



St. Patrick's Church

Broad Green/Cowley Drive Woodingdean BN2 6TB



Our Lady of Lourdes

Whiteway Lane Rottingdean

St. Patrick's Newsletter

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Welcome to the fifth "apart but together" e-newsletter (22nd May 2020)

"Because where two or three have come together in my name, I am there among them." Matthew 18

Live streaming of Mass from Our Lady of Lourdes:

During lockdown, Fr Benny continues to say MASS which is streamed live: 10.00 am on weekdays; 18.30 Saturday evening and 10.30 Sunday. There will be EVENING PRAYERS at 7.00pm daily Monday to Friday. Go to YouTube and search for 'OLOL Masses'

Know that I am with you always

Barbara Bond

There is a beautiful book about ageing, written by a wise French psychologist, Marie de Hennezel, called *The Warmth of the Heart Prevents Your Body from Rusting*. She argues that your inner life is the key and that practising gratitude is central to this.



This period of lockdown has been a time when our inner life is somehow more prominent; more time and less opportunity to be distracted, I guess. Suddenly what is important is thrown into sharp relief. The Ascension could be a good starting point to reflect on how we find Jesus in each other. As the disciples had to learn that Jesus as they knew him was gone into the all-embracing presence of his Father, we also are called to be the visible presence of Jesus in our communities. There is only one way:

From the Editor

It's been 10 weeks since we had to cancel our ceilidh and 9 since our last Sunday Mass. I have been struck by the generosity of all the people who have sent contributions to the newsletter; we have managed to share such a lot. More than that, I feel I know you all better and that we connect in ways we didn't before.

– So many, many thanks! Please keep sending us your contributions.

Lord, when I am feeling lonely,
remind me of your promise:

**"You are never alone,
I am with you always,
Yes, to the end of time".**

Please send me your thoughts (200—300 words) about life under lockdown. Next issue in time for Sunday of the Most Holy Trinity, 7th June. Contributions before Friday 5th June at email: bond_barbara@ymail.com.

Life's ups and downs

Jane Moore

We were lucky that we managed to get our holiday to Madeira in March before everywhere went into lock down. We had a lovely time with good weather. We also had the most extraordinary experience whilst we were there. We were sitting on the balcony in the evening after eating our meal outside when suddenly the whole balcony started swaying from side to side.

At first we could not comprehend what was happening, but as the swaying stopped we realised that we had just experienced an earthquake. It was all over so quickly.

Lots of people came out of their houses and stood on the road talking to each other. I put my shoes on and got my hand bag ready in case we needed to vacate the building quickly. I was really scared that there might be more quakes to come. However, we survived with no more felt. We found out the next day that the last big earthquake to hit Madeira had happened in 1976. This one had happened about 30 miles out at sea and was registered as 5.2 on the Richter scale so quite big!

When we left Madeira a week later they had stopped all the cruise ships coming into port and were going to shut the schools the following week. We felt very sorry for everyone living in Madeira as their whole economy is based on the tourist trade and we knew they were going to suffer greatly.



More surprises were waiting for us! On my return home I had an appointment to have a mammogram and duly went off to have this done then got a letter in the post a few days later asking me to return for more tests. I had more mammograms, an ultrasound scan plus a needle biopsy into the lump they had spotted but which I had not. So followed some down-days trying to come to terms with what was happening. It is a good job that we do not know what life is going to throw our way!

Roll on some weeks later... and I have been into the Queen Victoria hospital in East

Grinstead on 6th May and had the lump removed (plus 2 lymph nodes). I am absolutely amazed at how quickly everything has been attended to. I have been so lucky to be able to get operated on in the hospital that has been set aside with no Coronavirus patients. It was all done in the day – I arrived at 7.30 in the morning was operated on under general anaesthetic and was able to leave and come home by 3pm in the afternoon (how fantastic is that!). We are so lucky to have the NHS!

My treatment will continue with radiotherapy and drugs. I feel very well and the wound is not painful fortunately.

I miss seeing everyone on Sunday mornings and hope that you are all keeping well and occupied during this strange time in our lives. I did join in the Zoom meeting last week and will hopefully join in again this week. I am enjoying my garden and have a greenhouse full of seedlings, if anyone needs tomato plants especially, let me know.

Love to everyone, Jane x

"As one whom his mother comforts, so I will comfort you; you shall be comforted in Jerusalem. You shall see, and your heart shall rejoice; your bones shall flourish like the grass." Isaiah 66

Community News

Families United in Nature

Chiara Santin

In response to the Covid-19 pandemic Chiara Santin, a Community-based family therapist, founder of Rainbow CommUnity Projects, would like to offer families the opportunity to benefit from spending time in nature as a source of wellbeing whilst home schooling.

F.U.N (Families United in Nature) Family Therapy is designed to give a family the opportunity to have fun together in a safe and supportive environment, and engage in conversations with each other about lock down and how social isolation, and lack of routine and structure, have impacted on family life.

At the same time it gives a family an opportunity to reflect on new positive habits that may have emerged as a result of spending more time with each other and in nature. Parents or single parents and children will be engaging in nature-based activities reflecting on the current challenges of being a family and how they would like to be in the future.

Family therapy is effective in promoting communication and positive relationships in families to facilitate therapeutic change, and to enhance family attachments, bonding and cooperation through a variety of family activities.



Eco-therapy is based on using nature as a therapeutic tool and a valuable source of mental and emotional wellbeing to promote family resilience.

A FUN family therapy session will be of 1.5 hours. It will start with an outdoor ice breaker in nature (in the Woodingdean and Ovingdean area) and a family activity followed by a family conversation.

The service will start from June and the first 3 families will be offered a family session for free in exchange for thorough feedback.

If you are interested please email Chiara Santin on rainbow.communityprojects@gmail.com or phone 07548 390567, or visit the website www.familytherapyservicesrainbow.org.

The strain within a family can be severe, and might be completely invisible from outside. The work of someone like Chiara Santin could be a life-saver, in these circumstances. The lockdown crisis has proved a good time for redefining lots of things — including how we all look after each other. An apocalyptic time — a word which originally meant “revelation”. — Ed.

Sport Trivia Interlude: (for answers, see page 6). Who said: –

1. I don't make mistakes. I make prophecies which immediately turn out to be wrong.
2. I was watching sumo wrestling on the TV for two hours before I realised it was darts.
3. Winning is everything. The only ones who remember you when you come second are your wife and your dog.
4. We didn't underestimate them. They were a lot better than we thought. (*On Cameroon's football team*)
5. Some people think football is a matter of life and death... I can assure them it is much more serious than that.

“But the just shall rejoice at the presence of God, they shall exult and dance for joy. O sing to the Lord, make music to his name; make a highway for him who rides on the clouds. Rejoice in the Lord, exult at his presence.” Psalm 68

Laudato Si':

ENCYCLICAL LETTER OF THE HOLY FATHER FRANCIS, ON CARE FOR OUR COMMON HOME

Pope Francis' encyclical on care for our common home, **Laudato Si'** (2015) is an inspiration during times of difficulty. It encourages us to reflect on the values we share, and to create a more just and sustainable future.

Laudato Si' has been welcomed as a document of deep and abiding beauty, and it has prompted people around the world to reflect more deeply on Creator and creation. Its vision of integral ecology, which sees connections between how we treat God, nature, and each other, offers simple but profound truths about the bonds that unite us.

Laudato Si' tells us that "everything is connected"; tragically, this current health catastrophe has much in common with the ecological catastrophe. **Both are global emergencies** that will affect many people, both directly and indirectly. **Both are experienced most deeply by the poor** and vulnerable, and expose the deep injustices in our societies. **Both will be solved only through a united effort** that calls on the best of the values we share. Our world is deeply affected by the coronavirus pandemic. Laudato Si' Week helps us reshape the world that will arise after the pandemic has passed. This crisis is an opportunity to start anew, to reflect, and to make sure that the world that arises after this crisis has passed is sustainable and just.

As we pass through Laudato Si' Week (16-24th May), culminating in the 5th anniversary on May 24th, we are invited to reflect together on how the encyclical's lessons guide us through the current crisis.

"Bring healing to our lives, that we may protect the world and not prey on it" (Laudato Si', 246).

Barbara Bond

"LAUDATO SI', mi' Signore" – "Praise be to you, my Lord". In the words of this beautiful canticle, Saint Francis of Assisi reminds us that our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us. "Praise be to you, my Lord, through our Sister, Mother Earth, who sustains and governs us, and who produces various fruit with coloured flowers and herbs".
Laudato Si', section 1

During Laudato Si' Week, we are invited to come together as one people around the world to prayerfully discern the lessons of this moment. The COMMON PRAYER will be prayed at 12.00, local time, wherever you are on May 24th. It will be a wave of hope and action for each other and our world.

Loving God, creator of heaven and earth and all that is in them,
You created us in your own image and made us stewards of all your creation,
You blessed us with the sun, water and bountiful land so that all might be nourished.

Open our minds and touch our hearts, so that we may attend to your gift of creation.
Help us to be conscious that our common home belongs not only to us, but to all of your creatures and to all future generations, and that it is our responsibility to preserve it.
May we help each person secure the food and resources that they need.

Be present to those in need in these trying times, especially the poorest and those most at risk of being left behind.
Transform our fear and feelings of isolation into hope and fraternity so that we may experience a true conversion of the heart.
Help us to show creative solidarity in addressing the consequences of this global pandemic.

Make us courageous to embrace the changes that are needed in search of the common good.
Now more than ever may we feel that we are all interconnected and interdependent.
Enable us to listen and respond to the cry of the earth and the cry of the poor.

May the present sufferings be the birth pangs of a more fraternal and sustainable world.
Under the loving gaze of Mary Help of Christians, we make this prayer through Christ our Lord. **Amen.**



Scientists in the UK and all over the world have dropped their own research and used their expertise to study the new virus, generating PCR tests for it from the genetic code or detecting specific immunoglobulins (antibodies). They have worked so efficiently, to provide kits and at an unprecedented rate, to make and trial a vaccine.

This has all been of no personal benefit to the scientists. Laboratory based research is exceptionally competitive. It is – and always has been – global, by that I mean when you published your research in one of about 500 journals, everyone in your field throughout the world knew about it within weeks and now, with the internet, within hours. I began research in California in 1967 and retired in 2009. You apply for funding to do a specific piece of research and try to publish it in high-impact journals. This is your 'currency', you develop a 'track record' and are constantly writing grant applications. By working now for the public good, scientists are losing ground in their own research.

Test, trace and identify

Scientists are the group holding our means of getting out of lockdown, since we had not stockpiled the resources necessary to contain the virus. Where mass testing and contact tracing were available and used, e.g. S.E. Asia, countries with a population of 50 million have had only 250 deaths from coronavirus. The UK is now to consider heat scanners for passengers at airports, these can also be used in any mass transport system and in supermarkets. It is true they don't detect the virus, but they give useful information.



Testing is the first step to cut off routes of COVID transmission. Drive-through testing started in South Korea, I think for MERS epidemic. It would be very helpful to locate contacts by their phone GPS, credit card data and CCTV: this information will be used by government authorities co-ordinating tracing.

Although contact tracing is an invasion of privacy, it is vastly preferable to getting and spreading a very infectious and potentially lethal virus. People with the virus, whether symptomatic or not, will be isolated (but infection levels may have to be lower for it to work). *For people over the age of 70 or for those who are particularly vulnerable, stopping the spread of the virus will spell freedom.*

- **Pandemics are increasing**

COVID-19 is unusually infectious and lethal. See YouTube documentaries on previous virus – Spanish flu 1918 (deadly but not as contagious as COVID), 1957 Asian flu, 1968 Hong Kong flu, HIV 1981, 1997-99 bird flu, SARS 2003, swine flu 2009, MERS 2012, Ebola 2014-16. Notice the increasing frequency.

- **Data on Coronavirus**

You can follow data on Coronavirus at

<https://www.worldometers.info/coronavirus/country/uk/> or

<https://covid.joinzoe.com/> – which has research findings on its site. The Financial Times and New York Times provide free, reliable coronavirus coverage.

- **Calculating virus infective dose**

If you want to calculate whether your home or work environment is safe and social distancing can be maintained look at calculations about virus infective dose at

<https://www.erinbromage.com/post/the-risks-know-them-avoid-them>

- **Test & Trace**

If you had attended the Cheltenham Horse Racing Festival in early March, you would have been very unlikely to catch the virus. However, a few people who attended did spread the virus causing outbreaks. If schools reopen, the chance of spreading the virus will be low. In a few cases the virus will be spread. This is why it is so important to have test and trace, so that when new cases arise, they are contained.

“Live a life that measures up to the standard God set when he called you. Be humble, gentle, and patient always. Show your love by being helpful to one another.” Eph. 4

Garden Glimpses

Patrick Bond

In the midst of this slowly unfolding crisis, our garden becomes ever more beguiling. Now the roses are coming into their glory – you have images of them in this newsletter. The Great Spotted Woodpecker (a male, with a brilliant red spot on the back of his head) comes repeatedly to the fat-ball feeder, and flies off with full gullet, taking food back to the nestlings. The ‘heavy gang’ are also interested: starlings, jackdaws, and a local magpie who has lost his distinctive long tail feathers... In flight, he looks like a feathered black-and-white Christmas pudding.



I mentioned our pocket pond in the last issue. The ‘pocket’ is by way of an exaggerated compliment really, as it is minuscule rather than small, whereas the pocket battleship was altogether not a minuscule phenomenon. But in June last year, still hobbled by my knee and a hernia, and on the eve of going to have my right hand operated on (improbably terrified that I would lose my good digging hand), I threw caution aside, dug out a rectangular hole, sunk a large plastic box into the ground, and filled it with rainwater, rocks and a couple of plants. The dimensions are no more than two feet across by one foot, and about two feet deep; but today, a dapper, small yellow-brown frog was seen tiptoeing around

the precincts, and within the depths, a huge frog almost as big as my hand lurked underwater, eyeing me sideways before taking cover. It was The Thrill of the Day.

From “Hymns of Divine Love”

Come, true light.
Come, light eternal.
Come, hidden mystery.
Come, treasure without name.
Come, reality beyond all words.
Come, person beyond all understanding.
Come, rejoicing without end.
Come, light that knows no evening.
Come, unflinching expectation of the saved.
Come, raising of the fallen.
Come, resurrection of the dead.
Come, all powerful, for unceasingly you create...
Come, Alone to the alone...
Come, my joy, my endless delight.

Symeon the New Theologian (949-1022)

Earlier this week I was indulging in a bit of horizontal birdwatching, using my recliner (I got it to *assist my rehabilitation*, of course) to angle my gaze to the heavens. My reward for much patient watchfulness was two buzzards serenely circling, very high up in a deep blue sky with feathery swirls of white cloud – they were being harassed by herring gulls; two magnificent black-backed gulls cruising in straight lines like aircraft on patrol; and three swifts cutting and slicing the heights in all directions.

Sport Trivia answers

1. Murray Walker OBE, b. 1923; 2. Hattie Hayridge, b. 1959; 3. Damon Hill OBE, b. 1960; 4. Sir Bobby Robson, 1933-2009; 5. Bill Shankly 1913-1981

“Yet I was always in your presence; you were holding me by my right hand. You will guide me by your counsel, and so you will lead me to glory.” Psalm 73

News and Notes

Irene: **First outing to a shop** in two months was to bring a package of plants for courier collection. It was good to be able to do the paperwork and pay courier Hermes on the web at home, print the label and just have to go into the shop to leave the package and get a receipt. I was masked and gloved! The box did arrive in Edinburgh within two days.

In Scotland, our grandchildren are getting homework sent to them but miss their school sport: in the case of eldest granddaughter that is hockey, rugby. She can play music at home: piano (mostly), flute and harp. When we are in Scotland, which has been about 5 or 6 visits per year, Rebecca usually plays piano every day; last time (February) she was playing Queen's "Don't stop me now".

This is the link to our granddaughter Rebecca Green playing the harp; the first piece is the theme from the film *Up*. The second is *Concerto by Turlough O'Carolan*.

https://www.youtube.com/watch?v=_mKAeognkcA&feature=youtu.be

Patrick: **Poems Out Loud** is a chance to listen to great poems, to explore the wonder of words, and to share new discoveries. Please join us via Zoom on Monday mornings at 11: the link is

<https://us02web.zoom.us/j/72051175751?pwd=Q2wweWYrdXJjVlQzRytJTDIxUmZmQT09>

For more information, contact me by email: patrickgpbond@yahoo.co.uk or phone 07425-011341

Irene: "Sainfoin: I took the photo on a walk in the downs near Balsdean old village in the valley below Castle Hill. Sainfoin is a strange name: as you know *foin* is hay in French, and *sain* would be healthy, though the spelling doesn't conform precisely to healthy hay."

Bernadette: "Yes it's sainfoin, a Downland fodder plant. Was it Fr. Haynes who used to do walks to the Balsdean village and say Mass at the stone? I never got to go but wanted to... baby time. Someone might have a photo..."



Walking to the Lost Village of Balsdean

By the margins of fields, I follow
By hillside contour and hidden stile,
A road that is not there.

My path is a play of arcs through time.
Chalk valleys flex and roll.
The sun shifts and tracks across my shoulders.

On the ash tree's lips, autumn.
By hawthorn, elder, apple, plum,
I pause, tell over my pilgrim beads.

In the lost chapel, I chant your name.
Late sun lays a leaf of gold
Across my right cheek.

A sea breeze gusts and steadies.
I imagine stone walls, lancet windows;
Listen for the echo of you, your name.

Patrick Bond, 2006

"There is one body and one Spirit, just as there is one hope to which God has called you. There is one Lord, one faith, one baptism; there is one God and Father of all men, who is Lord of all, works through all and is in all." Ephesians 4

Universalis: an App for spiritual reading

Universalis

This App is downloaded on to my smart phone and on Barbara's, and we would not be without it; no internet connection needed.

With this App, I can access any of the seven daily Offices from the Liturgy of the Hours, the About Today page, Readings at Mass, Order of Mass, Mass Today, Angelus, Rosary, or Lectio Divina. Each choice comes with alternative options according to the day, or the Commons, the choices for Penitential Rite, Preface, Eucharistic Prayer etc... The full Liturgical Calendar extends into the past and future, apparently *ad infinitum*. You can set which diocese you are in, and Scripture Readings are from the Jerusalem Bible and the Grail translation of the Psalms.

The effect is to have at least four hefty volumes of the prayers of the Church available in your pocket, taking up no room, weightless and able to be instantly consulted (so long as your battery is charged up!). Much as I love the volumes of the Divine Office, and the intricate layout of the web of prayers day by day, such (sometimes baffled) turning of fine white pages is not to everyone's taste, and if I'm in a queue, delayed and fuming (or not), simply have a few minutes to spare, or want to meditate on next Sunday's readings, this is a spiritual resource of the first importance.

Every Mass celebrated by Fr Benny on YouTube is followed by us on this App: the order of the service, and the readings and prayers, are all there.

You can find the App for Android or Mac devices, from the usual sources (Google Play or the Apple App store). Cost? £9.99 – a one-off payment. Or it's free for one month on trial.

If you wish to download the sung Latin Compline, that incurs a very small extra cost; also you can get all the Mass readings and all the Hours spoken in English, right through, every day; for these you need a subscription (monthly or yearly).

If you wish to run Universalis on your desktop, the cost is £19.99 but that covers all devices and platforms, and is (again) a one-off payment. An astonishing resource, and a spiritual gift to us.

And I am not being paid for this review!

Patrick Bond



View of the Balsdean Chapel site, and the plaque commemorative of the site of the altar. Only a few fruit trees, and hummocks in the ground, remain of the old hamlet of Balsdean.

“My dear people, we are already the children of God, but what we are to be in the future has not yet been revealed; all we know is, that when it is revealed, we shall be like him, because we shall see him as he really is.” 1 John 3