

# Fast, Pray, Love

By Assia Shah  
Airport Chaplain



As the very special month of fasting approaches, likely to begin on 6<sup>th</sup> June this year, it will be pre dawn meals at approximately 2.00am and then nil by mouth until around 10.00pm. Those who are working will have already requested leave, or be wondering if they can get any concessions on start, finish and break times in order to pray and rest for a while. Those who are sick and infirm are not obliged to fast, although many feel the need to commit themselves regardless, something which is discouraged as obligatory fasting is only for those healthy and fit enough to do so without any detriment to their health and well being.

**“Ramadhan is a month to seek Allah’s Forgiveness and Mercy and to give in Charity.”**

It is a time of physical discipline and a time for making extra efforts to reflect, be at peace with oneself and one another.

I know my 9 year old son will (again) be pleading with me to be allowed to fast and I may allow him to do so, on the proviso that he rests during the day, so it would not be a school day. Of course if I felt this was detrimental to his health I would not allow it, and certainly would have no hesitation in him breaking his fast if there were signs of any physical distress. Its quite common for young children from the age of 7 wanting to fast with the adults, and some parents support their children to keep “half fasts” encouraging them to eat at lunchtime.

Even though the fasts will be long, the

atmosphere and strong sense of being part of a faith that so many share adds to the desire to fulfil this requirement. It is a month to seek Allah’s Forgiveness and Mercy and to give in Charity. To abstain from what we enjoy and take for granted during daylight hours, food, drink, intimate physical relations, even smoking. This enables us to appreciate what we have, to experience the stomachs pangs of hunger, which after a day or two become less of an issue even during these long summer days. The impact is felt physically towards the late afternoon with tiredness more than anything. There hasn’t to my knowledge been any evidence to suggest that fasting for up to 24 hours (in a healthy person) causes any physical problems, on the contrary there is evidence to suggest this can prove to be beneficial to the body.

At the end of this month 29 or 30 days, depending upon the sighting of the moon, families and friends come together to celebrate Eid Ul Fitr. Greetings of “Eid Mubarak” (Eid Congratulations or Happy Eid.) Food will be shared amongst the Muslims extending hospitality to their neighbours and friends the world over. Gifts and money will usually be given to children no matter how old, My married siblings and I, still get money handed to us from our mother on Eid, as well as our children!

I hope and pray for not just inner peace, but Peace around the world during this Blessed Month.

*“In the creation of the heavens and the earth and in the alternation of night and day, there are indeed signs for people with understanding, those who remember Allah standing, sitting, and lying down on their sides, and think deeply about the creation of the heavens and the earth and say: Our Sustainer! You have not created this in vain! Glory to You!”*

**(The Holy Quran. Surah Al Imran 3:190-191)**



*You are invited*

to a short (25 min) lunchtime service of Holy Communion (led by a Church of England minister, but open to all) for all staff, passengers and visitors. Followed by tea/coffee (or BYO lunch) with the chaplaincy team.

**Thursday June 2, 2016 at 13.00**

Terminal 1 Multi-faith Prayer Room  
(Landside, Arrivals / Ground Level  
Check-In B)

*Iftar*

(Free Food!)

to break the Ramadan fast  
for Muslim & non-Muslim friends  
T3 (Landside) Prayer Room  
(also easily accessed  
for staff from T1 Airside)

**Thursday 16 June**

**20.00 - 22.30**

**FREE**

**ALL WELCOME**

## Should Britain leave the European Union?

Wednesday 15<sup>th</sup> June, 7.30pm  
William Temple Church, Wythenshawe

As the UK approaches a decisive referendum on its membership of the European Union, **Thomas Raines**, research fellow at Chatham House, will explore Britain’s relationship with the EU, discuss some of the claims of each campaign and examine the consequences of a vote to leave.

The speaker’s remarks will be followed by Q&A and discussion.

**FREE ENTRY – ALL WELCOME**

THE CHURCH OF ENGLAND  
Diocese of Manchester  
Deanery of Withington

CHURCH FOR A DIFFERENT WORLD

Jonah  
Wythenshawe Centre  
Wythenshawe

The Parish Church of  
William Temple  
Wythenshawe

Daily Prayers (Christian) take place Mon-Fri at 08.30 in T1 Prayer Room  
and at other times and places too - visit the chaplaincy website or see Multi-faith Prayer Rooms for more information.

Holy Communion (Christian/Ecumenical) First Thursday of the month at 13.00 in T1 Prayer Room  
and at major Festivals and Holy Days - visit the chaplaincy website or see Multi-faith Prayer Rooms for more information.

Friday Jumma Prayers (Islamic) are held in T3 Prayer Room 1330 BST (1300 GMT)

# A World of Stories

George Lane on some recent cases

When the chaplaincy assists passengers, most cases fall into one of six categories:

1. Health Issues
2. Bereavement Abroad / Death On Board
3. Homelessness—international or local
4. Forced Marriage or “Honour” Violence
5. Repatriation of UK Nationals in trouble abroad (many, but not all referred to us directly by UK Consular staff) and, finally
6. Refugees/Asylum Seekers (not ‘illegal migrants’ - they have legal right to remain in the UK and their travel is organised by the Red Cross or another reputable NGO).

In addition, in the last few months, we have also assisted a woman who had had a bad experience flying as a child and was panicking about her forthcoming long-haul flight. The airline couldn't have been more helpful in reassuring and supporting her.

We assisted another passenger who, with her infant daughter, had missed her flight

following a family argument at the Gate and needed to change her plans at the very last moment (again, very helpful airline staff made a difficult situation much less painful).

We assisted a student who had arrived from abroad to take up a University place but, on discovering an issue with accommodation, she realised that the whole thing was a scam and she had been a victim of a cruel fraud.

Finally, we assisted a young man who had flown from Czechia\* to visit a friend in London. The friend took him to Manchester for a (proper) night out - with consequences. The “*morning after the night before*”, he had missed his flight and was very embarrassed, regretful, distressed, anxious to get home, and penniless. Between us - helpful airline colleagues, two Czech ladies who “adopted” him (and translated for him) while waiting to see their mum off, and the chaplain, of course, we managed to get him home safely.

\* it's a real place! See [www.go-czechia.com](http://www.go-czechia.com)

## What's happening at the Airport?



After April's photograph of Manchester Airport Chaplain, Terry Simms meeting His Holiness Pope Francis, we continue the ‘*Terry meets...*’ series with another VIP encounter.

Here Terry meets Airport Care Team member, MAG Ambassador and Platinum (?) Legend, Mark Dodd. Unfortunately their top-level meeting was photobombed by a very well-dressed nonagenarian, here, no doubt, to wish Terry well after many (and continuing) years of long service to the airport. (Happy Birthday Ma'am!)

To continue the ‘*Terry meets...*’ series we need the assistance of colleagues with sharp-eyes or Photoshop skills...

Airport Chaplain, Rev Jean Hurlston, is also Chaplain at Ashton Sixth Form College. She met up recently with one of her former students, Kieran Byrne, who works at Monarch Flight Operations as Base Pilot Coordinator. Kieran assists in the management of company pilots with various tasks including data analysis. He explains, “I perform audits and safety assessments and work with external suppliers on operational matters, responding to emergencies and crises,” Kieran left Ashton Sixth Form College in 2010 with 3 A Levels and studied for a Bachelor of Engineering in Aircraft Engineering with Pilot Studies at Salford University. He started with Monarch in 2013 and is looking to progress further in flight operations or flying training. In his spare time Kieran competes and coaches in the sport of fencing and loves travelling. Who will Jean bump into next...?



If you'd like to pray for a person or situation and to have others pray with you, visit the online prayer community at:  
[www.prayoneforme.org](http://www.prayoneforme.org)

pray  
**ONE**  
FOR  
ME

## Prayer Diary

### May 30 - Jun 5 Week 23

*The Chaplaincies at:* Lubin Airport, Lubumbashi Intl Airport, Lusaka Intl Airport, Lyon Saint-Exupery Intl Airport, Adolfo Suarez Madrid-Barajas Airport, Malta Intl Airport

*At Manchester:* Those who have been trafficked into the UK, Victims of Forced Marriage and Honour based Violence, Women's Refuge, Volunteer Interpreters

### Jun 6 - 12, 2016 - Week 24

*The Chaplaincies at:* Manilla Airport, Manchester Airport

*At Manchester:* Homeless people, FCO, MOD, Booth Centre, FAB B & B, Consultant Social Workers

### Jun 13 - 19, 2016 - Week 25

*The Chaplaincies at:* Melbourne Intl Airport, Miami Intl Airport, Milan Linate Airport, Milan Malpensa Intl Airport, Milwaukee General Mitchell Intl Airport, Minneapolis/St Paul Intl Airport

*At Manchester:* TDM T1 and T3, Manager and Staff at Motor Transport, M.A.G. Admin colleagues, M.A.G. Planning and Transformation, MA's Passenger Services, MA's Customer Services Officers

### Jun 20—26, 2016 - Week 26

*The Chaplaincies at:* Mombassa Moi Intl Airport, Montreal Mirabel Intl Airport

*At Manchester:* Olympic House Secretarial and Reception Staff, MA's Executive Assistants, MA's Team Secretaries, MAG Corporate Affairs Team, MA's Legal Counsel

### Jun 27 - July 3, 2016 - Week 27

*The Chaplaincies at:* Munich Airport, Munster Osnabruck Intl Airport, Nairobi Jama Kenyatta Intl Airport, Nairobi Wilson Airport

*At Manchester:* Libyan Airlines, Air Canada Rouge, Saudi Arabian, Clarins, Boux Avenue Boutique, William & Henry's Traditional Sweet Shop

You can also access our prayer diary online (with full details of the chaplaincy teams we're praying for) at:

[www.thechaplaincy-manchesterairport.co.uk](http://www.thechaplaincy-manchesterairport.co.uk)

Since 1980 the Chaplaincy Manchester Airport has provided pastoral, spiritual and practical help, support and guidance to all who work at the airport as well as those who travel through it. The Chaplaincy office is in Terminal 1 Ground Floor Check-In. A member of the team is always on-call.

Contact us on: 0161 489 2838 or [thechaplaincy@manairport.co.uk](mailto:thechaplaincy@manairport.co.uk)

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