



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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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'

Welcome to the seventh "apart but together" e-newsletter (19th June 2020)

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

I am the living bread

Barbara Bond

As life begins to expand outside the confines of home, I have been reflecting on food and how it brings us together. In the Hospice our entrance area is also a café – on Saturdays, participants from the Eastbourne "Park Run" used to pile in for coffee and cakes after their exertions. For us community nurses that often meant that the delicious cheese scones had all gone by the time we returned from our rounds! So began a tradition where the chef would bring us baked goods hot from the oven when we arrived for work, filling our office with the smell of home. Cooking has become very important – and we have discovered that you can share a meal, even date someone, online. During lockdown food has become a very tangible way of saying, "I care about you". The sale of online delivery of cream teas has apparently risen exponentially and for a while flour was even scarcer than toilet roll!



At The Banquet

At the banquet we laugh and rejoice with each other
Make a toast to friendship, give thanks to God.
*Together we marvel at the feast laid before us,
Sit down in communion, our meal, a prayer.*
Each guest brings an offering to share at the table,
Each plate is different, each gift the same.
*God invites us to share our love and our differences,
Embracing our neighbours, praising his name.*
At the banquet we laugh, rejoice with each other,
God's gift is diversity – come take your fill.

– Yashoda Sutton

(from "Just One Year" ed Timothy Radcliffe OP)

Not many of us experience real hunger; that courageous young footballer, Marcus Rashford, has highlighted the fact that food poverty does exist in our country: — but loneliness, isolation and a feeling of not belonging are also very present challenges for many. Thinking about what sustains us takes us to the heart of our values, beautifully expressed in the words of the Lay Community of Worth Abbey:

"In response to the call of Christ we seek to live holy communion, create holy space and offer holy service."

Please send me your thoughts about life under Coronavirus. Next issue for 14th Sunday (5th July). Send short pieces (about 300 words) before Friday 3rd July (St Thomas, Apostle) to: bond_barbara@ymail.com.

Coronavirus and Contact Tracing Irene Green

Use the COVID App

Help slow the spread of COVID19 and identify at-risk cases sooner, by self-reporting your symptoms daily, even if you feel well. It only takes a minute! Download the app from <https://covid.joinzoe.com/>

If you develop Covid-like symptoms and report “yes” on the App, you will be contacted and enabled to have an immediate test for the virus. There is a drive-through testing centre at the Amex stadium car park. *[I have used it myself: it's very quick and easy – Ed.]*

The symptom tracker also helps calculate the “R value” and is more important than ever since the Bluetooth contract-tracing App – which was being developed by an Artificial Intelligence firm Faculty – is being abandoned (headline news 18th June). Track and trace is currently done manually and is at best much slower and less thorough than if combined with use of a phone App such as the Google-Apple version, in use world wide. The UK now plans to modify the Google-Apple phone App, which may take as long as 6 months. The third part of this process is test and isolate – getting Covid-positive people, and more importantly their contacts, to go into quarantine.

N.B. The benefit of dexamethasone in saving the lives of patients on oxygen, or on ventilation machines in hospital, is significant – but the failure to identify and isolate people with the virus will delay our return to normality.

Our region not doing as well – *Tim Spector, Professor of Genetic Epidemiology at King's College London, comments, on 18th June:* “The latest figures on Covid-positive cases – 3,612 daily new cases on average – are good news for the UK. We are seeing the R value holding stable below 1, and at the same time we are seeing the number of new cases continuing to fall across the UK. In most areas the rate of new population cases is less than 1 in a thousand.

With the changes in the regions, the gaps we were seeing just a few weeks ago are closing, particularly the North-South Divide. **We still aren't seeing the numbers coming down in the same way in London and the South East, where we need extra vigilance**, especially with shoppers heading back to the high street and social interactions between wider family groups increasing.”



White goods repair under lockdown

If your kitchen appliance broke down at the start of lockdown, repair was impossible unless it was classified as essential e.g. fridge, washing machine. A dishwasher is not “essential”. The repair men for these items were able to come out from about two weeks ago. Our 7-year-old Bosch dishwasher was declared to be beyond economic repair. We could not find the machine or colour we wanted so had to order whatever dishwasher was available. I've been in this situation before e.g. 1970 when in our first home we spent four months with no cooker (due to shortages and trade union unrest, for those who remember!) The past wasn't really all that good!

“Your word is a lamp for my steps and a light for my path. I have sworn and have made up my mind to obey your decrees. Lord, I am deeply afflicted: by your word give me life. ... Your will is my heritage for ever, the joy of my heart.” Psalm 119: 105-112 XIV (Nun)

The Glories of Mary — St Alphonsus Liguori

Mary is our Mother — not by the flesh, but by love. That is, she is our Mother by love alone. So it is observed that she glories in being the mother of love. She is all love for us, her adopted children.

The first reason for Mary’s great love for human beings is that she loves God so much. She loved him more in the first moment of her existence than all the saints and angels ever loved him or will love him.

Just as there is not one among all the blessed who loves God as Mary does, so there is no one, after God, who loves us as much as this most loving Mother does.

Furthermore, if we heaped together all the love that mothers have for their children, all the love of husbands and wives, all the love of all the angels and saints for their clients, it could never equal Mary’s love for even a single soul.



Prayers for the Pandemic:
for those who are anxious
 God of Gethsemane, who knew deep anxiety, the desire for the cup to be taken away, your sweat dropping onto the clay of earth like blood, be with those who suffer at this time from anxiety, the fear of their world running out of control. The facts alone fan the embers of anxiety in all of us: the grim daily numbers, the fear of falling ill, of facing our end. In our loneliest darkness, in the night of our Gethsemane, may we find you there.

Mary, to obtain the life of grace for us ... offered her beloved Jesus to an ignominious death, and watched him die before her eyes in cruel and unexampled torments.

It is written of the Eternal Father, that God so loved the world as to give his only-begotten Son (Jn 3:16), so also we can say of Mary, that she so loved the world as to give her only-begotten Son.

So with St. Anselm I will cry: “Let my heart languish and my soul melt away and be consumed with love of you, my beloved Saviour Jesus and my dear Mother Mary! But because I cannot love you unless you give me grace, then give me grace, O Jesus and Mary — by your merits, not mine — to love you as you deserve to be loved. O God, lover of humankind, you loved sinful human beings to the point of death. Will you deny your love and your Mother’s to anyone who begs for it?”.

Since we are God’s offspring, we ought not to think that the deity is like an image of gold or silver or stone, fashioned by human art and imagination (Acts 17:29)
Reflection There seems no end to our wants and needs. We work overtime and don’t get enough sleep so we can spend more money. To refill our bank account we repeat this cycle over and over again. It shouldn’t surprise us that we feel empty inside.
Prayer Father, You brought us into this world. Help us remember where we came from and where we are going. Today let us be mindful that our fulfilment is in you.



Saint Alphonsus Liguori (September 27 1696–August 1 1787)

He founded the Redemptorist congregation in 1732. Alphonsus’ great pastoral reforms were in the pulpit and confessional—replacing the pompous oratory of the time with simplicity and kindness.

Alphonsus is best known for his moral theology, but he also wrote well in the field of spiritual and dogmatic theology. His *Glories of Mary* is one of the great works on that subject, and his book *Visits to the Blessed Sacrament* greatly influenced the practice of this devotion in the Church.

Saint Alphonsus was known above all as a practical man. His life is indeed a practical model for the everyday Christian who has difficulty recognizing the dignity of Christian life amid the swirl of problems, pain, misunderstanding and failure. Alphonsus suffered all these things. He is a saint because he was able to maintain an intimate sense of the presence of the suffering Christ through it all.

<https://www.franciscanmedia.org/saint-alphonsus-liguori/>

“Turn your ear, O Lord, and give answer, for I am poor and needy. Preserve my life, for I am faithful: save the servant who trusts in you. You are my God, have mercy on me, Lord, for I cry to you all the day long. Give joy to your servant, O Lord, for to you I lift up my soul.” Psalm 86

CAFOD response to DFID merger

“The Prime Minister’s announcement on maximising British influence through aid is seriously misguided. We believe the aid budget’s sole focus should be on helping the world’s poorest people, and that is how Britain will get the respect of other countries and their people.

CAFOD's Director Christine Allen has issued this statement on the government's announcement that the Department for International Development (DFID) is to merge with the Foreign Office (16th June)

Our support for our brothers and sisters living in poverty shouldn't be contingent on what we as Britain can get out of it – we must have a clear distinction between our aid budget and money spent on British interests.

The last few weeks have reminded us of the debt that Britain owes to many countries and communities, and our aid

spending is one way we can help to support those communities as they tackle the effects of climate change, poverty and human rights abuses.

Increasingly issues such as climate change, the destruction of nature and the spread of Covid-19 demonstrate unequivocally that global issues can only be tackled through increased global cooperation, and that progress can be reversed through retreating into approaches based on national interest.

UK aid is recognised worldwide for its commitment to reaching some of the poorest people and communities, through actions such as responding to Ebola and coronavirus, reaching people in war zones and after natural disasters, and supporting civil society groups to strengthen accountability for spending on healthcare and education. This commitment must be at the heart of all UK aid to avoid it being spent according to narrow political interests.

DFID has consistently been one of the leaders of global aid transparency rankings. We want to see all aid spending being subjected to the same standards of transparency as DFID spending has been, to ensure it remains focused on the poorest people and communities and brings value for money.”



Photos from Helen Day

“about Teresa Ford...Mum!! Following on from her first ever Bread Making venture...

She has harvested her first ever Potatoes!! Home grown in her garden!”

“Great are the works of the Lord; to be pondered by all who love them. Majestic and glorious his work, his justice stands firm for ever. He makes us remember his wonders. The Lord is compassion and love. He gives food to those who fear him; keeps his covenant ever in mind.” Psalm 111

Looking out into the World

From My Conservatory

Chiara Santin

I love my conservatory. It's a big window looking out into the world of Woodingdean, a lovely part of Brighton, East Sussex, with wonderful sea views, green pastures, the gently curved Downs, the Happy Valley Park and the Memorial Ground and its beautiful gardens and woodlands.

I am surrounded by cacti of all sorts in my conservatory. They are very happy and jolly anytime, in any weather. I love them all in all their varieties. They are pretty undemanding but always prickly so they need to be managed with care, a bit like me. I check on them every day, I got to know them well. Their ungenerous flowers make them more precious and beautiful.

Five years of looking out of my conservatory has been like getting to know the richness of life in this small corner of the world. The seagulls sit on our roof before flying over the green edge and landing on other roofs in the valley. There are so many other birds which sing along, fly from one tree to another, respond to each other in a perfectly harmonious orchestra performance.

I have started to enjoy watching the clouds running fast across the sky and not expecting a sunny day, watching powerless and mesmerized by the powerful high winds blowing, bending the trees and not expecting to stop overnight. The windmill farm in the distance is now a familiar sight.

The stars at night seem a familiar scene, the same stars that I have often watched in Italy when I was a child. It reminds me that the world can be small and big at the same time.

My conservatory makes me feel grateful and open to the much bigger world beyond this edge, beyond the clouds, beyond these birds and hills around here. More than ever we need to feel connected to the whole world, connected to the planet and our shared humanity.



Nostalgia for Summer Holidays

Irene Green

Hotel Aiguille du Midi holds many memories. We have spent summer holidays in France for 50 years. In the last 20 years we have been to Chamonix at least that number of times, usually with family or friends, to ski or to hike.

The French hotel we go to in Chamonix is over 100 years old. It has been in the same family for that time. We know three generations of the family, who live in

different houses on site. It is sheer delight, with award winning food and huge grounds, including its own vegetable garden, the potager. All the salads and many vegetables came from the potager (left).



And (right) our large balcony which has a view to Mont Blanc – the unimpressive white peak on the top right – and the Aiguille du Midi, the peak on the left. The Aiguille is taller because it is nearer (Fr Ted association)...



“O God, hear my cry! Listen to my prayer! From the end of the earth I call: my heart is faint. On the rock too high to reach, set me on high, O you who have been my refuge, my tower against the foe. Let me dwell in your tent for ever, and hide in the shelter of your wings.” Psalm 61

Community News

Fund raising at St Patrick's – outdoors and successful — Irene Green

Last Saturday 13th and Sunday 14th June we had an OUTDOOR event at St Patrick's. This was planned to coincide with a Woodingdean event *The Great Socially Distanced Boot Sale Walk* in which 81 families or organisations took part. This was advertised on the Woodingdean Community Facebook page. We ran a stall with plants and jams home made from home grown fruit.

On the two days we raised £362, which exceeds what we would normally make at any summer fair, twice what we usually make at Woodingdean carnival and equal to the best at Rottingdean village fair. And it was easier in terms of parking to unload, short travel distance, bringing items the night before and selling for two hours – not all day.



WE NEED STOCK: we could have sold many more plants, but didn't have enough. Please make cuttings, divide perennials, sow seeds, harvest your excess fruit and vegetables and have something to donate to us to brighten our lives this summer – and make valuable income for the church.

The public were delighted to buy all our wares, they seemed starved of shopping of any kind. After 2 hours selling on Saturday the stall was well depleted and I potted up more plants at home, a car load, to supplement the Sunday afternoon session.

It was a delight to see and speak to so many delightful visitors and to our own wonderful parishioners. Photo above shows Mary Barriff and Ted, with full table.

The biggest thanks to Bernadette – who did two sessions, to Ted, to Mary Barriff and Hilary Lee for getting gloved and socially distanced to sell. The Woodingdean organiser's event page has been buzzing with appreciation from the participants. He has had offers from professionals resident in Woodingdean and will



be able to advertise the next event with posters.

Please put Saturday 18th and Sunday 19th July in your diary for more plant, jam and possibly savoury food sale at St Patrick's.

Trivia Interlude – Actors and Acting: Who said: –

1. I used to work for a living, then I became an actor.
2. Acting is merely the art of keeping a large group of people from coughing.
3. Talk low, talk slow, and don't say much.
4. Dear Ingrid (Bergman) – speaks five languages and can't act in any of them.
5. Many actors want to play Hamlet and Macbeth, and ever since I became an actor, from the very beginning I just wanted to play a Shetland pony. I can't explain why.



Lockdown effects on income – church – Irene Green

At our churches the routine bills have to be paid whether they are open or not – gas, electricity, water. Repairs have to be done and paid for, both churches have had major expensive repairs in early 2020.

At St Patrick's the walls have been repointed. When soffits and fascias were being replaced on the rented house at St Patrick's the builder discovered serious problems with the roof. Repairing that doubled our outlay, which was eventually £16,400 approx. Our Lady of Lourdes is having ongoing roof repair and construction of a much bigger remembrance garden.

St Patrick's lost all its hire income on lockdown, both churches have no weekly collection. But church loss of income is not of immediate impact on individuals.

“He chose us in him before the foundation of the world, that we should be holy and blameless before him. He destined us in love to be his sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace which he freely bestowed on us in the Beloved.” Ephesians 1

Community and Afterthoughts

Voices in the Night

Patrick Bond

The newsletter compiles many voices, and they speak about what is important to share: the everyday and the immediate. This is what we have all been forced to focus on, during this lockdown/semi-unlock.

Certainly there are enough external voices, through print and electronic media, keeping up a stream of comment. But our voices belong to a community, and that is vital: by writing, we make this transient, old-fashioned newsletter (even if it is actually electronic, mostly) – a present, real community.

At night, I often hear a different kind of voice. It prowls my wakeful, empty moments. It is a voice of accusation so powerful that I can say nothing in my own defence. If I don't take action, it destroys my sleep.

One way to take action is to recite a prayer which I half-remember (there are lots). "Christ, the true light of us, true morn, Dispersing far the shades of night; Light whereof every light is known, Pledge of the beatific light..." By the time I get to the tricky bit and can't remember the rest, for about the ninth time, I am usually fast asleep.

Another prayer in memory is the *Anima Christi* – I know I must have learned it a long time ago because it has a very old-fashioned use of words: "Soul of Christ sanctify me, Body of Christ save me, Blood of Christ inebriate me..." Oh to be drunk in the Lord a little more often!

There is no contradicting the external tsunami of voices about the pandemic, or the inner accuser; all I have are prayers, and an insistence on the light. At this time of the year, there is a mysterious succession of great feasts and solemnities – Pentecost, Trinity, Corpus Christi, the Sacred Heart... They emerge like great ships, one after the other, crossing my line of sight. All are founded on Love, the great ships of God's love, confirming the principle which defeats the Accuser: *Who can be our adversary, if God is on our side? ... Who will come forward to accuse God's elect, when God acquits us? Who will pass sentence against us, when Jesus Christ ... is pleading for us? Who will separate us from the love of Christ?* (Romans 8)



Lockdown effects on business income – The Blacksmiths Arms, Offham – Irene Green

The loss of income in the hospitality industry is total – so how do parishioners in this line of work survive? I asked **Drix** (Birgit Drixelius-Benjamin) to write something for the newsletter, on behalf of herself and husband Fitzroy Benjamin (Jazz) who bought *The Blacksmiths Arms* in Offham near Lewes, just over 2 years ago. Drix supplied two links. There is an interview: you can hear some of the early story of the pub/B&B lockdown in her own words (April). Listen to the first minute, and then fast forward to minute 47 to hear Drix.

<https://www.youtube.com/watch?v=Do-1YkCfums>

Also there is a new online magazine on the food industry right now, and specifically it has a beautiful illustrated article on *The Blacksmiths Arms* – Jamaican and British takeaway at *The Blacksmiths Arms*:

<https://www.wearethecream.co.uk/articles/yes-were-open-the-blacksmiths-arms-east-sussex>

The weekly changing **take away** menu can be found via <http://www.theblacksmithsarms-offham.co.uk/>

Looking forward to sampling again that delicious food **at home!!**

Actors and Acting Trivia answers

1. Roger Moore; 2: Ralph Richardson;
3. John Wayne; 4. John Gielgud; 5. Dustin Hoffman

This week the repointed walls at church and on the rented house were waterproofed, a final detail by our builder James Dempsey.

St Patrick's have been extremely satisfied with James's quotes, with the work of his team and with his ability to keep us informed. The work carried out from February in high winds and rain was very challenging. He and his team were excellent.



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"Glorify the Lord with me. Together let us praise his name. I sought the Lord and he answered me; from all my terrors he set me free. Look towards him and be radiant; let your faces not be abashed." Psalm 34