



ONE IN CHRIST

Newsletter of the Commission for promoting Racial and Cultural Inclusion

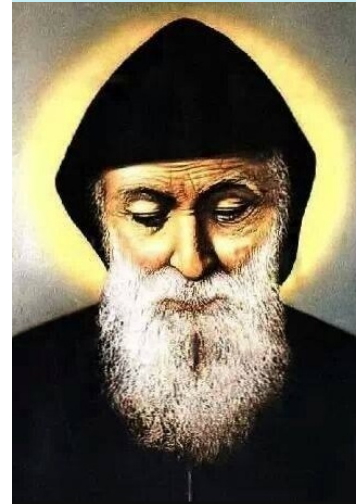
Archdiocese of Southwark

London boroughs south of the Thames, the County of Kent and the Medway Unitary Authority

Memories



Saint
Charbel Makhlouf
Priest and Monk in
Maronite Church



You are invited to our Archdiocesan Seminar

Theme: Promoting Racial and Cultural Inclusion in our Parishes, Schools & Communities: Where are we now & Where are we going ?

Date: Saturday 28 October 2023

Venue: Amigo Hall, St George's Cathedral, Westminster Bridge Road, London, SE1 7HY

Time: 9.30am to 4pm

Scan the QR Code:



From Lebanon

1828 - 1898

Feast Day
24 July

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**SEMINAR
ON SATURDAY
28 OCTOBER 2023**

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REFLECTIONS

3

**INTERVIEW
SAINT OF THE MONTH**

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INHS at 75

**Reflections
by Revd. Dr.
Alfred
Banya**

Head of
Chaplaincy,
King's College
Hospital

Advisor on
Healthcare
Chaplaincy,
Archdiocese
of Southwark



As we mark the 75th Anniversary of the NHS, let us celebrate the achievements, of the nurses, doctors and all healthcare workers who work so hard despite many challenges. Their commitment and dedication was particularly evident during the COVID-19 pandemic. As an hospital chaplain, I did not only support patients and relatives, but also healthcare staff who tirelessly looked after the sick.

All of this was amidst fears of a virus that was largely unknown. We had to work together in different ways. For example, nurses often arranged so that chaplains could use phone or video conferencing to support families who at the time were not allowed to visit their loved ones in hospital for fear of the virus. Many of the nurses themselves needed chaplaincy support because they were often troubled by the thought of preventing relatives, especially of dying patients from visiting. Despite this, the nurses and doctors continued devotedly with caring for their patients.

The same spirit of grappling with the unknown was probably also faced by the pioneer health workers in the early years of the NHS. Many came from the Caribbean and Commonwealth countries, apprehensive of what to expect in a new country and a new institution. After 75 years, the NHS still continues with a diverse workforce drawn from many parts of the world. We salute their contributions alongside those of the home-grown workers.

The NHS remains the envy of many across the world because it has maintained the principle of providing healthcare to all, based on health need and not an individual's ability to pay. This is something that we pray will continue and must not be forgotten or lost amidst the resource pressures the NHS faces. It is an attribute of the NHS that must be celebrated despite the issues the institution faces, important though these are.

Let us thank God for our NHS, and the nurses and doctors who work in it, and all those who have taken up the challenge of studying to become healthcare professionals. May they be supported so that they can use their knowledge and skills to help those in need of their service.

Revd. Dr. Alfred Banya

Head of Chaplaincy, King's College Hospital

Advisor on Healthcare Chaplaincy, Archdiocese of Southwark

6 Socially Inclusive Language Suggestions to Fight Racism

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Reflections
by Father
Feroz
Fernandes,
Goan Chaplaincy



Socially inclusive language fosters a harmonious and inclusive society, particularly in a diverse city like London. With its multicultural population, London is a melting pot of different cultures, ethnicities, and languages. Therefore, it is essential to use language that avoids racism and promotes social inclusivity.

Here are six things to avoid or add to your language.

1. Instead of using terms like "foreigner" or "immigrant," socially inclusive language in London would refer to individuals as "residents" or "community members" to emphasise their belonging and contribution to the city.

2. Instead of referring to someone's race or ethnicity as a defining characteristic, socially inclusive language in London would focus on their individuality and achievements, highlighting their contributions to the community.

3. Using terms like "British citizens" or "Londoners" instead of categorising individuals based on their ethnic backgrounds helps create a sense of unity and belonging for all residents.

4. Avoiding racial slurs, derogatory terms, and offensive language is crucial in promoting social inclusivity and avoiding racism in London.

5. Using terms like "person experiencing homelessness" instead of "homeless person" emphasises the individual's humanity and avoids defining them solely by their housing situation.

6. Being mindful of micro-aggressions and avoiding comments or actions that belittle or invalidate someone's experiences based on race, ethnicity, or other characteristics is essential in promoting social inclusivity in London.

Catholic Church, along with the vibrant London's multicultural population, thrives on diversity, and by embracing inclusive language, we are encouraged to create an environment where everyone feels valued, respected, and included.

When I suggested the topic for the newsletter, I remember the discussion. The best inclusive language - "Just Be Kind". In our multi-ethnic context, finding new ways to be kind to others is pivotal. Kindness transcends and bonds us as brothers and sisters. The commandment – *love your neighbour as yourself* – still holds in a complex world.

Garden Island Records

3

Interview

My castaway is

Tony Sarkis



Garden Island Records is an Interview series where I send my guest to a Garden Island.

Before I cast the guest away, we discuss general interests.

I invite the guest to share five songs and two books that would offer some inspiration on the Island.

On my part, I give my guest My Garden Island Welcome Mega Pack. In it, the guest will find The New Jerusalem Bible, a diary, a pen and a Vinyl record player.

Look out for the Mystery Record I give each guest, which I hope will become their garden island treasure.

By Father Valentine Erhahon, Saints Simon and Jude, Streatham Hill

My castaway is

Tony Sarkis

Tony was born in Australia in the seventies to parents from Lebanon. He grew up in Australia with the twin heritage and culture of being an Australian and a Lebanese. Tony grew up gracefully, thanks to his mum, who raised his siblings and him on her own. Tony calls his mum a super mum for enduring many trials and challenges. He thanks her for inspiring them to have a strong Faith rooted in Jesus Christ, with a resilience that can bring good out of the most terrible of circumstances. He acknowledges his mum's strength and perseverance as an inspiration to him and his family.

Growing up, Tony's family in Australia were of the Lebanese Catholic Maronite culture and attended the Maronite Church called: Saint Charbel. Over 40 years later, his son Liam will take the name of Charbel as his confirmation name this year on Pentecost Sunday at Saint Simon and Jude, Streatham Hill.

When Tony was 19, he met Sylvia, a fellow schoolmate in Australia with a triple heritage: Australian, Chilean, and Italian. When Tony was 25 years old, they got married. Sylvia and Tony have three children: Luca, Isabella and Liam.



The six rites of the Catholic Church,

followed by which sui iuris Churches are contained within them.

1.) Latin Rite

1. Latin (or Roman) Catholic Church

2.) Alexandrian Rite

1. Coptic Catholic Church
2. Eritrean Catholic Church
3. Ethiopian Catholic Church

3.) West Syrian (or Antiochene) Rite

1. Maronite Catholic Church
2. Syriac Catholic Church
3. Syro-Malankara Catholic Church

4.) Armenian Rite

1. Armenian Catholic Church

5.) East Syrian (or Chaldean) Rite

1. Chaldean Catholic Church
2. Syro-Malabar Catholic Church

6.) Constantinopolitan (or Byzantine) Rite

1. Albanian Catholic Church
2. Belarusian Catholic Church
3. Bulgarian Greek Catholic Church
4. Byzantine Church of Croatia, Serbia and Montenegro (or Križevci Catholic Church)
5. Greek Byzantine Catholic Church
6. Hungarian Greek Catholic Church
7. Italo-Albanian Catholic Church
8. Macedonian Catholic Church
9. Melkite Greek Catholic Church
10. Romanian Catholic Church
11. Russian Catholic Church
12. Ruthenian Catholic Church (also known as the Byzantine Catholic Church in America)
13. Slovak Catholic Church
14. Ukrainian Greek Catholic Church

Three Countries

Father Valentine: 'Thank you very much for accepting to come on our Garden Island Records. Let's get started. Welcome. Let us meet you. Could you tell us three countries that, for significant reasons, mean a great deal to you and why?'

Tony: 'This is a difficult one, but it starts easy. The first is Australia because of my Australian heritage and upbringing. This country's very special, you know. I love how we said: the good day when you meet somebody and, of course, the great Aussie pie, cricket at the beaches. I love how we go out for fun things after work. In Australia, it is brilliant; spectacular life is simple. The second country will be Lebanon. Lebanon is absolutely a very special country. It is where Mum was born, and half of my family still lives there. It's got beautiful history, incredible history. Great cultural food. I mean it is fantastic. There are many things I love about Lebanon. The generosity, the customs, the music, and the dancing is such a completely different world to Australia, but somehow complementary, they blend well together. The Third one is difficult because I have to choose between two competing countries: Chile and England. I have decided to go with Chile because it's the kid's other half. Hence, the kids are half Lebanese, half Chilean and 100% Australian, if that makes sense. Sylvia and I went to Chile after we married. She took me. It's such an incredible country. We went to the driest desert in the world up north to the glaciers down South, all within the same country. We went and climbed a volcano. Yeah, the snow-filled with a volcano that took us almost 8 hours to climb it. I got to meet her family as well. The kids are incredibly blessed to have such a diverse range of countries and even passports. If they wanted to play in the Olympics, they could go to Lebanon, Chile, Australia United Kingdom and Italy.'

20 Years ago - Let's talk Food

Father Valentine: 'Thank you. Let us go back to 20 years ago. What was your favourite food and why?'

Tony: 'OK, my favourite foods haven't changed much since I was a kid and married; again, I've always got a soft spot for traditional Lebanese food, so it could probably be traditional Lebanese Tabbouleh Salad. I grew up in a Lebanese household, so I know most traditional Arabic food and how to cook a quintessential Lebanese meal. We have made some for you Father. Come on. Join us in the kitchen let us try some; I have prepared a spread. We will have it BBQ style.'



When you were 18 years old - Let's talk books

Father Valentine: 'This is such lovely food. Simply the best. I love it. Thank you. Let us go back to when you were 18 years old. What was your favourite book and why?'

Tony: 'When I was 18, I had just finished year 12 levels and went into a used bookstore once and got this book called: *The Alchemist* by Paulo Coelho. It wasn't something I was seeking to get, but I remember it being an inspirational book that struck me. *The Alchemist* is about a shepherd boy from Andalusia called: Santiago who was going to find a treasure in the pyramids of Egypt. The journey soon becomes one of self-discovery. Through this journey, he learns about life and his true purpose. The book is not about the destination, it is about the trip, and that is why I love it. Since then, the book has inspired me in different ways in life and had a significant impact on me.'



Memories from 15 years ago

Father Valentine: 'Let us go back 15 years ago. How was life for you? And what particular music made a great impact on you and why?'

Tony: 'Fifteen years ago, we were living in Australia. Life, to be honest, was excellent. We had the kids, and we were all doing well. I was working with Credit Suisse, and we lived in Sydney. We used to go swimming, and I used to catch a ferry to work. I worked long hours, but we always made time for the kids.'

I remember the music "Low" by Flo Rida was released in that year and although not significant at the time, I recall some 15 years later when we were driving down the Kings Road and the kids were arguing in the back seat that I rolled down the back windows and played that song at full volume and the kids were mortified as people were looking at them. They quickly behaved themselves and were pleasant for the entire trip home.'



Memories from 5 years ago

Father Valentine: 'What is something significant you feel like sharing with us about your general life, let's say: from 5 years ago?'

Tony: 'I would say in the past five years, God has intervened; and with prayers, God brings new life and new hope to us as a family. Everything that's happened with us has kept us together and unified us I think. In the end we thank God for the many miracles we have received and how he has answered our prayers, and given us so many blessings as a family.'



Five Records and Two Books

Father Valentine: 'Thank you very much for all that you have shared. I am about to cast you away to our Garden Island. Before you go, I will give you our Garden Island Welcome Mega Pack. In it, you will find The New Jerusalem Bible, a diary, a pen, and a Vinyl record player to play your chosen records. On your part, you can take five songs and two books. So tell us, while you are on this Island, please tell us your five chosen songs and two books you will take with you?'

Tony: 'So I'm a big Rocky fan, so the first song I chose would be *Eye of the Tiger by Survivor*. This song is one of my favourites, anyway. It's a great anthem and motivational. I remember dancing to it when I was much younger. It is a very uplifting song. The second song is also a rocky song called: *Gonna fly now by Bill Conti*; this takes me back to my childhood and the memories of being a kid, running in the park and trying to work harder in life. Rocky is about being the underdog, and I've always loved that underdog against the odds. My third, yeah, so my third is by an Australian rock band called *Back In Black by AC/DC*; this is an anthem for Australian rocking, and it evokes resilience and determination. Whenever it is played: you can feel the energy in the country. For my fourth, I put the click here to go with *Three Little Birds by Bob Marley*. It is a very positive song. It is brilliant whenever it is played in a nightclub or a bar. It is like you have a sense of peace. The fifth song is random. It has to be *I'm Gonna Be (500 Miles) by the Proclaimers*. The fun thing about this piece is two guys wearing glasses and singing a fantastic song. I love the song because it is nostalgic and an optimistic song. If I am going to be on a castaway island, what better way to be there than to have a song sung to you to walk 500 miles? This song got infectious enthusiasm.

Regarding my book choice, I asked my son for one book he would choose because he reads a lot these days. Luca and I thought about it this way: I just realised the Bible is given to me, so that's an excellent free option. Lukas told me about a novel: *Scoop by Evelyn Waugh*, published in 1938. Luca is reading it at the moment, and he wants me to read it, so I thought, well, if he's reading it at the moment and he wants me to read it, and I thought, well, if I get castaway, I haven't read the book yet, I'm going to take this book. The novel is a satire on sensational news. It is about Western press sensationalised tabloid journalism. The book is a critical examination of the media's role in shaping public opinion, and with much of the stuff we're facing in the news today, it is helpful to read. My second book will have to be: *The Hobbit by J. R. R. Tolkien*. The Hobbit was the first big book I ever read end-to-end, so I am going to take it with me.'

Father Valentine: 'Thank you, Tony, for this interview. I thoroughly enjoyed my visit and sharing this time with you and your family. Look out for the publication to discover the Mystery Record I chose for you, which I hope will become one of your garden island treasure.'

The Mystery Record I will be giving you, Tony, is something that can transport you. For now, it remains one of my favourite records: It is *Saint-Saëns: Carnival of the Animals* from The Kanneh-Mason family's stunning new album 'Carnival'. There is nothing like it. Heavens.

I will give you a second Record because you are the very first castaway on the Island in this new series. It is *Homeward Bound by Marta Keen sung by Fraser Walters*.



The Team:

Episcopal Vicar for the Commission:

- Canon Victor Darlington

Administrative Assistant:

- Hipo Eze

Sub Committees:

RoadMap for Parishes Racial Justice and Cultural Inclusion Commission Hubs:

- Deacon Alfred Banya (Coordinator)
- Hipo Eze
- John Siraut

Events Planners: (Racial Justice Sunday, Formation Day, etc)

- Jude Onye (Coordinator)
- Nana Anto-Awuakye
- Robert Emejuru
- Delia Jameson
- Paul Cavadino
- Zoe Ramsammy

Chaplaincy Engagements:

- Jenifer Da Silva (Coordinator)
- Fr Patrick D'Souza
- Fr Fernandes Feroz
- Marlon Andino

Newsletter Editor:

- Fr Valentine Erhahon

Contact us:

CANON VICTOR DARLINGTON



EPISCOPAL VICAR

Park House,
6A Creswell Park, Blackheath, SE3 9RD

Emails:

racialjusticecommission@rcaos.org.uk

hipoeze@rcaos.org.uk

The Roman Catholic Archdiocese of Southwark
A Charitable Incorporated Organisation Registered
Incorporated Charity Number 1173050

ABOUT SAINT CHARBEL MAKHLOUF PRIEST AND MONK IN MARONITE CHURCH

FEAST DAY: 24TH JULY

From the Interview with Tony Sarkis:

“My son Liam received his Confirmation this year. And when it came to the choice of names, I asked him to draw out a list of five saints before choosing the one he would go with. I was teaching him how to make life decisions and said, usually, you would sit down and look at a list to find the one with the most value. He had a list of Saints: Simon, Peter, Michael, Paul and Charbel. Saint Charbel means a lot to my family, childhood, and Lebanese heritage. I was delighted when Liam and my Wife Sylvia shared that Saint Charbel was a unifying saint. He is the Christians and Muslims treasure, and they seek his intercession, not just in Lebanon but the whole Christian and Muslim World.”

