

IN CONVERSATION WITH THE CHAPLAINCY
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This month's editor
is
Shaykh Ibrahim Mogra

The chaplaincy is thrilled that Canary Wharf Group have partnered with the Eden Project to make the estate greener. The project aims to connect people with nature by creating biodiverse environments giving a wonderful space for people to enjoy the great outdoors.

There is so much to explore parks, gardens, water features and waterfront, as well as water based activities such as paddle-boarding, swimming and kayaking.

Canary Wharf Group hope that this greening of the estate will contribute to the efforts of the Eden Project in “its global mission to create a movement that builds relationships between people and the natural world to demonstrate the power of working together for the benefit of all living things”.

We know that a significant percentage of the working population on the Estate has a religious faith or belief. All these faiths and beliefs teach about the importance of maintaining harmony between humans and their environment. Many of the scriptures, for example the Qur’an, talk about the balance that God has established in his creation and carries warnings against creating an imbalance that would lead to chaos and destruction (55:1-12).

Getting the right work-life balance is not always easy at the best of times and even more so difficult when people must work in very pressurised work environments with tight deadlines and targets to meet. Creating open, green and quiet spaces provide oases for tired minds and exhausted bodies to refresh and reset the balance that is so important for one’s wellbeing and health. So why not make a new habit if you are one of those people who never seem to get out of the office during the day, to leave your desk and building each day even for 10 minutes and explore the new developing green spaces!

We are taking a break in August so the next edition of our Newsletter will be available in September. Meanwhile we are delighted to have a Digital Marketing Intern working with the Chaplaincy over the summer, to help us increase our presence of social media – so look out for us in September on the social media platforms you usually use.

We wish you all a happy holiday and hope that you will have an opportunity to rest, relax, refresh and recharge!



Ibrahim's interview's Adam Robinson about how chaplain's support managers who are dealing with critical incidents.

In our last issue we began a series where we talk to staff from the many different sectors and organisations that operate on the Canary Wharf Estate. This time I had the pleasure of catching up with Adam Robinson who is based in One Canada Square. He worked for Canary Wharf Management Limited roughly 20 years ago and found himself being “lured back” – his words, not mine!

Adam has been in his current post since early 2019. He is the Building Manager for both One Canada Square and 7 Westferry Circus and is responsible for the day-to-day management and 27/7 operation of both buildings. Adam has a team of more than 50 direct and indirect people working with him, including managers, supervisors, and contractors who support him in this operation.

He explained that his role is often varied but is predominately to look after the landlords’ assets and services within the buildings. It also involves a lot of tenant liaison and making sure that everything within the building from maintenance to security to cleaning is carried out correctly and to the highest standard whilst ensuring it is delivered within the confines of the service charge budgets.

However, his job is not just with brick and mortar, but a big part is very much with people. A significant amount of his time is spent managing a core team of staff who comprise of individuals at all levels and a wider team of contractors including both reception and cleaning staff.

Each person is unique, he tells me, and come with their own individual circumstances. I asked him how they are supported. He gave me an example of a serious incident that took place at one of his buildings at the tail end of last year, November 2021. The incident had a huge impact on staff, both directly managed, like maintenance staff, security staff and others, like contractors. The incident was such that it had the potential to have a serious impact on all individuals involved. Other than offering his own services and those of the Canary Wharf people development team, Adam turned to the Canary Wharf Multifaith Chaplaincy to offer and provide assistance where appropriate.

From the evening of the incident, chaplaincy services were offered to those staff. Asked whether he had received any feedback from those who had been supported by the chaplaincy and about the quality and level of support given, he shared his own personal experience.

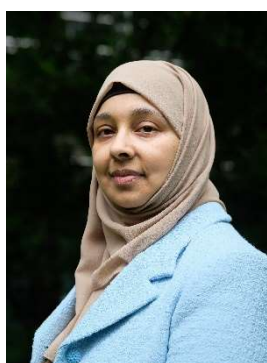
He had found that the entire chaplaincy team was very accessible, and they could not have done more to assist. He said it had been made very clear to him that chaplaincy would be available, either in person or at the end of a phone 24/7. “Most days a chaplain was present to make sure that all individuals were ok. There were lots of phone calls that were made and emails sent just to reassure people that there was

somebody available to listen should it be required. So, from my point of view, I don't think the chaplaincy could have done anything more to let people know that you were there to give guidance or assistance... or just be a listening ear." explained a grateful Adam.

A few individuals who had directly benefited from the chaplaincy by talking things through, or receiving direction, or going through the details and getting stuff off their chest, or concerns, had given Adam feedback about the invaluable service. They were also supported by being directed to other agencies for specialist support like counselling and were assisted in speeding up the process where the support was not being delivered maybe as quickly as it could have been.

Asked what message he had to give others about the chaplaincy, Adam said, "I couldn't recommend you guys enough for anything, however big or small. The chaplaincy were so welcoming and hospitable to everybody involved in the incident, including Canary Wharf staff, contractors and members of the public. I would encourage everybody to get in touch and just find out a little bit more about the great work that the Chaplaincy do on the estate and to use your services where they can."

We would like to thank Adam for making time to talk to us.



The sacrifice of Ismail (Ishmael) symbolises trust and commitment to worship God sincerely

An article by Shaykha Saleha Islam

Reflecting on the decisions we have to make in our daily and work lives.

The Prophet Ibrahim (Abraham, peace and blessings be upon him) had grown old without any children, so he prayed to God:

"Lord, grant me a righteous son. So, We gave him the good news of a patient son. When the boy was old enough to work with him, he said, "My son, I saw myself sacrificing you in a dream. What do you think?" He said, "Father, do as you are commanded and, God willing, you will find me steadfast." When they had both submitted to God, and he had laid him face-down, we called out, 'Ibrahim you have fulfilled the dream'. This is how We reward those who do good. It was a test to prove their true characters, and We exchanged his son for a momentous sacrifice. We ensured succeeding generations appreciated his sacrifice, peace be on Ibrahim! This is how We reward the righteous, truly he was our faithful servant." (Quran 100-112).

Recently, while more than a million pilgrims performed the Hajj in Makkah, Muslims around the world celebrated `Id al-Adha (Eid al-Adha). They would have ordered their udhiyyah, also known as qurbani (sacrificial animal like sheep, goats, cows etc. to be slaughtered) for a feast with family, friends and neighbours and a share for the poor. Muslims declare their faith and commit to this ritual each year as a form of worship. It is an act of worship to please God and to follow the example of Ibrahim. This ritual symbolises sacrifice and is very important in Islam. It is compulsory on every sane and mature person, male or female who is liable for paying charity (Zakah).

The Prophet Muhammad (peace be upon him) said, "The best deed of the son of Adam on `Id (Eid) day is to sacrifice an animal and his sins will be forgiven before the blood drops on the ground" (Tirmidhi). He said, "When you sacrifice an animal, you build a barrier between yourself and hellfire." (Tabrani).

Ibrahim was ready to fulfil the command received through his dream. This was an ultimate test of his unwavering faith, courage, sincerity and patience with God. He went through all the human emotions in preparation for this huge sacrifice. This story is a reminder of all the sacrifices we all make for ourselves and others. There are many forms of self sacrifice which we make daily to bring about positive changes in our lives as well as in the lives of those around us.

In the business and corporate world there are many sacrifices that are required and are made daily. Often some of these do not even register as sacrifices on many people's minds. From small, insignificant and trivial matters to substantial and important matters, it is all these sacrifices that grease the gigantic wheels of the business world. People going out of their way, beyond the call of duty and doing more than what their job description requires, for the business and for colleagues.

The important morals we learn from the story of Ibrahim are not only about perseverance, trust, patience and sincerity but the importance of our relationship with our families and by extension our colleagues. Ibrahim and his son display such a well nurtured relationship. It was due to this deep bond between father and son that Ismail was able to comply and encourage his father to do as he had been commanded by God.

As people of faith, we can draw strength from this powerful story. As we make sacrifices through life, we place our hope in God that they will not go unrewarded.

I performed Hajj with my wife, son and daughter-in-law and it was a most spiritual and exhilarating experience to join millions of Muslims from all over the world.



[Revd Wayne O'Reilly writes about spiritual renewal helping us in our everyday lives.](#)

He talks about the importance for Catholics of The Visitation of the Relic of St Bernadette, 2022

As the Catholic Chaplain here at Canary Wharf, I am all too aware of the impact the pandemic has had on many people over the last two years. It has left many of us drained, worried and also it may have made us take a closer look at our work life balance and possibly our faith.

In September and October this year, the relics of St Bernadette will journey on pilgrimage to England, Scotland, and Wales for the very first time. This very special, once in a lifetime event, will provide an opportunity for people of all ages and backgrounds to experience the special gifts and charisms of Lourdes, in a nearby church or cathedral. Over a million people are expected to visit. My hope is that Relic tour will enable many of us to encounter God's love and find a spiritual renewal which will in turn help us in our everyday lives.

In religious terms, relics are often an object, or article, of religious significance from the past and form an important aspect of in the life of Christianity, Islam and many other religions.

From earliest times in the Catholic Church, the bodies of martyrs were held in special veneration. The relics of St Polycarp, for example, were described as being 'more valuable than precious stones and finer than refined gold.'

There are two principle reasons for venerating relics:

God shows his approval of relics by granting healing, and other graces,

Relics help us to feel close to a holy person, making the communion of saints more real and fostering in us a desire for holiness.

St Bernadette was born in 1844 in a small town in France. Bernadette Soubirous was one of eight children born into a very poor family. Between 11 February and 16 July 1858, Bernadette saw the Virgin Mary eighteen times, in a series of Apparitions that took place in a cave on the outskirts of Lourdes.

The life and legacy of St Bernadette has touched the lives of thousands of people across the world. 160 years after the first pilgrimages to this special place began, Lourdes is one of the busiest Christian pilgrimage sites in the world, with the Catholic Church acknowledging 70 miracles as having taken place there. I do pray that many of you will be able to take the opportunity to visit. Further information can be found at: St Bernadette

Up Coming Faith Events

July Faith Festivals

Rastafarianism 23rd July Birthday of Emperor Halle Selassie I A holy day of commemoration for Rastafarians.

Islam 30th July Al-Hijra: The Islamic New Year. First day of Muharram. Start of Islamic year 1444.

August Faith Festivals

Paganism 1st August Lughnasadh Marks the first day of harvest.

Judaism 7th August Tisha B'Av Anniversary of the destruction of the Temple of Solomon by Nebuchadnezzar and of the Second Temple by Titus.

Islam 8th August Ashura Marks the tenth day of Muharram as the day Allah saved Moses from the Pharaoh.

Hinduism 11th August Raksha Bandhan Celebrates the love and duty between sisters and brothers.

Christian 15th August The Blessed Virgin Mary Celebration of the mother of Jesus, Catholic Christians keep this day as Mary's Assumption into heaven before death.

Hinduism 18th August Janmashtami Celebrates the birthday of Lord Krishna, believed to have shown himself in human form 5,000 years ago.

Hinduism 31st August Ganesh Chaturthi Festival that commemorates God Ganesha's birthday.

Jainism 31st August Samvatsari Holiest day of the Jain calendar, spent in prayers and contemplation

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