



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:

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 ninth "apart but together" e-newsletter (18th July 2020)

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

It is the smallest of all the seeds

Barbara Bond

Thinking back to the beginning of lockdown, when we were only supposed to be out for an hour to exercise, my walks were a physical stress release; stretching the limbs, filling the lungs with fresh air and feeling the wind and sun on my skin.

As time and the seasons have progressed, the emphasis has changed and I am more and more in tune with what is around me. On my last walk I found myself fascinated by the seeds and berries on the trees I pass on an almost daily basis. There was such a wide variety, each beautiful and such a powerful symbol of the bounty of nature. I was reminded of the parable of the mustard seed (Matthew 13: 31-32) which "becomes a tree so that the birds of the air come and shelter in its branches". Then at my feet, almost too small to notice, was a tiny fledgling wren. It weighed nothing as I gently placed it back into the undergrowth.

This has truly been a time when something tiny has grown to be enormous. The effect has been life-changing and indeed faith changing. Who could have imagined as we began Lent that our pilgrimage to Easter and beyond



would be characterised by finding such a profound new way.

What I have witnessed more than anything else is the growth of care for others – a new understanding and recognition of the importance of being connected.

The distance has made us see one another again.

A Familiar Stranger

I saw a stranger today; I put food for him in the eating place
And drink in the drinking place, and music in the listening place;
In the Holy Name of the Trinity, he blessed myself and my family,
And the lark said in her warble: 'Often, often, often,
Goes Christ in the stranger's guise'.

Celtic Rune of Hospitality

Please send me your thoughts about life, parish and Coronavirus. Next issue out 2nd August. Send short pieces (about 300 words) before Friday 31st July (St Ignatius Loyola) to: bond_barbara@ymail.com.

Disasters Emergency Committee (DEC) appeal – letter from CAFOD

Dear Friend,

I'm writing to let you know that the Disasters Emergency Committee (DEC), of which CAFOD is an active member, has launched a **nationwide Coronavirus appeal yesterday, Tuesday 14 July**.

Sending this, I am so mindful of all the uncertainty and upheaval you have been dealing with, and all you have done in the past few months to support your parish and CAFOD through this. We here in CAFOD continue to hold you and your parish in our prayers.

As the DEC raises awareness of the global situation, we are asking the Catholic community to keep those worst affected in their thoughts, prayers and where possible, their alms giving.

Thanks to the generous support you have helped muster, we are already working across 26 countries, to prevent the virus' spread, limit food shortages, and help millions of people whose lives are at risk, as COVID-19 spreads across refugee camps and countries suffering conflict.

But the needs are immense, long term, and evolving, and so our response must be large scale, and multifaceted.

This is why, for the first time in an emergency appeal, we have also created our **Summer of Hope fundraising for the coronavirus appeal**, to give people more ways to fundraise and give, creatively, amid lockdown in the UK.

I am as ever grateful for your trust, your efforts for our work, and your prayers. Thank you.

Jo Kitterick, Head of Fundraising and Participation, CAFOD



You can donate at cafod.org.uk/coronavirus to help CAFOD scale up its coronavirus response through our global Church family.

Or at cafod.org.uk/summerofhope find CAFOD's Summer of Hope fundraising ideas:– for families and parishioners, to transform the uncertainty and frustrations of lockdown, the cancelled summer events and the things we've all been missing; easy, fun, fundraising ways to brighten up lockdown.

Your CAFOD Community Participation Co-ordinator for Arundel and Brighton Diocese is Jenny Finlayson: St John's Seminary, Wonersh GU5 0QX email: arundelandybrighton@cafod.org.uk. Tel: 01483 898866 Mobile: 07710 094448

PLEASE USE MY MOBILE AS I AM WORKING FROM HOME.

"Your command makes me wiser than my foes; for it is mine for ever. I have more insight than all who teach me, for I ponder your will. I have more understanding than the old, for I keep your precepts... Your promise is sweeter to my taste than honey in the mouth." Psalm 119: 97-104 XIII (Mem)

I thought I would let you know how I have been getting on with my ongoing cancer treatment. I had my first session of chemotherapy on 3rd July. I must admit I approached this date with great trepidation as I think everyone has a fear of cancer and I felt so well. However, I gritted my teeth and entered the modern new cancer treatment centre at the Royal Sussex County Hospital. Needless to say all the nurses are lovely and good at putting you at your ease and treatment soon got under way. I opted to try the "Cooling Cap" which helps to prevent hair loss. This is quite a demanding thing to undergo as you basically have to put a freezer on your head (within a cap) and the first 15 minutes is excruciatingly cold until the head freezes down to numbness and then you can't feel anything then. This is kept on for the whole of the treatment and is started 30 minutes before drugs are administered.



Pyramidal Orchid, Tidemills

I did wonder at the beginning whether I could endure it and probably would not have it again but once the head is numb it's ok, so will do it again next time.

All the various drugs were administered and all went well. I came home with a bag of tablets to take over the next few days, mostly anti-sickness drugs. These appear to be working well and I have not felt sick or nauseous at all, so far. I had a thumping headache all night but that cleared the next day.

The difficult week will be the second one once the white blood cell count has gone down and I will be at more risk of infection and likely feeling very tired. The third week should be better as the white blood cell count rises again.

Then after the third week I go again for the next session. So, by the time you read this newsletter I will be recovering again. I will have two more sessions after that, and for 3 more months after that I continue with the injection called Herceptin.

I look forward to the weather continuing to be nice through the summer so that I can enjoy my garden if nothing else. Hopefully you are now able to attend Mass in person, if you can, but I don't think I will be able to come until nearer the end of year so will join you spiritually via the web cam.

With love and prayers, Jane

**The Lord of the empty tomb,
the conqueror of gloom,
come to you.**

**The Lord in the garden walking,
the Lord to Mary talking,
come to you.**

**The Lord in the upper room,
dispelling fear and doom,
come to you.**

**The Lord on the road to Emmaus,
the Lord giving hope to Thomas,
come to you.**

**The Lord appearing on the shore,
giving us life for evermore,
come to you.**

*David Adam, vicar of Lindisfarne:
Prayers in the Celtic Idiom*

More conversations with Mum

Mary Barriff

We're in Ireland and strolling after Mass on a Sunday:

Me: "How's the riding school doing these days?"

Mum: "Oh, Ryan's stables are one of the biggest aquarium centres in the south now."

Out for a day trip in the car and approaching a road sign:

Mum: "Oh look, we're only eight kilograms from Kilkenny."

We're talking about a relative who visits farms:

Mum: "She has a job assimilating cattle."

Mum is telling me about someone who's gone to Belgium for a holiday.

Me: "What part of Belgium?"

Mum: "Oh, I don't know, somewhere Dutch!"

Mum: "You ought to see their bathroom; it's got a jockuzzie and a sonia."

"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 85

9 am Mass OUTDOORS at St Patrick's

Here are health and safety guidelines we must follow.

1. Please come earlier than usual so that social distancing will be observed. We want to have as close to 2 metre distancing as possible coming in, going out and in the spacious grounds.

2. There is one gate into the grounds, please mind your step at the entrance and don't linger.

3. Please please bring your own chair, folding or otherwise. Put it in your hallway or car now. You can also be on a rug – not my age group!

Our church chairs are fabric and the diocese asks we do not use fabric chairs because they cannot be cleaned adequately to remove surface virus.

If there are exceptions and you are chair-less, there are some spare chairs which you must handle yourself.

4. There will be no hymn books, hymns or Mass sheets

5. The toilets are officially closed but no one will be left in distress.

7. There will be a basket for Sunday collection, cash will be stored for 3 days before being counted and banked.

8. The usual Sunday tasks don't apply, except for readers and/or special minister, Bernadette will invite you.

6. You may receive Holy Communion from a special minister who isn't shielding (from virus).

The special minister will wear a mask then sanitise their hands before picking a host out of the ciborium to place on your outstretched hand (and without touching your hand).

Neither you nor the special minister will say anything.

Communicants will be separated from the special minister by one of the kneelers from the front row of church — a prie-dieu.

Summer fund raising OUTSIDE St Patrick's

Weather independent

Selling Plants and Preserves (and some other items)

Saturday 18th July 10-12 noon

Sunday 19th July 14.00-15.00: — part of the Woodingdean great boot sale walk

<http://www.bootsalewalk.co.uk/events>

Target price for preserves up to £2

Plants 50p-£5.00

Places to visit and Open Days**Irene Green**

Sarah Raven's garden is open on several dates in July, August and September. You must book, you can't just show up, there are refreshments. Children under 14 have free entry. <https://www.sarahraven.com/customer/pages/open-days>.

I am glad there are open day dates after July because for the next 3 weeks husband Michael is having brachytherapy (surface radiation) for a non-invasive skin cancer, so we have to stay shielded.

"I will sing for ever of your love, O Lord; through all ages my mouth will proclaim your truth. Of this I am sure, that your love lasts for ever, that your truth is firmly established as the heavens." Psalm 89

Life in Lockdown

Our Lockdown Experience with Mass

Patrick and Eileen Elliott

We have been in lock down since 18th March, we had both decided that we would restrict what we would do and where we would go due to underlying health issues.

We knew that we would be able to find Sunday Mass on EWTN (Sky Channel) which was ok but not great. When we found out that Our Lady of Lourdes would be trying to live-stream the Mass on YouTube in time for Easter, this was great news. We have a smart television which means we can get YouTube on the TV.

My God, how wonderful thou art,
Thy majesty how bright,
How beautiful thy mercy-seat,
In depths of burning light!

How wonderful, how beautiful,
The sight of thee must be,
Thine endless wisdom, boundless power,
And awful purity!

O, how I fear thee, living God,
with deepest, tenderest fears,
And worship thee with trembling hope,
And penitential tears!

Yet I may love thee too, O Lord,
Almighty as thou art,
For thou hast stooped to ask of me
The love of my poor heart.

Frederick William Faber (1814-1863)

The first time we tuned into Father Benny, it was just amazing, even our dog Lizzie pricked up her ears when she heard Father Benny on the TV, and looked as if to say "I know that voice".

Even though there were some problems at the start, it just got better and better, it was lovely to see Father Benny and lovely to hear him singing the hymns.

We both felt that by having Mass live-streamed, it was just like being at church, Patrick would go to Mass on a Friday as well so we would make sure we would tune in on Fridays.

When it was announced that Churches would be able to start to do Mass with the congregation we both knew that we was not ready to return just yet, but it was great to be able to watch Sunday Mass on YouTube with the congregation there.

We miss Father Benny singing on Sunday but we understand why there is no singing.

With the congregation there we feel like we are included within the Mass. We do not know when we will be ready to venture out, as we do not drive and are reliant on public transport, we are just being extra careful.

Trivia Interlude – Various: Who said, or wrote: – *(See p 7 for answers)*

1. I had forgotten just how flat and empty it [middle America] is. Stand on two phone books almost anywhere in Iowa and you get a view.
2. A triumph of the embalmer's art. *(Of Ronald Reagan)*
3. 'The first ten million years were the worst,' said Marvin, 'and the second ten million years, they were the worst too. The third ten million I didn't enjoy at all. After that I went into a bit of a decline.'
4. The rule is, jam tomorrow and jam yesterday — but never jam today.
5. Of course I don't want to go to a cocktail party... If I wanted to stand around with a load of people I don't know eating bits of cold toast I can get caught shoplifting and go to Holloway.
6. Through it all, I have remained consistently and nauseatingly adorable. In fact, I have been known to cause diabetes.

"Shout to the Lord all the earth, ring out your joy. Sing psalms to the Lord with the harp, with the sound of music. With trumpets and the sound of the horn, acclaim the King, the Lord... He will rule the world with justice, and the peoples with fairness." Psalm 98

The Kanji Project is a small UK charity run entirely by volunteers. We raise funds to give poor children in Tamil Nadu, India, the chance of a good education and a safe place to live. We are proud that 94% of the funds donated to us are directly used to fund our valuable work in India.

Like for so many other charities, Kanji fundraising has ceased. By now we should have had a Lenten frugal lunch which usually raised about £300, raffle money from St. Patrick's ceilidh, and our summer Ploughman's Lunch which raised around £700.

However, fund raising activities are a bonus for the charity as they would really like a steady income from sponsorship, and this is what they will be promoting in the future.

Included in St Patrick's fundraising is sponsorship of two girls at the orphanage and a boy at the school. Ted and I have sent a donation in place of our fundraising.



"This was one of the lone people to whom Maria gave a meal each day. The meal is rice with a sort of gravy of vegetables. He was able to work a bit; but most couldn't. Note his house... not much protection in the monsoon." — Bernadette

I've been in touch with the trustees and they tell me that they are using their reserves to help the increasing problems in the area. They anticipate a £10,000 deficit this year. The school is closed but staff need to be retained, and there is a huge problem of city people flocking back to their villages and the families struggling to find enough food.

Overcrowding and ignorance of the virus leads to more problems.

Marie is doing all she can to help. When I was there in 2018 she already had a team of cooks and drivers to tour the villages to give a simple meal to sick and elderly people who had no family.

Now she is trying to help anyone who needs it.

The story of The Kanji Project begins with an Indian woman called Maria Rayappan. In 1993, following a donation from a friend in the UK, Maria opened a children's home for ten destitute children in the village of Kanji, Tamil Nadu, India. **St Antony's School** now educates approximately 1700 children aged from 3 – 16 from many surrounding villages. In addition, **the children's home, Shanthi Lumin**, provides a warm and safe environment for 60 girls. The Kanji Project, with its Indian Partner charities, also funds **the Sunshine Special School** for children with learning difficulties, supports **children's parliaments and homework clubs** in rural villages, provides **medical aid** to the poor and help with disabled rights.

The Kanji Project Coronavirus Statement – Latest News

*Due to the COVID-19 pandemic, our Indian partners are dealing with unprecedented stresses. Though the virus has not spread as rapidly in India as in some other countries, the government has enacted a country-wide lockdown, which has included the closure of public spaces, including schools. **Both St Antony's and Shanthi Lumin Girls' Home have been forced to close.** The girls at Shanthi Lumin have fortunately all been able to find family members (often extended family etc.) to go home to during this time, and the students at St Antony's are now at home.*

A deficit budget for 2020/21 and dwindling year-on-year income provides limited scope for contributing additional funds to our partners. However, if you feel able and want to make an additional contribution to work in Kanji, you can make a donation via the covid-19 donation page directly into our account. Any money received labelled COVID19 will be given directly as crisis support to our partners in addition to the regular grants.

<https://thekanjiproject.org.uk/donate/>



"Turn aside from evil and do good; seek and strive after peace... The Lord turns his eyes to the just, and his ears to their appeal. They call and the Lord hears, and rescues them in all their distress. The Lord is close to the broken-hearted; those whose spirit is crushed he will save." Psalm 34

Afterthoughts

COVID, Visits and Revelations Patrick Bond

Daily new cases of COVID stand at 2,103, and the number, which had been dropping, has stopped decreasing. I took advantage of the easing of lockdown to go and visit my mother, Liseby, for the first time in four months. She lives in Nutfield, near Redhill, so this was my longest drive in two years. She will be 91 in August – some of you may remember her. I sat with her and we chatted but I did not dare take off my face covering, as we were both indoors and only a metre apart. That is the level of uncertainty that all of us are still living with. Only 6 in every 100 people have been infected, so the virus still has plenty of people to choose from if there is another spike in cases; all I can do is be very cautious.

Fortunately I love reading, and walking in nature – two pastimes that chime with being socially distanced! More revelations have come my way: during a walk from Lewes out towards Woodingdean, then bearing north to Blackcap



Liseby Bond, still smiling!



Silver Washed Fritillary on knapweed

and so (wearily!) to home, I was astonished by a whirlwind of white butterflies, all circling within the lee of a small wood. That day the wind was gusting to 40 mph so the shelter was essential; apart from Whites, I saw Marbled White too, dancing in and out of the flowers of knapweed, scabious, and yarrow.

A little further, and a common lizard sat in a patch of sunlight, on the path right at my feet.



Then up high, on the South Downs Way, I stooped to photograph another butterfly, which at the time I could not identify – the Silver Washed Fritillary. Meadow Browns and Gatekeepers danced in front of me as I moved. It was like being mobbed by tiny angels.

Two weeks ago I sat at home and watched on YouTube the Mass from Our Lady of Lourdes – the first one with a congregation. I heard the Bishop's letter read out, talking of us finding new ways of coming together, and that this was a time of grace for the diocese; that changes are coming to the call we have received, with new ways to serve becoming manifest – new ways to be disciples. It sounded like a prophetic call.



Gatekeeper

And a week later I was sitting in the garden at St Patrick's, relaxed in my camping chair and admiring God's beautiful summer sky whilst taking part in Mass... A time of miracles, and revelations.

Trivia (Various) answers

1. Bill Bryson *The Lost Continent* 1989
2. Gore Vidal, 1981
3. Douglas Adams *Restaurant at the End of the Universe*, 1980
4. Lewis Carroll *Through the Looking Glass*, 1872
5. Victoria Wood *Mens Sana in Thingummy Doodah* 1990
6. Meg Ryan, 1999

“And to all these add love, which binds all things together in perfect unity. The peace that Christ gives is to be the judge in your hearts; for to this peace God has called you together in the one body. And be thankful.” Col 3: 14-15