

Don't Panic!

George Lane, Coordinating Chaplain, asks how should we respond to supermarket shelves emptied of toilet paper and hand sanitizer - and one or two issues rather closer to home for the aviation industry?

Arthur C. Clarke is alleged to have said that Douglas Adams' use of "Don't Panic" on the cover of his *Hitchhikers Guide to the Galaxy* was perhaps the best advice that could be given to humanity.

We are all feeling a sense of fragility; of the international aviation industry, not to mention the fragility of life; and the evident fragility of both our ecology and economy. (Both words come from the Greek for 'household' or 'family'; a helpful reminder of our economic and ecological interconnectedness.)

Here are some wise words from Fr James Martin, an American Jesuit priest on the subject of humanity's response to the Covid-19 virus:

"Dear friends: Since so many people are being affected (and some infected) by the Coronavirus, some spiritual advice. Mainly: don't give into fear, panic or demonization. St. Ignatius Loyola, the founder of the Jesuits, talked about two 'movements' in the spiritual life, which can help us right now.

One movement comes from God, the other doesn't. St. Ignatius, a master in spiritual discernment, called the one that doesn't come from God (and that also moves us away from God) the "enemy of human nature." And it works in specific ways, which we are seeing played out today on a worldwide stage.

It's the "enemy's way", St. Ignatius says, to "cause anxiety, to sadden, to set up obstacles. In this way he unsettles people by false reasons aimed at preventing their progress."

So don't let the "enemy" draw you to lies, rumours and panic about the Coronavirus; that will just draw you away from the grace, and the help, that God wants to give you.

That interior voice that relies on rumours and leads to panic is not coming from God.

Ground yourself instead in reality.

What comes from God? St. Ignatius says: God's spirit "stirs up courage and strength, consolations, inspirations and tranquility."

In short, anything that leads to despair is not from God. Anything that builds up hope is."

Acknowledging our own response to circumstances is really important. We often miss out this step, thinking that it is a sign of weakness; letting our fears get the better of us. But it is a real skill to be able to recognise what is going on inside ourselves. Reading our own moods and internal emotional states is important initial information.

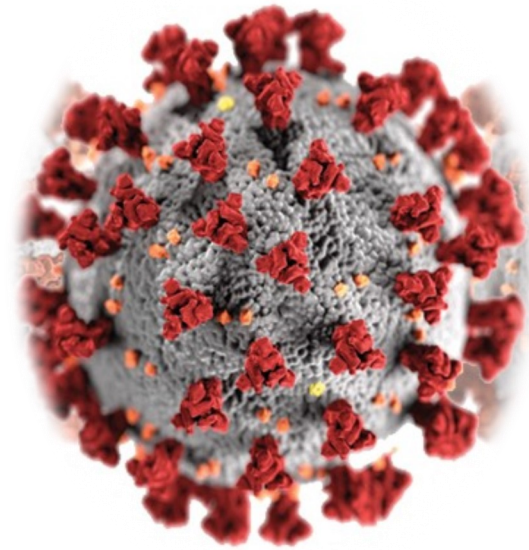
The first step for all of us should be to make time to reflect on our response to a particular experience or decision and ask ourselves, "**How do I feel about this?**",

It is natural, understandable even, to move directly from '**how I feel**' to making our decision or formulating our response. But the Ignatian model demands us to ask a secondary question: "**Where is this bringing me?**" or "**What is the likely outcome of this?**".

For those of faith, the question could be phrased "**Is this taking me away from or towards what God wants for me?**" (assuming, as we should, that God wants the very best for each of us)

In short: **1) Be aware of your feelings** but don't be overwhelmed or ruled by them and **2) (Don't forget to) Use your head!** Don't lose it, even, and especially, if everyone around you is losing theirs!

This dual approach helped guide Ignatius of Loyola and his Christian followers in the sixteenth century to discern God's will for them. The same is true for us today but, whatever our faith, it offers a way to help us, ultimately, just make better decisions.



The Two Wolves



An old Cherokee was teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves.

One is anger, envy, sorrow, regret, greed, arrogance,

self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather,

"Which wolf will win?"

The old Cherokee simply replied,

"The one you feed."

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.

Communion Service (Christian/Ecumenical) Major Festivals and Holy Days in T1 Prayer Room

- visit the chaplaincy website or see Multi-faith Prayer Rooms for more information.

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

Our Friends in the North



The Chaplaincy was delighted to welcome Fr. Sally Ann Larsen, Pro Consul of the British Consulate in Copenhagen, Denmark for two days at the beginning of March.

She toured the airport and met a number of partners working with the chaplaincy, including Border Force, Paramedics and Customer Service colleagues. In a week with an unusually high number of repatriations of UK citizens from abroad, Fr. Larsen assisted with the arrival of a young survivor of human trafficking and her eight week old baby.

Sally had a lot of experience of working with church-based social workers in Copenhagen, and considered their contribution to assisting British Nationals homeless or rough-sleeping in Copenhagen to be invaluable. Fr. Larsen also

has a Nordic/Baltic-wide responsibility for British Consular services, and will be sharing her experiences of her time at Manchester across the region.

It is thought likely that the end of the UK's transition period for

leaving the EU will result in a significant increase of UK nationals returning from northern Europe.

Continuing the Nordic/Baltic theme, Manchester Airport Chaplaincy were delighted to spend a couple of hours with a group of eight clergy from Helsinki/Vantaa who had been visiting their linked diocese of St Asaph in North Wales.

As they were flying through Manchester, they wanted to meet members of the Manchester chaplaincy team to ask about the work of chaplaincy with a view to establishing airport chaplaincy in Finland. Fortunately Christian, Jewish and Muslim chaplains were on duty that day to talk about the merits of multi-faith chaplaincy at Manchester.

Multi-faith Religious calendar April 2020

2	Ramanavami ** - Hindu	13	Baisakhi / Vaisakhi- Sikh / Hindu
3	Laylat al Miraj * - Islam	17	Holy Friday - Orthodox Christian
5	Palm Sunday - Christian	11	Lazarus Sat'day - Orthodox Christian
6	Mahavir Jayanti - Jain: <i>most important holiday in Jainism, marked by prayer and visits to shrines</i>	19	Pascha - Easter - Orthodox Christian
		21	Yom HaShoah - Jewish
8	Hanuman Jayanti ** - Hindu		First Day of Ridvan * - Baha'i
	Buddha's birth - Buddhist	23	Lailat al Bara'ah * - Islam
9-11	Theravadin New Year ** - Buddhist	24	St. George's Day - Christian
9-15	Pesach * - Jewish Passover – <i>begins at sundown, observed for eight days and celebrates the liberation of the Israelites from slavery in Egypt</i>		Ramadan begins * - Islam <i>begins at sighting of crescent moon, a month of fasting and the holiest time of the Muslim year</i>
9	Maundy Thursday - Christian	29	Ninth Day of Ridvan - Baha'i
10	Good Friday - Christian	30	Beltane - Wicca/Pagan <i>begins at sundown – the second most important Sabbath, marking the beginning of summer and celebrating life and fertility</i>
12	Easter - Christian		
	Palm Sunday - Orthodox Christian		
	Lag B'Omer - Jewish		

April Prayer Diary

We hold the global aviation industry in prayer; those whose lives & livelihoods are affected by Covid19 and those in leadership roles seeking to protect jobs.

Mar 30—Apr 05, 2020 - Week 14

The chaplaincies, workers & passengers:

Geneva International Airport, Switzerland
Genova Cristoforo Colombo Intl Airport, Italy
Glasgow International Airport, UK
Glasgow Prestwick Airport, UK
Gothenburg Landvetter Airport, Sweden

At Manchester:

TRG-Frankie & Benny's, Transun Travel, Turkish Airways, Vueling Air

Apr 06-Apr 12, 2020 - Week 15

The chaplaincies, workers & passengers:

Guadalajara Miguel Hidalgo Intl Apt, Mexico
Guernsey International Airport, Channel Is.
Hamburg Fuhlsbuettel International Airport, Hannover (Langenhagen) Airport, Germany
Hobart International Airport, Tasmania
Hong Kong International Airport, Hong Kong
Houston Bush Intercontinental Airport, Texas
Houston Hobby International Airport, Texas

At Manchester:

Brodericks, Jet2.com, EasyJet, Terminal Services T1 / T3, Airport City & Logistics Hub Development Teams, MAG Public Affairs and Community Relations

Apr 13-Apr 19, 2020 - Week 16

The chaplaincies, workers & passengers:

Indianapolis International Airport, Indiana USA
Inverness Airport UK
Isle of Man (Ronaldsway)
Istanbul Ataturk International Airport, Turkey
Izmir Adnan Menderes Airport, Turkey

At Manchester:

Aircraft Catering Services: Alpha LSG Sky Chefs, Gate Gourmet, NEWREST, Storm Aviation (Aircraft Maintenance)
R & M Developments, MAG Terminal Duty Managers, CSDMs and their Teams

Apr 20-Apr 26, 2020 - Week 17

The chaplaincies, workers & passengers:

Jacksonville International Airport, Florida USA
Jandakot Airport, Perth, Western Australia
Jersey International Airport, Channel Islands
Johannesburg OR Tambo Intl. Airport, S Africa
Juba International Airport, South Sudan
Katowice International Airport, Poland

At Manchester:

NATS Air Traffic Control, Boots Chemist, Kurt Geiger
Those observing the Holy Month of Ramadan