

Galloway  
Diocese

Lent Edition,  
March 2019

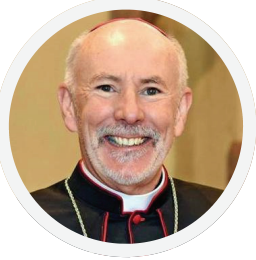
# NEWS



*We praise you Lord*



This is the Galloway Diocese Coat of Arms, granted by the Lord Lyon King of Arms.  
For the full story and description of the armorial turn to pages 12 and 13



# The Bishop Writes

*In our interconnected Global Village everything we do has a consequence elsewhere and for others.*



Yesterday evening it was only a 20 minute journey, today, in rush hour traffic it has taken three quarters of an hour. The warning sign on the motorway had said “congestion ahead” but there was no avoiding it since there was no other route to where I was going. Soon there were four lanes of traffic going along at walking pace.

My first thought was “Thank God, I am not a commuter doing this every day”. My second thought was one of sympathy for those drivers for whom this was a daily grind. My third thought, though, was “why are all these cars on the road?”, surely some of the drivers could be using the bus or the train or, since it was quite a pleasant morning, they could have got on their bikes!!

It wasn’t that there were too many cars on the road, it was that there were too many *other* cars on the road. I needed to be there of course, since my journey was essential, but did everyone else? I reflected that we would have an excellent motorway network in this country if only the use of it was restricted to just me and a few others.

Normally I would take the train into Glasgow, thus easing the congestion on the roads for all those other drivers. It would be nice to think that altruism was my motivation, but in fact it is because the train is a much easier journey. However, while public transport is good for going point to point, it is not so good if your journey involves multiple destinations, as did mine.

Cars of course not only cause congestion they also cause pollution. Recently Glasgow City Council announced plans to establish traffic free zones around schools. Thus making the roads safer and the air less polluted for the children.

To tackle car pollution some urge us to go electric. But while electric car owners might feel morally superior because they are not putting fossil fuels in their tank, what are they putting in their battery? Cobalt is essential for lithium batteries; more than half of the world’s cobalt comes from the Democratic Republic of Congo; 20% is mined by hand. It is reckoned that there are over 250,000 people living the lives of slaves in DRC, of whom 35,000 are children. Is my car battery dependent on child slavery? And mining companies have often been criticised for their lack of concern for the environment, for their mistreatment of indigenous peoples, and for their poisoning of land and watercourses. Solving one moral dilemma is perhaps creating another.

The world is very much interconnected. We live in a global village. How we deal with the problems caused by our love affair with the car has it effects elsewhere.

Meanwhile, if you see a white Kia Sportage on the road – then make way – it might be me.



**Half of the world’s cobalt comes from the Democratic Republic of Congo; 20% is mined by hand.**

## Celebrating the Sacrament of Confirmation 2019

As the Galloway Diocese News is going to press Bishop Nolan is conferring the Sacrament of Confirmation on our young people at various churches around the diocese. There will be full coverage and lots of photographs in the Pentecost edition in May.

## Your Galloway Diocese News

This is your newsletter, we would like to hear from you

At the Galloway News we want to hear from you, the priests and parishioners of Galloway. Is there an event taking place in your parish or school? Would you like to share it with others via the Galloway Diocese News? You can send your items to the editor at any time or look out for the ‘email hotline’ and ‘reply’ to the reminder email: we will do the work for you. Don’t forget your photographs for ‘Galloway Glimpses.’

Send your contributions before 3rd May 2019 for inclusion in the Pentecost edition to:

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# Reflection

## A Lenten Faith Journey

Jim McKendrick reflects on the ways we might be spiritually blind



**B**artimaeus wasn't born blind, although he had been without his sight for a good number of years. Unable to work on account of his blindness, he begs daily at a few favourite spots in Jericho. People know and like Bartimaeus and they stop to speak to him and give him money.

He does not beg on the Sabbath; his custom is to go to the synagogue and slip into a back seat. The rabbi always reads from the Books of Moses as well as the Prophets. Bartimaeus is deeply moved by the passages concerning the Coming of the Messiah. He also pesters any travellers, who attend the synagogue, for news about Jesus of Nazareth and the many signs and miracles he has performed.

Bartimaeus hears on the grapevine that Jesus has crossed the Jordan and is travelling the pilgrim road to Jerusalem, where he will celebrate the Passover in a week's time. Tomorrow, Friday, he will pass through Jericho. Bartimaeus is excited and rises early on the Friday morning. Something deep inside tells him he must be at the Jericho road, sitting by the roadside.

A fair crowd gathers and suddenly there is great noise and excitement. When the crowd tell him Jesus is coming, Bartimaeus twice shouts out "Son of David, take pity on me." This is a cry of hope; a cry of faith. He realises that if he does

not shout his loudest *now*, it will be forever too late, as Jesus will not pass this way again. When Jesus calls him, Bartimaeus jumps up, throws off his cloak, and hurries to Jesus and says "Master, I want to see again." "Go" Jesus tells him "your faith has made you well." At once he is able to see and follows Jesus on the road.

The physical healing of Bartimaeus is a powerful reminder that when we open ourselves to God's grace, we can be healed of that spiritual blindness that sometimes prevents us from following Jesus. Because of his faith and willingness to act, Jesus rewards Bartimaeus by not only restoring his sight but also with insight: the certainty that he has come face to face with the Messiah. The man who stood, blind, at the side of the Jericho road now follows Jesus in discipleship – "on the way."

**T**he invitation for us this Lent is humbly to reflect on the ways we might be spiritually blind by asking ourselves what habits, attitudes and ideologies hold us back from becoming the disciples that Jesus is calling us to be. We must ardently desire and actively seek the gift of faith; abandon everything (even our cloak) and act now with determination.



## Clergy and their cameras

*This atmospheric photograph of Cairn Holy near Creetown was taken by Father Stephen Latham.*

**H**e says "Father Philip Kitchen and I had taken several photographs that day but weren't particularly happy with any of them. So we waited for a break in the clouds to light up the stones against the brooding sky. We waited, and waited and after about half an hour we packed up. No sooner had we started the car to leave the sun broke through and struck the stones. Things happen in God's good time.

*Ecclesiastes 3:11 He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.*





### *Hair cut for Lourdes*

The Hosanna house and Children's Pilgrimage Trust (HCPT) Group 376 is a very active group in North Ayrshire. They take adults with additional support needs to Lourdes by bus at Easter. The members organise various fundraising activities during the year: a race night, a Christmas fayre, prosecco teas, Halloween parties and their famous New Year day dip in Ardrossan bay. In January of this year one of the youngest fundraisers, Elizabeth Mary Govan aged six, a pupil of St Anthony's primary, Saltcoats, and a parishioner of St Peter-in-Chains, Ardrossan, got 14 inches cut off her hair for the Little Prince's cancer trust and raised £300 at the same time for the Lourdes Group. Well done to her!



### *Memorial Mass marked 30th anniversary of the Lockerbie bombing*



On 21st December, the 30th anniversary of the Lockerbie Air Disaster, Holy Trinity Church, Lockerbie was open to allow visitors to call in for quiet reflection, to light a memorial candle or to have a chat and a cup of tea. The day ended with the celebration of Holy Mass led by Bishop William Nolan with Canon Patrick Keegans, the former parish priest, as guest preacher together with Father Jim Hayes, the current parish priest.

### *Dumfries celebrates St Andrew's Day 2018 in Rome*

Father Jim Hayes, parish priest of St Teresa's and Father Gerald Donnelly, parish priest of St Andrew's were guests of the Scots' College in Rome to celebrate St Andrew's Day. The photograph (right) was taken after the Mass with our two seminarians Michael Kearns and Kevin Rennie with a relic of St Andrew.



## *St Joseph's Stranraer SVVP Society supports Wigtownshire's Blood Bikes*

Funds were raised by St Joseph's St Vincent de Paul Conference as the result of a raffle and a cheque for £120 was presented to Wigtownshire's Blood Bikes. This organisation transports blood on motor bikes for emergency transfusions between DGRI and Regional Galloway hospitals or even to accident scenes and are becoming an increasingly familiar sight around the region.



## *Altar Servers on the town!*



## *Bowling and Pizza*

Altar Servers of the parishes of St Teresa's, Dumfries; Holy Trinity, Lockerbie and St Luke's, Moffat got a big thank you when they enjoyed a trip out to the bowling followed by a grand feed at the local Pizza place. Accompanied by their leaders and clergy, Steph, Irene, Deacon Willie and Father Jim, the servers were able to enjoy an afternoon of healthy competition and fun!

## *It's behind you!!*

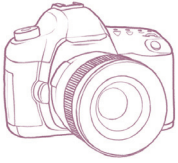
Joseph Davidson, S1 pupil at St Joseph's Academy recalls the trip in December by the altar servers of parishes in Kilmarnock, Galston and Hurlford to see 'Aladdin' in the Gaiety Theatre, Ayr. "It was a great laugh as there were lots of jokes and singing, dancing and spectacular costumes. We were all hoarse from booing and hissing. Then, everyone enjoyed delicious pizza before returning home on the train".

## *Christian Unity Week celebrated in Moffat*

St Luke's parishioners in Moffat recently joined their brothers and sisters from the other Churches of the town and area in a Churches Together Christian Unity Week evening of prayer and worship based on the 2019 theme, "Justice, and only justice, you shall pursue..." from the Book of Deuteronomy (16:18-20). The evening culminated in an "Agape Supper" which was dedicated with a Hebrew Blessing announced by one of the group. The shared supper, informal worship experience as well



as great hymn singing was enjoyed by all, and everyone who participated hoped that the experience would be repeated.



# Galloway Glimpses

## Sunrise and sunset

*The beginning and end of the day at the beginning and end of the year*



*This stunning sunrise (above) over Dumfries was captured by Mary Buckley just before Christmas. "God had his oil paints out that day."*

*Cecilia J Morman, a parishioner at St Peter-in-Chains Ardrossan says: "I took these photos in Ardrossan looking towards Arran on 1st and 2nd January, as the New Year arrived. The red sky appeared as the backdrop on the branches, as bare as winter. The other was just at sunset on the 2nd January. I thought they reflected the wonders of different and new light."*





A programme of Catechesis supporting the Spiritual and Personal Development of our Parishioners who have special needs / learning difficulties.

## SPRED

### SPRED development Plan

Our hope is to establish two new SPRED groups by 2020, one in the Cumnock area and the other Dumfries. A research and recruitment drive is underway in the parishes of Cumnock, Auchinleck and Muirkirk. Our initial meeting in the Dumfries area had to be cancelled just before Christmas and we hope to resume this in the near future.

We invite anyone interested to know more about SPRED to get in touch. We need help to locate people who have learning difficulties in these areas who may benefit from the support of SPRED and adults who may be willing to volunteer in a group.



### SPRED Mass and Christmas Celebration

Advent and Christmas can be a hectic and busy time for all of us but it is also one of the most beautiful times of the year when we celebrate the birth of the Christ-child. In SPRED we celebrate every Christmas with a Mass for our friends, parents, carers and volunteers. This Christmas, the SPRED family of over 100 was warmly welcomed by Father Stephen McGrattan and the parishioners of St Joseph's, Kilmarnock to their regular Sunday Mass on 9th December 2018.

Our friends enjoyed being fully included in the celebration by preparing the altar, presenting the gifts, contributing to the readings and joining with the many parishioners present in singing our Advent hymns.

After Mass we were invited to join parishioners in the parish hall, beautifully decorated for our Christmas celebration. Tables were set up and festively decorated. Thereafter we were treated to a wonderful breakfast. Our lovely day ended with friends leading the singing of our favourite Christmas carols and each friend member received a Christmas gift thanks to the fund raising efforts of the Caritas students from Queen Margaret Academy.

On behalf of our friends and families we would like to sincerely thank Father McGrattan for his kind invitation to their Sunday Mass. We would also like to thank the ladies and gentlemen of the parish who prepared the hall, undertook the meal preparation and in every way made the day a memorable and joyous event.



**Telephone:** 01292 738068

**email:** [info@spredgalloway.org.uk](mailto:info@spredgalloway.org.uk) **visit :** [www.spredgalloway.org.uk](http://www.spredgalloway.org.uk)

We look forward to hearing from you, thank you and God bless you.

Sister Kathleen Hogg DC, Director SPRED Galloway

### Christmas Hampers for the needy

Each year, St Teresa's St Vincent de Paul Conference in Dumfries distribute Christmas hampers and Harvest parcels to the poor and needy, comprising food and other items collected and packed by pupils attending St Joseph's College.

This year the conference had an additional opportunity to work with the pupils when Sandra MacLeod, the Secretary of St Teresa's Conference and her husband Joe (who is also a member of the conference) were contacted by Victoria McCrae, principal teacher of RE and Learning Support at the College. A group of her S4 and S5 pupils were taking part in a day's workshop on homelessness and its causes, led by Olivia from the Leonard Cheshire 'Can Do' Project.

Sandra and Joe worked along with the pupils to make Christmas cards for inclusion in each bag. Together, they filled the bags, each of which contained a variety of personal hygiene products and some sweets and a Christmas card which were then taken to the Bethany Trust Drop-in Centre for distribution to the poor and needy in the local community.



# Reflections on the Diaconate

*Deacon Willie Hiddleston on being a deacon and how the role has changed and grown.*

I was ordained in St Teresa's Church, Dumfries, in 2011 and at that time I was appointed to my home parish of St Teresa's. I was asked to be the assistant hospital chaplain, working with Father David Borland, then parish priest at St Andrew's, at the Dumfries and Galloway Hospital (DGRI).

## **The role of the hospital Chaplain**

DGRI had a chaplain's room and we had access to the list of all who were in the hospital, patients from as far afield as Stranraer and Langholm, and this included the Catholics who were in at the time, lapsed and practising.

This all changed when the new DGRI opened in 2017. Due to Data Protection concerns the chaplains no longer had access to the hospital lists and it became clear we needed to make new arrangements to find out who was in the hospital. We produced a leaflet explaining the new rules and created an email address for patients, family and friends to contact the chaplain (rcchaplain.hospital@yahoo.com) and a dedicated mobile number (07591230828)

Each parish in the St Andrew's Deanery featured this in their parish bulletin.

This system is slowly working but I think we are missing out on those who may have lapsed and therefore they may feel the Church no longer cares for them.

In 2016 I was also appointed by Bishop Nolan as Deacon at Holy Trinity Lockerbie and St Luke's Moffat. I preach once a month in all three parishes. I attend one week at Lockerbie, one at Moffat and each week at St Teresa's. I am a member of the Moffat Action of Churches Together in Scotland (ACTS) Group and I am on the rota to take a service in the local nursing homes in and near Moffat. I am the chaplain to the parish SVDP conference which meets twice a month. The parish also has a mini bus and we take a monthly day trip out on which I share the driving with one other parishioner.

In my seven years as a deacon I have conducted two baptisms, no weddings and a few funerals.

On Monday, Tuesday, Thursday and Saturday I usually assist at morning Mass. I also take a Eucharistic Service of the Word when Father Jim is unavailable. On Mondays I do home and hospital visits and attend one of the care homes. Tuesday and Thursday is hospital visits.

The Diocesan Deacons meet once a month in Ayr with our Director, Canon Martin Poland, to support each other. Our deacons' year group meet along with our wives, usually in January, which helps us see how we are getting on and helps the wives to support each other.

Since I was ordained my role has grown and I would not change it.

*If you feel that you may have a calling to the Diaconate contact the Diocesan office or in the first instance have a chat with your parish priest.*



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## *Prisoners Week 2018*

At an Ecumenical Service in Bridge of Allan Parish Church to support Prisoners Week, HMP Dumfries Chaplain and Prison Visitors met with the Chief Executive of the Scottish Prison Service, Mr Colin McConnell. From left to right are Nadine Caven (St Teresa's, Dumfries); Christine Boyle (St Luke's, Moffat), Mr Colin McConnell, Nick Kemp (St Andrew's, Dumfries) and Father Jim Hayes (Chaplain HMP Dumfries). They took part in a wonderful ecumenical service attended by prisoners, families, staff, volunteers and chaplains from across the Scottish Prison Service and associated charitable groups before enjoying some hospitality in the church hall where they had this chance to meet and chat with the Chief Executive who attends the National Service every year.



## Diocesan Pilgrimage to Lourdes - 1st - 8th July

*Father Gerald Donnelly is the director of this year's pilgrimage*

The Diocese of Galloway makes a Pilgrimage to Lourdes every second year and we will be going this summer from the 1st to 8th July. Lourdes is of course a very special place. It is the site of the Apparitions of the Blessed Virgin Mary to St Bernadette. It is a place of prayer, it is a place of healing, physical and spiritual, it is a place of celebration of one's faith.

There are many ways to be a pilgrim in Lourdes: as pilgrims requiring assistance, as individuals coming to experience the unique atmosphere, as young people via the "Youth for Lourdes" group and helpers, women and men or as professional medics. However we make our pilgrimage we benefit from it, it is a life changing experience, very few people only go once!

The group will stay at the Hotel Chapelle et Parc. Flights are from Prestwick and the price is £795.

If you think you would like to come this year, either as a pilgrim or assisted pilgrim, or as a helper, all the information and contacts are in your home parishes now. Booking forms are also available from our tour company, Joe Walsh Tours.



## Youth for Lourdes Celebrates 50 years

*Louise Cullen tells of half a century of service*

For 50 years there have been youth helpers working with the Diocesan Pilgrimage assisting the sick and infirm pilgrims whilst in Lourdes. So, a big 'Thank You' to all those who have been part of the Lourdes youth team, from leaders, chaplains and the hundreds of youth volunteers over these past 50 years. It is an inspirational experience, not only for the young people but also to those they care for. Over the years there have been many leaders, chaplains and youth volunteers who have been a part of the Lourdes youth team in one way or another.

Bernadette, herself a young girl, showed that Lourdes is a special place for the youth. In today's society young people are not always portrayed in their best light, but the youth helping in Lourdes show selfless care, commitment and dedication.

The Youth for Lourdes teams come from across our diocese. We go initially to the secondary schools to recruit but also have young people joining us from the various parishes. They have to prepare for the pilgrimage by attending meetings to get to know each other and for safeguarding training as well as organising fundraising events. The whole process adds to the overall experience. The duties in Lourdes range from pushing the

wheelchairs and aiding the pilgrims to the different services and Mass celebrations, as well as (the less glamorous) cleaning the welcome centre and serving meals. And there is still time for fun and laughter. The pilgrims cannot thank the youth enough for their help; one pilgrim said, "the youth group went above and beyond, and their help was invaluable." Many have described the experience as life changing and wonderful. We have received many reports over the years from parents, teachers, parish priests as well as the young people themselves, saying what a marvellous experience they gained through their participation in Youth for Lourdes.

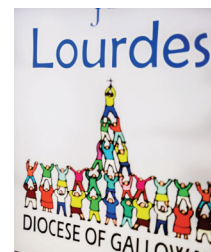
The leaders and YfL team would like to express our sincere thanks to all the parishes, secondary schools and families for their continued support in preparing the numerous young people over the years. We are grateful for the fundraising efforts and support given to the events organised

by the youth to enable them to take part in this wonderful experience.

If you are in the age group S3 and 23 and would like to join us email [teamyfl@yahoo.co.uk](mailto:teamyfl@yahoo.co.uk), or phone Father Jim Hayes on 01387 252603.

This year we travel to Lourdes on Sunday 30th June and return on Wednesday 10th July.

*The Mass for World Day of the Sick on 10th February was also a celebration of the 50th anniversary of YfL*





***Knights of St Columba Nativity Painting competition 2018  
St Andrew's PS Kilmarnock***

The painting competition was divided into two age groups, and at the school assembly on Friday 14th December 2018 the first and second placed winners in each group were presented with Nativity statues and certificates and the four runners up in each group were presented with certificates of merit by Fred Stacey, Past Director of the Knights of St Columba on behalf of KSC Council 486, Ayrshire.



***Carols for Aid to the Church in Need***

On 13th December Queen Margaret Cluster came together in the Cathedral in Ayr for a Cluster Carol Service. Prior to the event the schools worked with the charity 'Aid to the Church in Need' to raise awareness of the work they do in various countries. Pupils learned that the charity nurtures the faith of persecuted and suffering Christians in over 140 countries. Each Cluster Primary then produced a display of the work they had been doing in school and which was on display during the event. During the Carol Service we prayed for the work of Aid to the Church in Need and for those they are working with. We were very fortunate Bishop Nolan could join us to make our celebration so meaningful. Due to its success we are planning the next one already!



***Sophia's Primary School mark the end of the centenary year***

St Joseph's Education Group hosted an evening of prayer, music and refreshments to mark the end of the centenary year. The event was attended by Bishop Nolan, Barbara Coupar, Director of SCES, Cllr. Claire Leitch, Depute Provost of East-Ayrshire, Fiona Lees, Chief Executive, Father Gabriel, and various Councillors. The head teachers of St Joseph's Academy and the Education Group also attended and each school was also represented by a member of the Parent Council.



## St Joseph's Academy, Kilmarnock 'Jumps for Joy'

By Amelie Davidson, S6

*"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."*

The School of Joy is considered home for 51 children and seven young adults, offering its services to poor, orphan children, and children with learning difficulties.



### St Joseph's Academy hold a prayer lunch



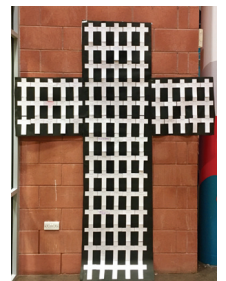
Ayrshire. Guests enjoyed a delicious lunch of soup and sandwiches, followed by a slice of cake. And to add a touch of festive spirit to the lunch, Tesco kindly donated eight poinsettias for the centre of each table. Everyone in attendance wrote a prayer intention on a small white cross, one hundred of which were joined together to create a giant cross (now displayed in the school's oratory) to represent each year since the Act was passed.

*Photographs by Ayla Murray*

After pupils at St Joseph's Academy's Christmas Service listened to a moving presentation from Father David Borland about his visits to the Holy Land and the School of Joy in Bethlehem, the school's Junior Leadership Team organised a non-uniform day to raise money for the school. The School of Joy is considered home for 51 children and seven young adults, offering its services to poor, orphan children, and also children with learning difficulties, without regard to race, religion or colour. The school relies on the generous donations from local and international communities. The non-uniform day raised a fantastic £330 which will help to achieve the main vision of the future of the School of Joy – increasing the number of students in the school as currently there is a waiting list of 50 children.

And well done to pupils Amelie Davidson and Jack Brennan who organised a Christmas raffle, (and to Owen Jones, Our Lady of Mount of Carmel, who won!) A fantastic £450 was raised, with £150 each donated to St Joseph's Church, St Matthew's Church and Our Lady of Mount Carmel Church foodbanks and social outreach projects to help with the increased demand during winter.

To celebrate the end of the centenary year of the 1918 Education (Scotland) Act, the Head Girl of the Junior School and the Junior Leadership Team of St Joseph's Academy organised a special 'Prayer Lunch'. The school welcomed Bishop Nolan, Father Stephen McGrattan, Father Martin Chambers, Father Philip Kitchen and Father Gabriel Onoyima alongside pupils from every Catholic primary school in East



## Coming events dates for your diary

### Sunday 7th April: Fifth Sunday of Lent

Sung Evening Prayer of the Church with Adoration and Benediction  
St Margaret's Cathedral, Ayr, at 6.00 pm

### Tuesday 16th April

Mass of Chrism  
St Margaret's Cathedral, Ayr, at 7.30 pm

### Sunday 12th May: Fourth Sunday of Easter and Day of Prayer for Vocations

Sung Evening Prayer of the Church with Adoration and Benediction  
St Margaret's Cathedral, Ayr, at 6.00 pm

**Thursday 30th May: The Ascension of Our Lord**  
Holyday of Obligation

### Sunday 9th June: Pentecost

Neophytes Mass for those received into the Church at Easter  
Venue and time to be confirmed

### Sunday 16th June: Trinity Sunday

Annual Pilgrimage Mass to Scalan Seminary on the 250th anniversary of Ordination of Bishop George Hay  
Braes of Glenlivet, 4.00 pm

**Monday 1st – Monday 8th July**  
Diocesan Pilgrimage to Lourdes

### Sunday, 25th August

Diocesan Pilgrimage to St Ninian's Cave  
Mass at the Cave 4.00 pm  
and in the parish church at 4.45 pm

# A Propositional Coat of Arms

*Galloway was the only Diocese in Scotland without Diocesan Arms. Father Philip Kitchen explains the thoughts behind, and the meaning of, some of the elements of the arms.*

The process of choosing both an image and a motto for our diocesan coat of arms was not one of invention, but rather of reflective selection. The raw material from which to select lay in the early Christian inscriptions and imagery of Whithorn and Kirkmadrine. Ours is an ancient diocese with traceable roots so surely our coat of arms must reflect those roots; but surely too it must reflect living roots and it must encourage continuing growth from those roots. Hopefully it does both those things.



The image chosen is the Kirkmadrine cross, that distinctive form of cross incorporating the small hook on the upper arm which is a remnant of the chi-rho. Dating from the fifth century, it marks the final emergence of the cross as the fundamental Christian symbol, replacing the earlier chi-rho, the opening letters of the Greek version of Jesus' title 'Christos', 'the Anointed One'. It may represent a distinctive form of the cross, but it is a cross nonetheless, the symbol of the love of Christ for us and of his obedience to the Father.

The motto was perhaps more of a challenge because there were three possibilities: the inscription on Whithorn's Petrus Stone proclaiming 'The place of Peter the Apostle' would

have served to situate Galloway firmly within the Universal Church, linking us with a geographical universality. Equally the Kirkmadrine inscription 'Initium et Finis', the Latinised version of 'Alpha and Omega' would have placed us within a temporal universality, members of the body of Christ now and forever. The motto actually chosen is 'Te Dominum Laudamus', 'We praise You, Lord' which is the opening verse of the Latinus Stone from Whithorn. It dates from around 450 AD and as such is the earliest Christian inscription in Scotland's history. It was not chosen, however, for its antiquity but rather for its unchanging validity. It invites that response we should always have to God, it establishes our disposition when confronted by the image of the cross, the image of God's ultimate, undying love for us: we praise God.



This is the propositional nature of our coat of arms which presents us both with an image and the only worthy and true response to the image. The cross should invoke our worship and praise. Recent research has suggested that 'Te Dominum Laudamus' may be a slightly corrupted version of the opening verse of the Church's great hymn of praise to God, the *Te Deum*, that prayer which provides us with the words necessary to respond to the mystery of the cross.

## TO ALL AND SUNDRY WHOM THESE PRESENTS DO OR MAY CONCERN



**WE**, Joseph John Morrow, Commander of the Most Excellent Order of the British Empire, one of Her Majesty's Counsel Learned in the Law, Doctor of Laws, Lord Lyon King of Arms, send Greeting: **Whereas** considering that under the Provisions of the Lyon King of Arms Act 1672, and others in that behalf made, We are empowered by virtue of Our Office of Lord Lyon King of Arms to visit the whole Arms borne and used within this Realm of Scotland and to distinguish them with congruent Differences and matriculate them in Our Books and Registers and to give Arms to virtuous and well deserving Persons under Our Hand and Seal of Office; and **Whereas**, The Right Reverend William Nolan, Roman Catholic Bishop of Galloway having by Petition unto Us of date 21 July 2017 for and on behalf of **THE DIOCESE OF GALLOWAY Shewn**; **THAT** the said Diocese of Galloway was erected of date 4 March 1878; **AND** the Petitioner having prayed that there might be granted unto him for and on behalf of The Diocese of Galloway such Ensigns Armorial as might be found suitable and according to the Laws of Arms **Know ye therefore** that We have Devised and Do by These Presents Assign, Ratify and Confirm unto the Petitioner for and on behalf of The Diocese of Galloway the following Ensigns Armorial, as depicted upon the margin hereof, and matriculated of even date with These Presents upon the 116th page of the 90th Volume of Our Public Register of All Arms and Bearings in Scotland, **videlicet**:— **Argent, the Kirkmadrine cross Azure**. Behind the Shield are placed in saltire an episcopal cross and a crozier Or and above the Shield is placed a precious mitre Proper and in an Escrol below the same this Motto 'TE DOMINUM LAUDAMUS'. **IN TESTIMONY WHEREOF**

We have Subscribed These Presents and the Seal of Our Office is affixed hereto at Edinburgh this Sixteenth day of November in the Sixty-seventh Year of the Reign of Our Sovereign Lady Elizabeth the Second, by the Grace of God, of the United Kingdom of Great Britain and Northern Ireland, and of Her Other Realms and Territories, Queen, Head of the Commonwealth, Defender of the Faith, and in the Year of Our Lord Two Thousand and Eighteen.



Joseph John Morrow  
Lyon

# Presentation of the Arms

**A**t a ceremony on 26th February 2018 at St Margaret's Cathedral, Ayr, the Lyon and Unicorn presented two grants of arms to the Diocese of Galloway, arguably the most historic of all the Scottish dioceses and the only one in Scotland without a coat of arms.

Pupils from the four Catholic High Schools in the diocese – St Joseph's College, Dumfries, St Joseph's Academy, Kilmarnock, St Matthew's Academy, Saltcoats and Queen Margaret Academy, Ayr, attended and during the ceremony, a sixth-former from each school read a paper describing the symbolism behind the coat of arms.

**P**resentation of the Diocesan Coat of Arms by the Rt Hon Joseph John Morrow Lord Lyon King of Arms to William Nolan, Bishop of Galloway. Lyon also presented Bishop Nolan with his personal grant of arms.



**B**ishop Nolan with Rt Hon Lord Lyon King of Arms, Unicorn Pursuivant Liam Devlin, and pupils from Queen Margaret Academy, Ayr, St Matthew's Academy, Saltcoats, St Joseph's Academy, Kilmarnock and St Joseph's College, Dumfries.



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# Some Good News about Safeguarding

*Amidst what can at times seem like a Tsunami of challenge, criticism and negativity concerning the Catholic Church, the Diocese of Galloway has some good news to share.*

*Report by John Lawson*

Over the past 24 months the number of committed Catholics volunteering to be “Safeguarding Trainers” in Galloway Diocese has blossomed from one stalwart, (Head teacher, Lynsey May from the Cathedral parish of St Margaret’s, Ayr) to seven in 2017 when she was joined by Margaret McGrath and Helena Rameckers both from St Joseph’s, Kilmarnock, Mari Biondi from St Winin’s, Kilwinning, Laura McLean from St Bride’s, West Kilbride, Jenny Smith from St Andrew’s and St Cuthbert’s in Kirkcudbright and John Lawson from St Teresa’s, Dumfries, and now stands at a healthy 12 following the arrival in 2018 of Mary-Kate Loughlin from St Margaret’s, Ayr, Louise Slider from Our Lady of the Assumption and St Meddan’s, Troon, Geraldine Butcher from St Peter’s Parish, Ardrossan, and husband and wife team Stephen and Letitia McLaughlin from St Mary’s, Saltcoats.

Following on from the McLellan Commission report into Safeguarding structures and practices within the Catholic Church (2015) every volunteer who has a front-facing role involving children or vulnerable adults or who is otherwise subject to PVG checks has (in addition to the PVG, references and interview) to undergo Safeguarding Induction Training

before she or he may begin their volunteer role or Ministry. The whole system of safeguarding within the Catholic Church in Scotland has been extensively revised, clarified and reformatted within the new Safeguarding Manual “In God’s Image” launched by the Bishops’ Conference of Scotland in the spring of 2018. These radical changes, the Church’s response to the abuse-crisis, have necessitated the recruitment of a body of Safeguarding Trainers in every diocese to ensure that appropriate “awareness-and response” training is made available to all our volunteers.

Induction for new trainers is carried out over two days and all costs are met by the Church including reimbursement of travel and accommodation expenses if required. Many of our Galloway Safeguarding Trainers have already some personal experience in this area as parish safeguarding co-ordinators but there are also some who have no previous experience. They come in all shapes and sizes and from diverse backgrounds: teachers, lawyers, house-parents, carers, to name but a few. What they have in common is their active and enthusiastic Catholic faith and a willingness to put themselves out so as to ensure that the healing concern for others which underpins the Safeguarding system finds completeness in our Diocese.

## *What has motivated our Trainers and how do they see their role? Here are a few comments:*

“

The Church as the visible Body of Christ is present in each and every member. Protecting the vulnerable is a Christ-like act.”

“The Church needs to be the safe sacred space where all can grow in faith and share more deeply in God’s love and care. In a small way we are helping to maintain that special environment.”

“As well as raising awareness about Safeguarding I find that the volunteers I have met when delivering training sessions are relieved to see that the Church is delivering a robust response to the crisis.”

“This is essentially a ministry of healing: healing in providing care and support for victims and healing in a preventative sense.”

“It is always very humbling to meet the volunteers in a parish. It is a great privilege to meet such good and dedicated people – such beautiful souls to encounter.”

“I have carried out various volunteer roles within the Church but the role of safeguarding trainer is by far the most rewarding and has helped to reinforce my personal faith.”

“Safeguarding used to be seen as a box-ticking, risk-management exercise. We now have the insight to see it as a vitally-important expression of our Christian faith and concern for the most vulnerable in our communities.”

”

The Diocese would like to recruit more volunteers for Safeguarding Training. If this is something which appeals to you or for further information please contact our Diocesan Safeguarding Adviser, Gerry McCabe who will be very pleased to hear from you.

Email: [safeguarding@gallowaydiocese.org.uk](mailto:safeguarding@gallowaydiocese.org.uk)

More information about the safeguarding manual, “In God’s Image” can be found by visiting the web site:

<https://ingodsimage.bcos.org.uk>.

If you would like more information about the SCIE Audit process carried out in Galloway Diocese in February or about the Counselling Support for survivors, visit the Galloway Diocese website: [www.gallowaydiocese.org.uk](http://www.gallowaydiocese.org.uk) and follow the link to Safeguarding.

**IN GOD’S IMAGE**

Safeguarding in the Catholic Church in Scotland

# The Tower of St John the Baptist

*Yolanda McCall, Treasurer of the Friends of St John's Tower, gives us an insight into the tower which many Ayr residents see every day.*

**N**estled in a quiet residential corner of South Ayrshire's county town, just a five minute walk from the beach or the High Street, can be found a medieval gem. The Tower of St John the Baptist is the oldest building in Ayr. It is the surviving bell tower of Ayr's original parish church, which was built at the end of the 12th century and dedicated to the patron saint of Ayr.

The Church of St John the Baptist probably replaced or extended a simpler, earlier church on the same site. It was very large for its time, cruciform in shape and almost cathedral-like in status. At least eight chaplains serviced its numerous altars, and a band of choristers were schooled within the building. It is thought to have been one of the most splendid churches in Scotland, with a magnificent stained glass window which streamed morning sunlight across its high altar.

Ayr's grand church provided an impressive stopping place along the coastal path from Glasgow Cathedral to Whithorn. St Ninian had introduced Christianity to southern Scotland in 397AD, and his shrine at Whithorn was one of the most famous places of pilgrimage for centuries.

King Robert the Bruce (Robert I) is known to have made at least one pilgrimage to St Ninian's Shrine, and in April 1315, after the Battle of Bannockburn, he chose St John's Church as the site to hold a Scottish Parliament to confirm the succession of the crown.

Between 1488 and 1509, King James IV made pilgrimages to Whithorn at least once a year, and the 15th century Obituary Book of St John's shows that he gave numerous offerings for Masses to be said there. Mary Stuart (also known as Mary Queen of Scots) made her pilgrimage to Whithorn in 1563 and is said to have "supped and slept at St John of Ayr."

**A**fter Scotland's Reformation in 1560, pilgrimages to Whithorn were banned, and St John's Church was adapted for protestant worship. Its altars were removed, and the Catholic chaplains were replaced by a Church of Scotland minister.

In 1652, prospects for St John's Church changed dramatically again when Oliver Cromwell's troops marched to Ayr and established a fort to defend the south west of Scotland. An infantry regiment commandeered St John's, using it as a chapel, storehouse and armoury, and the bell tower became their lookout post.

There were no battles in Ayr, yet the walls of the tower are pockmarked by musket fire. It appears that, at some point during the eight years of military

occupation, the soldiers used the tower for target practice!

There were no battles in Ayr, yet the walls of the tower are pockmarked by musket fire. It appears that, at some point during the eight years of military occupation, the soldiers used the tower for target practice!

In 1654, Cromwell helped fund the building of a replacement church, also called St John the Baptist, now more commonly known as Ayr's Auld Kirk. The original St John's was last used as a place of worship in 1687. The main body of the ancient church is sadly long gone, demolished around 1725, but much of its outline is still visible from stonework at ground level, and, as can be seen in the photograph above, an inverted V on the tower's east facing wall shows where the west gable abutted. The tower was left standing as it was an important navigational aid for mariners approaching Ayr's harbour.

**I**n 1852 another chapter in the tower's story began when gunsmith John Miller returned to Ayrshire from India where he had made his fortune. Miller purchased the lands of the old church and transformed St John's Tower into a family residence. He added Gothic styled extensions and the building became known as "Fort Castle" while he lived there for over fifty years.

Following Miller's death in 1910, the tower was acquired by John Crichton-Stuart, the 4th Marquis of Bute. He used his family fortune to restore and preserve historic buildings to recover lost aspects of Scotland's spiritual heritage. Miller's additions were removed and extensive restoration work resulted in St John's Tower as it stands today. The 5th Marquis of Bute gifted it to the town of Ayr in 1949.



*The tower as it appeared in 1852, by T Blackwood (South Ayrshire Libraries)*

*More information about the tower and a virtual tour can be viewed at [www.stjohnstower.btck.co.uk](http://www.stjohnstower.btck.co.uk)*

# Congratulations

*Father Gilmour Ommer celebrated his 90th birthday in February.*

**F**ather Gilmour Ommer's father was a dentist in Glasgow while his mother worked in management for one of the railway companies. His connection with our diocese is that his maternal grandmother, from whom he takes the name Gilmour, lived in Whithorn.

Gilmour attended St Aloysius College in Glasgow and then the University of Glasgow, qualifying as a vet. Shortly after qualification he became very ill, having picked up a disease from infected meat. He spent three years in Switzerland in a sanatorium which was run by the Spiritans. Whilst there, he felt compelled to go on to the priesthood.

Gilmour served as curate in Prestwick, then Saltcoats and finally briefly in St Margaret's, Ayr. He was then sent to Corpus Christi in London in 1966-67, to prepare for taking responsibility for Religious Education in the diocese, with the duty of renewing the provision in secondary schools. He went to Troon as what he describes as a "part-time assistant", whilst going round the schools. This continued until he was appointed to Kirkconnel in 1973 and then to Cumnock from 1976-1990 before health problems prevented him from functioning as a parish priest, but he lived in Durisdeer for ten years and provided supply from there. He then moved, for a few years, to Ashton-in-Makerfield outside Wigan.

Most recently, Bishop Nolan invited Father Ommer to return to Galloway, to Dalbeattie. There he was able to serve the people for a time, but physical difficulties brought about a move into Barlochan House near Palnackie.



## Gaudete at Exultate Rejoice: a call to holiness

*On Sunday 10th February, at St Peter's Ardrossan, David Wells gave a presentation on the Papal Exhortation: Gaudete at Exultate (Rejoice and be Glad). The invitation to David came from the Spirituality Group of Embracing Change of St Mary's Deanery.*



**D**avid Wells is a catechist and author who regularly speaks at Conferences throughout the world. He was born in Market Harborough and worked as a teacher in Ilkeston, Derbyshire and then for the Catholic Education Service in London. He has spoken at more than 300 conferences worldwide and has published two books; *The Reluctant Disciple* and *The Grateful Disciple*, both highly acclaimed.



Around 100 people attended the event. David explained that the intention of Pope Francis was not to deliver an academic treatise on holiness, but rather, to offer a meditation on Vatican II's call to universal holiness. Discussing holiness, as well as those saints and martyrs whose lives were "an exemplary imitation of Christ," Pope Francis also praises "the middle class of holiness": the everyday sanctity of "those parents who raise their children with immense love: those men and women who work hard to support their families; the sick and elderly religious who never "lose their smile,"

Francis urges us to move away from bland and mediocre lives (what David calls 'Lent without Easter'); imitate Jesus and seek joy in the Gospels; "For those faithful to God and his word, by their self-giving, gain true happiness." Over and over, David emphasised that joy and joyfulness is the key. His wife, Alison, constantly urges him "not to take himself too seriously... "I didn't marry a serious man; I married a man who could make me laugh."



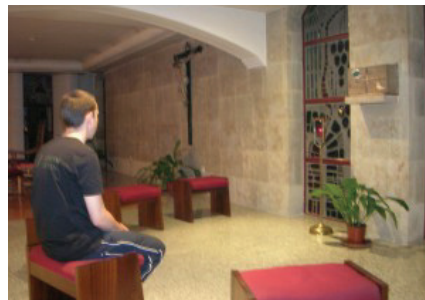
# Training for Priesthood The “Propaedeutic Course”

*Galloway’s Vocations Director, Father Martin Chambers, explains the initial stage of formation for those thinking of entering the Priesthood*

If you wish to become a priest of Galloway Diocese, now is the time to approach your parish priest and let him know. February/March are the months when those wanting to become priests show their initial interest by speaking to their local priest. Later in the year there will be ‘*Discernment weekends*’ when prospective students come together with others from across Scotland for several weekends of prayer and reflection. At the end of this ‘*discernment*’ stage, in discussion with the Vocations Director and Bishop, there would be a decision made to move forward or not. If the decision is made to move forward, the next step before entering seminary is what’s called the “*propaedeutic period*.” This is an initial stage of seminary life and training for priesthood, although it might also be a preparation for the full formation programme which will begin afterwards. At the moment, this lasts about six months and takes place at the Royal Scots College in Salamanca.

a community setting. It offers an *Initial Formation*, aimed at equipping them with a deeper understanding of priesthood, of the Church they seek to serve, of prayer, and of the various dimensions and themes which unite in the seminary formation which lies ahead of them. There will be courses such as:

- ◇ Knowledge of the Faith,
- ◇ Formation in prayer,
- ◇ Preparation for and reflection on sacramental life
- ◇ Formation in moral life
- ◇ Formation for community living
- ◇ Preparation for mission, keeping in mind the Church’s project of a New Evangelization



context. This is, in part due to what the Church’s seminary document *Pastores Dabo Vobis* notes as the essential feature of discipleship as we find it in the Gospels: “**To be with him**”. That is: to join with others in company with the Lord, in order to learn from Him and become more like Him. It is also due to the fact that diocesan priesthood, which is the ultimate goal of this formation, is characterised above all by a life of service to the Christian community, and is rooted in a spirituality of service to that community. In practice, Initial Seminary Formation – our name for the “Propaedeutic Period” – aims to support the development of the student’s personal life of faith through:

- ◇ opportunities to deepen their personal life of prayer;
- ◇ an introduction to Sacred Scripture as the Living Word of God;
- ◇ and an introduction to the Liturgy and the Paschal Mystery.

## *So what is a “Propaedeutic Course”?*

A propaedeutic course is intended to provide candidates for the Priesthood with aspects of spiritual and human formation for priesthood within

## *To be with him*

The opportunity offered to seminarians through a propaedeutic period, to deepen their faith and develop a more intimate relationship with the Lord, only makes sense in a community

## *Share the life of the community*

Those taking part in this initial stage of formation will be encouraged to: take responsibility for aspects of the shared life of the community; participate fully in the community’s life, spiritually, liturgically, socially and materially; and generously place his talents and experience at the service of others.

## *Contact*

If you are interested in becoming a priest, please speak to your parish priest or contact Galloway’s Vocations Director, Father Martin Chambers, [martin.chambers@gallowaydiocese.org.uk](mailto:martin.chambers@gallowaydiocese.org.uk)





# The Teaching of Pope Francis

by Father William McFadden

*In his “State of the World” address Pope Francis has not shied away from addressing uncomfortable subjects and the way the Catholic Church addresses them.*

In addition to the one-off events at which Pope Francis is expected to offer input and make specific presentations, there are also annual events which give him the opportunity to address the same groups of people every twelve months. Two of these are particularly significant: the yearly “State of the World” address given to the Diplomatic Corps accredited to the Vatican, and the address to the Roman Curia, who are the individuals working in the various Vatican departments and those most closely tasked with helping the pope spread his message to the Universal Church. In the past twelve months, as has been the case in previous years, both occasions were used to deliver powerful teachings.

In his message to the 180 diplomats Francis touched on a wide range of topics. He began by stating that success in diplomacy rests on three foundations: (1) goodwill among nations; (2) the ability of nations to deal fairly with one another; and (3) an openness to compromise. He stressed that even if one of these three elements is missing then the result is “the domination of the powerful over the weak.” As is his custom, the Holy Father takes every opportunity he can to strongly defend the rights of the poor and the defenceless, especially when speaking to governments and political authorities.

From that foundation he went on to identify four “points of contact” between the work of diplomacy and the spiritual mission which is integral to the purpose of the Church. These are: (1) the primacy of justice and law; (2) the defence of the vulnerable; (3) the need to work to build bridges; and (4) a requirement to rethink our common destiny. From these “points of contact” we can see an agenda emerge which is to be the focus of attention for the Church. In making his point crystal clear, Francis highlighted specifically that these “points of contact” are to be seen in the work to be done with migrants and refugees, in the need to challenge the painful catastrophe which is the arms trade, and in responding to the urgent demands brought to the world of today by climate change.

The pope then spoke to the diplomats about the Church’s response to the situation caused by clergy sexual abuse. In strong words he stated: “The abuse of minors is one of the vilest and most heinous crimes conceivable.” He then promised to work “to combat and prevent these crimes and their concealment, in order to ascertain the truth... and to



render justice to minors who have suffered sexual violence aggravated by the abuse of power and conscience.”

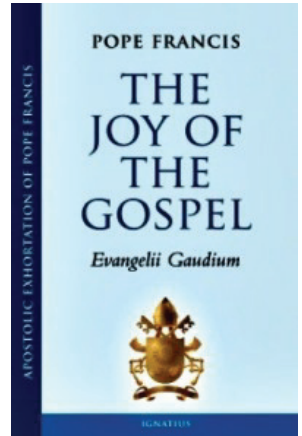
The subject matter of clergy sexual abuse and the failures to deal with this was also raised by the pope in his annual address to the Roman Curia. Again, using language which shows without a shadow of a doubt that he takes the issue extremely seriously, he acknowledged that he has had to learn a lot; he admitted that he has made mistakes and has taken the wrong decisions; and he stressed that he would continue to vigorously seek to address the question as one requiring immediate attention.

In a remarkable passage from his discourse, the pope recognised the important role of those who brought the “scourge” to public attention. Rather than condemn the messenger, as has often happened in the past, he thanks them for making the issue public: “I myself would like to give heartfelt thanks to those media professionals who were honest and objective and sought to unmask these predators and to make their victims’ voices heard. Even if it were to involve a single case of abuse (something itself monstrous) the Church asks that people not be silent but bring it objectively to light, since the greater scandal in this matter is that of cloaking the truth.”

The pope then went on to boldly criticize those who use this awful crisis to try and achieve partisan advantage, and who are driven by an ideological agenda seeking only to gain their own positions of influence. Such remarks reflect the pope’s perceptive and shrewd awareness of an amount of resistance in some quarters of the Curia, and in the hierarchy of the Church, to the mission-oriented vision of

the Church which he continues to present, and which is clearly set in both of these particular addresses, as well as in *Evangelii Gaudium* and in his other writings.

Pope Francis remains mission focussed, honest and uncompromising, and in speaking to diplomats and to the Vatican officials, he yet again presents us with the Gospel message of joy, of truth and of love.





## Consideration of the Turin Shroud

*Michael Kearns, our newest Seminarian, reflects on a visit to Turin and to what St John Paul II described as a “mirror of the Gospel”.*

It may seem counter-intuitive, but despite living amongst the unrivalled mass of cultural and historical treasures here in Rome, I’m heading 400 miles north for the purposes of this article. *En route* to the Alps last month for a short post-exam break, I had a stopover for a few hours in Turin. To me, this city was notable for two things: Juventus Football Club and the ‘Shroud’ of Turin. Solely associating the former with repeated instances of dishonest tactics against Glaswegian opposition, I decided to pay a brief visit to the latter.

Few Catholics will not have heard of the Shroud. Widely believed to be the burial cloth of Jesus himself, its history is both mysterious and dramatic. The first explicit reference to the Turin Shroud dates from 14th century France. Soon handed over to the Savoy family, they delivered it to their Turin palace in 1578. By then it had already survived fire (and repair attempts of dubious quality), and its fame had spread. There are also, hazier, allusions to a Shroud from much earlier on. At Edessa (modern-day Turkey) in the 6th century an image “not the work of human hands” allegedly fits the description of Jesus’ burial Shroud, and is then formally identified as such in Constantinople, albeit four centuries later. The story of this earlier ‘shroud’ ends with its mysterious disappearance from Constantinople during the Crusades; did the Knights take it to France?

After three centuries as an object of strong but very local devotion in Turin, in 1898 the Shroud was photographed for the first time. This produced the negative image, familiar to us all, which much more clearly shows the face and body of a crucified man. From this the Shroud gained worldwide attention – attracting thorough investigation and fierce debate.



*a pilgrim praying at the chapel where the Shroud is kept in a large casket- it is only very rarely displayed publicly*



So what’s the verdict of 120 years of science? Well, the evidence is inconclusive. Radiocarbon testing of the cloth only dates it to around the time of its French (re)discovery. Nevertheless, features such as the nails having been driven through the man’s wrists, as opposed to palms, are inconsistent with mediaeval artistic depictions of the Crucifixion... but consistent with the reality of it. No one has been able to explain how the image got there; it isn’t paint, or any other identifiable substance. There is a certainty that the Shroud contains traces of human blood, as well as pollens traceable to 1st century Palestine. The figures and features of the man are more consistent with an first century Middle Eastern than a 14th century European. If it is a later artistic rendering, it is a remarkably accurate one. By now there exists a huge volume of research and hypotheses, both in support and against the theory of its veracity.

Actually, whether the Shroud is the true burial cloth of Jesus, or an extraordinary and unique piece of mediaeval liturgical artwork, I’m not sure matters. As is often the case with relics and artefacts, what it represents is much more important than the endless technical debate over its historicity. Undoubtedly the Shroud has been an image of devotion for many over the centuries – if it brings people closer to Jesus, and an understanding of his love and suffering for us all, isn’t that the most important point? The Church has never declared its view one way or the other, but Pope Francis and his predecessors all made pilgrimages to the Shroud, St John Paul II describing it as a “mirror of the Gospel”.

Whether it touched Jesus’ true body and blood doesn’t seem such an important question when we consider that every chalice and vessel in our churches, and indeed our own lips, are blessed with true and real contact with Jesus’ Body and Blood at every Mass. In this season of Lent, we are invited to reflect especially upon the truth of Jesus’ suffering and death, done out of love for us all. Whether as a relic or as art, this is what the Shroud depicts, realistically and beautifully.



# Praying with Discernment of Spirits

Father Martin Chambers looks to Saint Ignatius of Loyola's 'Discernment of Spirits' to work out through prayer what God is asking of us and what is the best way forward.



We all use prayer in different ways and for different purposes. Sometimes we use prayer to ask for good health for our grandparents or our children. We go to prayer when we need peace and calm in our hearts or when something is troubling us. And we start praying when we need to make a decision in life, when we need to work out what to do or what to say in the path ahead. In this regard, I have often found very helpful what Saint Ignatius of Loyola called the 'Discernment of Spirits.' That's when we examine the various moods and reactions stirring in our heart to try and work out, or 'discern', through prayer what God is asking of us and what is the best way forward.

Saint Ignatius of Loyola was a Spanish Basque Catholic priest and theologian, who founded the religious order called the Society of Jesus (Jesuits) and became its first Superior General at Paris in 1541. In his early life, however, Ignatius had a great love for fighting in the local armies and doing military exercises as well as a tremendous desire for fame. It was during the Battle of Pamplona in 1521 – at the age of 30 – that he faced a turning point in his life. He was critically injured: a cannonball hit him in the legs, wounding his right leg and fracturing the left in multiple places. Ignatius was returned to his father's castle in Loyola, where, in an era that knew nothing of anesthetics, he underwent several surgical operations to repair his legs, having the bones set and then re-broken. In the end, these operations left one leg shorter than the other: Ignatius would limp for the rest of his life, and his military career was over. It was while he was lying in bed recovering that he began to dream a lot and reflect over his life. There were no novels available to read about his first love: the chivalrous lives of kings and their conquests. Ignatius was left to read the life of Jesus and the saints. It was during this period that Ignatius began to notice what happened while he was dreaming and reflecting: when he dreamt of doing great things in conquering kingdoms for the King, he was often left feeling anxious and torn; while when he dreamt of doing great things for Jesus and Jesus' Kingdom, he was left feeling at peace and consoled. These movements of his heart became the start of his trying to work out how best to answer God's call as Christian. It was the start of what he

a particular situation, I firstly reflect on what feelings and emotions are moving around in my mind and heart. Like Ignatius after the Battle of Pamplona, before I start to pray, I spend some time looking at what is stirring me to anxiety and worry and what is stirring me towards consolation and peace. Ignatius believed that these interior movements were caused by 'good spirits' and 'evil spirits.' Through my prayer, I want to follow the action of a good spirit and reject the action of an evil spirit. Although talk of good and evil spirits may seem foreign to us, it certainly has helped me over the years to work out where I should act and what I should say in any given situation: the 'evil spirit' might encourage me to spiteful words and acts whereas the 'good spirit' would move me towards charity and love. Ignatius also talked of 'spiritual consolation' where you are left on fire with God's love, peace and hope which compares with 'spiritual desolation' where you are left with darkness of the heart and spirit. As I look back over my life, I can see that I have experienced both: times when I have been fired with love of God; but also times when I have been left wondering – as Mother Theresa often wondered – whether God was listening.

I would invite you to think about this 'discernment of spirits' as a vital tool for your prayer life. As you pray, take time to look at the moments of 'spiritual consolation' and those moments of 'spiritual desolation.' Of course we can simply pick up our prayer book, our Rosary bead or our Bibles and start praying ... but I feel that God is calling each one of us to learn from what is stirring deep in our hearts and to let Gospel values lead us to a better and more fulfilled lives. We need to look at the emotions of our hearts and to see whether they are leading us towards God or away from the love, peace and hope he came to bring to the world. It is, of course, a lifelong process and you may need to speak to a prayer guide or spiritual director to help you with this.

'Discernment of Spirits' influenced the prayer life of Saint Ignatius over 500 years ago. It amazes me that it is still as relevant today as a way for people to see God in prayer and to find God in everyday life



St Ignatius of Loyola, founder of the Jesuits

would later call 'the discernment of spirits' which are contained in the Spiritual Exercises he wrote when, along with some other friends, he turned his back on a life in the army and embarked on his own journey of faith, establishing, in the process, the Jesuits.

I use the 'Discernment of Spirits' exercise as a help to my own prayer life. When I sit down for prayer, particularly when I am wondering what to do and worrying what to say in





## A View from Westminster

In this forthright and highly personal article, with which many will disagree, Philippa Whitford, MP, tells of her deeply held belief that Brexit is a bad thing and a mistake for the country

*Doctor Philippa Whitford is a parishioner of Our Lady of the Assumption and St Meddan in Troon. She is the MP for Central Ayrshire and SNP Health Spokesperson at Westminster. In these articles she hopes to convey how her faith informs and impacts her politics. The views expressed in these articles are those of the author.*

Politics can be a frustrating business at the best of times but never more so than with regards Brexit and the UK's impending exit from the European Union. The past two and half years of negotiations have been a complete and utter shambles and, with just a few weeks to go, we still have no idea what the outcome will be.

It has also been an extremely sad time to be a Parliamentarian, to sit and listen to speech after speech from Brexiteers rejoicing at the removal of our right as European Citizens to live and work anywhere in Europe, as if it was a good thing. As many readers will know, my husband is German and has worked for over 30 years in the Scottish NHS; indeed, he spent 20 years as a GP in Ayr. What most will not know is that his mother was Polish and, because of this, his parents were not allowed to marry during the war and the child they had together was taken from them, his father was arrested by the Gestapo and his mother was a forced labourer. Long before there was the remotest suggestion of Brexit, my husband used to celebrate that, in just one generation, he could marry who he loved and live where he liked. Sadly, we are now removing this right from the next generation! Brexiteers decrying freedom of movement forget that for Germans, and everyone from Eastern Europe, there was no freedom to travel at all until after the fall of the Berlin Wall and that, for those like Donald Tusk, it is seen as one of the greatest benefits of the EU. The UK Government's failure

to understand its emotional importance has been one of the barriers to their dialogue with EU leaders.

Thousands of us have enjoyed the ability to work, live and travel freely in any of the member states; we have made huge advances in technology, research and medicines, through sharing resources and know-how; regenerated impoverished and neglected areas through the regional development fund; and set world leading targets on global issues such as climate change.

For the last four decades, there has been a failure to recognise what membership of the EU has brought us: from its origin as the European Economic Community, back in 1957, it has brought the majority of countries in Western Europe together under the



European Union to sustain peace and foster co-operation in many areas of mutual interest, including trade, security and the environment, as well as promoting health.

Needless to say, a strong sense of unity has developed across much of the continent over the years, particularly among those who have embraced the opportunities to study, live or work in other member states. This rich cultural mix and diversity has undoubtedly enhanced Scottish society and our sense of identity has become multi-faceted; adding European to Scottish, Irish, British and indeed many other layers of national identifiers.



It has been bizarre to listen to talk of the UK returning to its former glory and global status after Brexit when the world has moved on. It is as if some think the clock can be wound back to the 18th Century and the UK will become some sort of renewed colonial power. Let's just say the suggestion of returning to 'Empire 2.0' has not exactly been welcomed across the Commonwealth! To champion such isolationism in a world where interdependence has become necessary to tackle global issues such as climate change and terrorism is entirely misplaced.

Indeed, there has been little recognition of the EU's most important role – as a Peace project. Out of the rubble of World War II, European leaders, including Churchill, recognised the need for integration as a route to lasting peace in Europe. As a result, we have had over seven decades of peace in a continent which endured two devastating world wars in the first half of the last century.

In just the last 25 years, the European Project has directly contributed to ending the conflict in the Balkans by offering membership to post Yugoslavian states that became modern democracies, and helped stabilise Eastern Europe by offering early membership to the former Soviet states.

Closer to home, Europe's role in bringing peace to Northern Ireland is



**EU Programme  
for Peace and Reconciliation**

Continued on next page

## A View from Westminster

Continued

often overlooked, including by this current UK Government. This was no mean feat and took over a decade to bring to fruition as the Good Friday Agreement. As the recent car bomb in Derry showed, peace in Northern Ireland is still a work in progress and remains fragile, even after 20 years. Yet, we see concerns regarding the Irish Border dismissed and the suggestion that Ireland and the EU are somehow just being troublesome and holding the UK to ransom.

As someone from Belfast, I totally recognise the need to ensure there is no return to infrastructure on the Irish Border, which could become a target for terrorists. However, the Irish Backstop – which would see Northern Ireland maintain closer ties to the Single Market and Customs Union than Scotland – would put Scotland at a significant competitive disadvantage and have a detrimental effect on Scotland's economy, particularly our fishing, agriculture and food and drink industries.

What many do not realise is that the EU provided the neutral space in which John Major and Albert Reynolds became friends, and found that they 'could do business' in opening dialogue on a peace process. The EU has continued to fund cross-border and cross-community projects for the last twenty years, which is why they will not consider any Brexit outcome that risks undermining that peace.

## Stop Press

### Pilgrimage to Turkey

Details have just been announced of a Pilgrimage to Turkey in the footsteps of St Paul to take place from Thursday 10th to Thursday 17th October. You will visit "Seven Churches of Asia Minor" with a full spiritual programme and an English speaking guide. Look out for posters in parishes. Flights are from Glasgow with Jet2 Airlines.

For more information and booking forms contact

Father David Borland  
St Margaret's Cathedral  
27 John Street, Ayr,  
KA8 0BS  
Tel: 01292 263488

Email: david.borland@gallowaydiocese.org.uk

## SPRED GALLOWAY



### Assistant Trainee Director

Part Time 20 hours per week

SPRED Galloway is a registered charity which works in the Diocese of Dumfries and Galloway to support parishes to welcome and include their members who have a learning disability to play their full part in the life of the parish and of the wider church.

We are seeking to recruit a new member of the team who will be trained to support the Director(s) of SPRED Galloway in delivering the SPRED Programme in Ayr, Girvan, Irvine, Kilmarnock and Stevenston as well as aid the expansion SPRED to other parts of the Diocese.

The successful candidate would be:

- Have a good knowledge of the ethos of the Catholic Church
- Be a powerful advocate for the rights of people with learning disabilities
- Be able to work effectively with clergy and groups of volunteers
- Be able to work flexible hours (with some evening and weekend working)
- Have a full driving license
- Be committed to undertake bespoke training programme

For more details and or an informal chat about the role, please contact Sister Kathleen or Helena Kerr, email, [info@spredgalloway.org.uk](mailto:info@spredgalloway.org.uk), telephone 01292 738068

### THE RIGHT SIDE TOUR

Justice, Truth, History: Be on the right side  
Society for the Protection of Unborn Children  
(SPUC) Scotland

A tour of Scotland informing on and resisting  
the campaign for the extension and  
decriminalization of abortion.

Thursday 28 March 19:00  
Church Hall, St Winin's, Kilwinning



THE DIOCESE OF GALLOWAY  
in association with  
LAILA TOURS AND TRAVEL OF BETHLEHEM

### Pilgrimage to Turkey in the Footsteps of St. Paul

#### "Seven Churches of Asia Minor"

(Smyrna, Pergamon, Sardis, Thyatira, Philadelphia, Ephesus, Laodicea)  
Thursday October 10th ~ Thursday October 17th 2019

# £970

(based on two sharing)

# SCIAF WEE BOX 6K Family Fun Run

Saturday 4th May 2019

Strathclyde Country Park, Motherwell, 10 am

Price £5 - £10

Millions of people around the world continue to struggle to support themselves and their families because of extreme poverty, war and natural disasters. Many are forced to walk for hours every day in search of food and water. Others flee across continents to get to safety. SCIAF's WEE BOX 6K Family Fun Run can help raise money so the poorest can survive and thrive. Your entry fee and



sponsorship will help fund their life changing work. Every step you take will bring someone living in poverty a step closer to supporting themselves and living with dignity.

**Sign up on [www.sciaf.org.uk](http://www.sciaf.org.uk) and look out for the WEE BOXES in your parish now.**

# Prayer

*We invite you to cut out and keep the prayer on this page. We will print a prayer in each edition of the Galloway Diocese News and if you have a particular prayer which you feel should be shared with our readers please send it to us and we will consider it for a later edition.*



“Nothing, how little so ever it be, if it is suffered for God's sake, can pass without merit in the sight of God.”

*Thomas a Kempis*

## A Family Prayer

God made us a family.  
We need one another,  
We love one another,  
we forgive one another.  
we work together,  
we play together,  
we worship together.  
Together we are God's word.  
Together we grow in Christ.  
Together we love all people.  
Together we serve our God.  
Together we hope for heaven..  
These are our hopes and ideals,  
Help us to attain them O God  
through Jesus Christ our Lord,  
Amen

# GALLOWAY DIOCESAN 2019 PILGRIMAGE TO LOURDES

Led by the Bishop of Galloway Rt. Rev. William Nolan



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