet the neighbours - socially distanced!. Some months ago there were a lot of households outside on Thursday nights at 8pm clapping and acknowledging the wonderful work of the NHS and key workers. Last evening there was just one other household out! Fatigue, even in 'remembrance' has taken hold. This is not to be critical but evidence that the populace does seem to be 'drained' by the ongoing problems caused by the virus. However, there is **hope** now that the vaccine programme will enable some form of 'normality' to return - providing we all think of the 'other' and not undo the gains which have been hard-earned.

As we approach the most important week in our Liturgical year there is another '**hope**' for us which is even more important - as we celebrate the events of Holy Week which culminate in the ones which give all humankind the JOY of knowing that God 'so loved the world that he gave his only Son to be our Saviour'. That Saviour who suffered, died but rose again to life. Even though our celebrations will not be on the usual grand

scale, nevertheless they will be so important at this particular time for those who can attend- safely, and for those who will follow the ceremonies in their homes. Our hope has to be that parishioners will, sooner rather than later, be able to return to their parish churches and re-engage with their particular community. Our Welfare Officer, Annie, has been busy keeping in touch with those who have needed assistance and - following 'release' from local lockdown - I look forward to being able to visit you in the not too distant future.

With my prayers, every good wish and blessing to those of you who have not been able to get 'out and about' very much this past year that you will enjoy this Holy time of the year knowing that better times are ahead for all.



Benny

Latest advice for Holy week Services - **Homily (Brief)** - May be following the Definition of a Good Sermon I read about recently - "It should have a good beginning and a good ending - as close together as possible."

CORONA VIRUS ROADMAP: LOCKDOWN LIFTING



When will Lockdown end?

The roadmap to come out of lockdown is based on scientific data and consists of **4 steps**. It began on the **12th March** and will continue over the next few months as lockdown restrictions are lifted. This will happen across England at the same time.

While the steps have been outlined, the dates of when each step will come into effect could change.

There will also be at least **5 weeks between each step**. Before each new step of the roadmap, the Government will review the latest data and decide whether this data supports the further lifting of restrictions. This review will consist of 4 tests:

1. The vaccine deployment programme continues successfully.
2. Evidence supports that the vaccine programme is effective enough in reducing the number of people that have received a vaccine being admitted to hospital and the number of people dying.
3. The rates of infection do not risk hospitalization at a level that will put too much pressure on the NHS.
4. New variants do not fundamentally change the Government's assessment of possible lockdown lifting.

Significant Dates

29 March 2021

- You can meet up **outside** with people in groups of a maximum of **6 people** from different households **OR** you can meet in groups of more than 6 but only where it is from **2 households**. This will be in all outdoor settings, including private gardens. You must still socially distance from those not in your household or support bubble.
- **Outdoor sports facilities** can reopen, this includes tennis, basketball courts and outdoor swimming pools. Formally organised outdoor sports will be allowed too.

17 May 2021

- You will be able to meet **indoors** with 1 other household, in no more than a group of 6.
- You will be able to meet **outdoors** in groups of no more than **30 people**.
- **All indoor hospitality**, including restaurants and pubs, can open.
- All remaining outdoor entertainment can open.
- **All indoor entertainment** such as museums, cinema and children's play areas can open.
- **All remaining accommodation** such as hotels, hostels and B&Bs can open.
- **All indoor group sports** and exercises classes will be allowed.
- **Some large events**, such as theatre and concert performances, sporting events and conferences will be allowed. Indoor events will be capped at 1,000 people or 50% of capacity, whichever is lower. Outdoor events will be capped at 4,000 people of 50% of capacity, whichever is lower.
- **Up to 30 people** will be able to attend weddings, receptions and commemorative events such as wake, christenings will also be allowed.

12 April 2021

- Non-essential retail can open.
- Hairdressers, salons, and similar personal care services can open.
- **Indoor leisure facilities** such as gyms and swimming pools can open.
- **Public buildings** such as libraries and community centres can open.
- Restaurants and pubs can open but **only for outdoor service**.
- You will be able to **stay away overnight in England** with people in your household in self-contained accommodation (no shared facilities).
- Up to **15 people** will be able to attend weddings, receptions, and commemorative events such as wakes.
- **Outdoor attractions** such as zoos, theme parks and drive-in cinemas can open.

21 June 2021

- **All limits on social contact will be removed.**
- All remaining business and large events, such as theatre performances, will be allowed.
- There will be **no restrictions** on the number of people that can attend weddings and other ceremonial events.

ARE YOU NOURISHING YOURSELF?

Are you eating enough?

The infamous 'Covid stone' returned with a bang during the latest lockdown, according to a man with inside knowledge – tailor Louis Copeland.

Many of the outfitter's loyal customers have revealed the need to let their trousers out by an inch or two at least. Mr Copeland has been speaking to customers and they tell him they have 'put a few pounds on'. But, he said, he also has customers who have lost some weight.

Research and anecdotal evidence shows that often the elderly do not eat enough, and whilst it is not good to be overweight, it is not healthy to be underweight either, it is easy for weight to drop off without you really noticing.

Have you noticed you have a smaller appetite and have lost weight (gradual or rapid) – if so, it may be time to act. Significant weight loss makes you more likely to fall ill or to have a fall as your body is weaker. As well as making you feel unwell, it can slow your recovery from illness or surgery.

There are a number of reasons why we might lose weight as we get older. We may be eating less if we are feeling low or depressed, cooking and shopping can be more of an effort – especially as we have been in lockdown. Medication can also alter the taste of food, which can put us off our favourite meals.

What are the best foods to stay healthy?

Fruit and vegetables

Fruit and vegetables contain a range of vitamins, minerals and fibre. Research shows that people who eat plenty of fruit and vegetables are less likely to develop heart disease and certain cancers.

Aim for at least five portions of different-coloured fruit and vegetables each day. These can be fresh, frozen or canned.

Beans, pulses, fish, eggs, meat and other proteins

These foods all contain protein, minerals and vitamins which help maintain and repair your body after an injury or surgery.

You don't need to eat meat every day – try eggs, beans, lentils or meat substitutes such as Quorn or tofu instead.

Oily fish are rich in vitamin D and a type of fat that helps to reduce your risk of heart disease. Try to eat fish twice a week, with one portion being oily fish such as salmon or sardines.

Potatoes, bread, rice, pasta and other starchy carbohydrates

These foods give you energy and a range of nutrients. Try to eat wholegrain versions such as brown rice, wholegrain bread or pasta. These are good sources of B vitamins, minerals and fibre which helps prevent constipation.

Dairy and alternatives

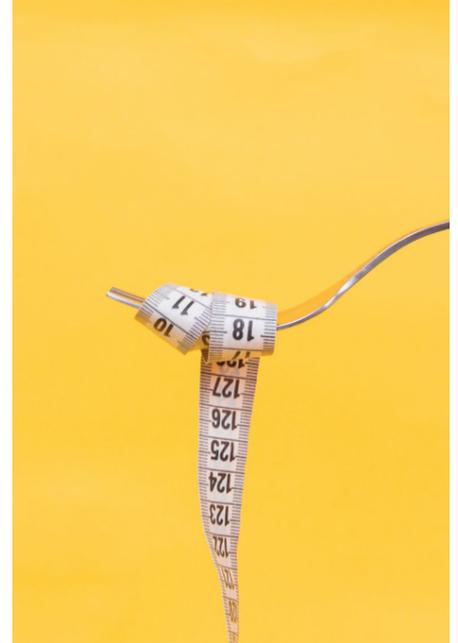
These foods contain protein and vitamins and are a good source of calcium, which helps to keep bones strong. Try to choose lower-fat versions, such as semi-skimmed milk, half-fat cheese and low-fat paneer.

Oils and spreads

We do need some fat in our diets, but only a small portion.

Try to keep an eye out for the type of fat that's in the oil or spread you use. Eating too much food high in saturated fat can increase the risk of heart disease, whilst food containing unsaturated fat can help reduce your risk. Other fats, such as omega-3 can protect against heart disease.

(Source. Age UK)



If you are worried it is important to speak to your GP or contact Annie and she can advise.

Have you noticed...

- A smaller appetite than usual?
- You have had to tighten your belt buckle an extra notch?
- Changes in your mood?
- Your dentures becoming loose?
- That you are feeling more tired than usual, feelings of lethargy?
- That you find it difficult to keep yourself warm?

What can you do?

- If you have a small appetite, eating small meals 4 – 5 times per day rather than three large meals may be more appealing.
- If you need to put on weight, full fat foods rather than low fat foods are preferable.
- If your dentures are loose, make an appointment with your dentist.
- Keep a record of your weight and if you see regular losses, please get in touch with your GP, or contact Annie on 07384 835139.

If you are Diabetic, please get in touch with your GP if you have noticed a pattern of weight loss.

What is in our food?

Did you know there is a **traffic light system** on most of our most pre-packaged foods, that can help you make healthy choices? It is not available on all our foods, but those that display the traffic light system use a standard approach approved by the Food Standard Agency.

Traffic-light colours **red, amber,** and **green** quickly show you levels of energy, sugars, fat, saturated fat and salts in food.

Red means high, amber means medium and green means low. This helps you see at a glance whether the food has high, medium or low amounts of fat, saturated fat, sugar and salt. Amber lights indicate the food contains neither high nor low amounts of sugar, salt or fat. The more green lights, the healthier the choice. Red lights indicate the foods you should try to eat less often and in small amounts. If you're trying to choose between two similar products, this can help you quickly find the healthier choice. For example, if you're comparing two similar pizzas in the supermarket, try to go for the one that has more green and amber lights and fewer reds.



TV LICENCES - OVER 75



Last year, those over 75 lost their automatic right to a free TV licence, it was due to commence in June 2020, but due to Covid 19 was delayed until 1st August 2020.

Therefore, if you are over 75 you should be paying for a TV licence. The fee is £157.50 per year, payable as a lump sum annually, or in installments. There is no extra cost to pay in installments, the amount remains the same.

If you have not yet paid for a TV licence, don't worry. The BBC are being very fair and not prosecuting anyone over the age of 75 if they have failed to purchase a licence. If you are worried please contact Annie for advice and assistance.

If you are in a residential home or care home, you will be covered by the home's licence.

Anyone who is registered blind (severely sight impaired) will receive a 50% concession, but there is no discount if you are partially sighted.



FOOD MATTERS - EASTER TREATS

One Pan Lamb Chops with Potatoes and Rosemary A herby summery one pot lamb dinner with minimal washing up

Ingredients:

Serves 2
Preparation time 10 mins
Cooking time 35 mins

Ingredients:

250g potatoes chopped into small chunks
1 tablespoon olive oil
4 lamb chops
2 rosemary twigs
125g cherry tomatoes on the vine
50g fine green beans

Method:

1. Preheat the oven to 220C/ 200c fan/ Gas mark 7
2. In a roasting tin heat half the oil on the hob, add the chops lightly brown. Remove from the tin and set aside
3. Add the potatoes and pour over the rest of the oil and continue to cook on the hob for a further 5-10 mins until the potatoes turn lightly brown.
4. Add the rosemary and return the lamb chops to the pan
5. Place in the oven for 20 mins, then scatter the green bean and tomatoes – cook for a further 5 mins, until the tomatoes are just beginning to split.
6. Remove from the oven and serve straight away.
7. Serve with a glass of your favorite tippie.



Easter Cake in a Mug

Have you ever wanted a little bit of indulgence, but don't want to buy a whole cake? Treat yourself to this sweet treat this Easter.

Ingredients

4 tablespoons of self raising flour
4 teaspoons of sugar
2 tablespoons of cocoa
3 tablespoons of vegetable oil
3 tablespoons of milk

For the Easter twist, mini chocolate eggs, and cream

Method

1. Add the dry ingredients to a large mug
2. Slowly add the wet ingredients, mixing thoroughly into a smooth batter
3. Add your mini chocolate eggs
4. Microwave for 1 – 2 minutes
5. Carefully remove from the microwave, the mug might be hot.
6. Scoop out the cake onto a plate, and pour over some cream – add your favourite fruits!



It would be lovely to publish some of your recipes, and family favourites. Please do send some to me or I will be forced to publish one of Benny's!

E: annie.condon@abdiocese.org.uk

HIGH FLIGHT WITH THE ROYAL AIR FORCE

Fr Chris Ingle

For a brief moment, while waiting for the control tower to clear Red Formation, our two hunter fighter jets for takeoff, I glanced out through the perspex cockpit canopy at the surrounding Pembrokeshire country, the heather clad hills to the east of the airfield and to the west, the stunning Pembrokeshire coastal path wending its way up past St Non's retreat centre to St David's, and above us cumulous clouds towering to 15,000 feet.

It was a bright overcast day as we prepared for our combat training mission, a pair of jets flying as friends and hopefully remaining friends! with Red Two, an exchange fighter pilot from the Pakistani Air Force, Mohammed Alliudin, Ali for short, and myself Crink, the 234 Squadron nick names friends had given us. Behind us lay the boundary fence of the Royal Air Force base at Brawdy, and beyond us the fence, I had seen as our two jets prepare to line up on the runway for takeoff, the flat farmland stretching out to the West coast of Wales some twenty miles away and to the Fishguard Ferry terminal to Rosslare.

RAF Brawdy in seventies was a training base for fighter pilots for the front line air defense squadrons in the UK and Europe, and for the fighter ground attack squadrons protecting our National and European airspaces during the cold war, and for their deployments overseas during the Gulf War and in Afghanistan, and more recently against I.S. in the Middle East.

Ahead of us, as we waited for the voice of the controller to come through our headphones, was the runway itself, a slick black ribbon of tarmac, flanked by twin rows of runway lights, and in the center of the airfield far away to our left, the airfield control tower stood amidst the hangars where our brilliant ground crews were busy refuelling and servicing the jets.

Inside the control tower, it was busy, the controllers recovering a formation of four high speed jets back to base, as the last of the four crosses the runway threshold and touches down. We're now ready to go and call the controller, 'Red Formation take off,' and the controller's voice sounding in our headphones, 'Red Formation clear take off the surface wind is 090 degrees 12 knots,' the wind slightly to our right on take-off, just right.

I simply eased the throttle forward slowly with the left hand, as our two jets line up in each half of the runway and stop, and then ease the throttle up to half power, with a quick look at Ali, he's OK, and then a nod of the head and we're away, increasing the thrust of the jet to nearly full power with amazing acceleration as we're through a hundred knots in no time and then 140 knots and we're airborne, easing up the undercarriage lever as the end of the runway whizzed beneath our feet and from beneath I hear the dull clunk of the wheels entering their bays.



Ali now moves out into battle formation 100 metres or so behind and slightly to the right, which gives the best protection for lookout in a combat situation, with our speed now phenomenally at 400knots and climbing rapidly, we turn tightly and head out west over the Pembrokeshire coast and out through St Brides Bay. It's a glorious feeling of exhilaration wonder and awe. We climb effortlessly upward between the towering masses of cumulus clouds and through a hole like the mouth of a cave beyond which lies a valley leading up into the clear skies above as we approach 30,000 feet in six minutes. The coastline of Southern Ireland appears in front of us and to right, with Cork some sixty miles ahead and Rosslare out to the North West.

As we begin our simulated combat training and peel away from each other through 180 degrees for 30 seconds we then turn back towards each other for the combat to begin. We appear to each other like a tiny little dot on the horizon as we increase to full power and head for each other and pass as close as we dare at a closing speed 1500 knots. We both pull up vertically, pulling lots of g force, our g-suits inflating round our bodies to prevent us losing consciousness, as we climb thousands of feet to try to gain the height advantage over the other until our aircraft will go no higher, and begin to slide backwards out of the sky!

My aircraft appears to have more power and so have the height advantage as we gain flying speed and both aircraft fly to their limits trying to get on each other's tail to take those few frames of film through the gunsight camera. Ali is a highly talented and brilliant fighter pilot, as we lose height rapidly, turning and trying to throw each other off as we descend to the level of the



cumulus clouds. For Ali in his situation, as I try to get close enough behind to get those few frames of film, he makes his escape and flies into cloud, and it's all square. We then join up in the descent and return to base, but he owes me a coffee!



We return to Brawdy for a visual rejoin on the runway from which we took off, for a 'run and break,' as we line up on the runway ten miles out at 420 knots at 500 feet, calling the controller thirty seconds before we reach to the airfield boundary. Over the runway threshold we peel off to the left turning tightly up into the circuit pattern at 1000 feet, closing the throttle and extending the airbrake to slow us down from 420 to 180 knots for the circuit and final approach. We reduce speed on the final approach with the undercarriage and landing flaps down and touch down at 130 knots and deploy our tail landing parachutes slowing us down to walking speed. We taxi back into the spaces on the flight line for a well-earned coffee and friendly debrief, we're friends again, and Ali makes the coffee!

As Christmas approaches, one or two of the pilots on the squadron who are not married fly to RAF Gibraltar to join our detachment out there for a couple of weeks on reconnaissance flights over the Mediterranean, checking the current position of the Russian Naval Fleet, lying at anchor off the Bay of Almeria in Southern Spain. We take off one morning as a pair of jets from Gibraltar and head out North East to the anchorage and level off above the sea at 100 feet at 420 knots. We fly the 210 miles to the anchorage in 30 minutes flying under the radar of the Russian Kildin Class missile destroyer. We soon come in sight of one of the destroyers on the horizon and don't hang about and return to Gibraltar for the debrief.

It has been so good to be in Gibraltar; at the southern tip there's the beautiful white Shine of Our Lady of Europa watching over us at the entrance to the Mediterranean Sea and the Straits of Gibraltar. Just outside the RAF Base there's Sunday Mass at the Parish Church with Fr Bernard Devlin, a lovely man who became Bishop of Gibraltar in 1984. Such warm and kindly man who I remember well at Mass one Sunday, there in his spacious carpeted sanctuary with his golden labrador fast asleep on the carpet during Mass. Next day we're on exercise with HMS Antrim 40 miles out to the west of Gibraltar flying some radar calibration for them and then some photo reconnaissance as we pick up 25 mini Russian fishing trawlers in line astern returning from the Antarctic. We take some film of the trawlers from our side-facing nose cameras to be analyzed later back at Gibraltar.

The experience of flying, what it's like? It's been wonderfully immortalized in the poem by John Magee, High Flight. 'Sunward I've climbed and joined the tumbling mirth of sun-split clouds, wheeled, soared and swung high in the sunlit silence. Hovering there, I've chased the shouting wind along and flung my eager craft through footless halls of air. I've topped the wind swept heights with easy grace, the high untrespassed sanctity of space, put out my hand and touched the face of God.'



Special thanks to Fr Chris for sharing this with us.

AND FINALLY....

Some of you will recall in our last edition we had a recipe for simple and easy Irish soda bread.

It seems the luck of the Irish did not rub off on Fr Benny when he had a go at making bread one day - As you can see his effort is more brick than bread!



IN MEMORIAM

Please remember in your prayers

Fr Martin Jakubas and Fr Brian Taylor.

Eternal rest grant unto them, O Lord,
and let perpetual light
shine upon them.
May they rest in peace.

Amen



Our newspaper **VINCULUM** will contribute to the ongoing communication between the Diocese and those who, while retired remain important members of the Diocesan Family.

We welcome your contributions, be it photos, stories or recipes, so please, if you have any suggestions please **email Annie Condon** (see below).



THE CATHOLIC DIOCESE OF
ARUNDEL & BRIGHTON

**Vinculum -
Ministry to Priests News**

www.abdiocese.org.uk

Registered Charity No. 252878

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