



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 second "apart but together" e-newsletter

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

Be present at Mass via the internet:

Live streaming from Our Lady of Lourdes: on YouTube, search "OLOL Masses". Saturday 11th Vigil Mass 8.30 pm; Sunday 12th Easter Sunday Mass 10.30 am

Resources from the Bishops' Conference: go to www.cbcew.org.uk and search for "Live Catholic Mass Online"

Breath

Barbara Bond

Possibly, unless you are living with a lung condition, the breath is something taken for granted. Maybe less so now. These challenging times allow much time for reflection – an inner life rather thrust upon us.

In the Old Testament, beginning in Genesis with Adam, there is much written about the Breath of God; life giving and sustaining. This Easter I am so poignantly aware of the account in the Gospel

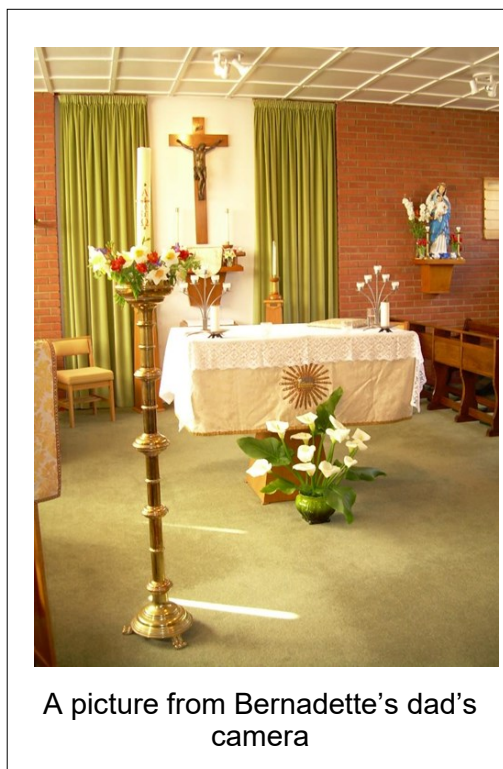
"he breathed his last"

I am sure I am not alone in finding that I have to draw on prayer and meditation in a way that I have not had to before. Without distractions and busy-ness, the simplicity has a certain beauty. In those quiet moments you are alone with your breath and, if you are lucky, the breath of the wind...

Biological types know that a breath is an in-spiration; be inspired by the Breath of God.

"Then he breathed into his nostrils a breath of life, and thus man became a living being." Gen 2:7

"And when Jesus had cried out in a loud voice, he said, 'Father, into your hands I commit my spirit'. With these words he breathed his last." Luke 23:46



A picture from Bernadette's dad's camera

Please send me your short thoughts (200—300 words) about life under lockdown. Next issue 3rd Sunday of Easter. Contributions before Friday 24th April to me at email: bond_barbara@ymail.com.

A different Easter this year:

Bernadette and Ted

Yesterday I made my first batch of hot cross buns since my domestic science afternoons at school over 55 years ago. Not perfect, but not bad either. Easter will be a lot calmer and quieter this year. No church services means, for our household, no organising in church and no purchasing and arranging flowers hoping the blooms will be fully open for Easter Sunday mass. Our nearest offspring is 130 miles away so when they and the others visit they come to stay. This year, no grandchildren or dogs, no buying and cooking for various diets and no Easter egg hunt. No grand laundry session and clean up after they've all gone either. Family will only be on a screen but we are lucky to have a garden and be surrounded by beautiful Downland. AND WE HAVE FR. BENNY ON YOU TUBE.



Peartree blossom from the church garden

How to support the parish financially

The links work only from the website: click on <https://www.ololandstp.org/> and go to the bottom of the Home Page.

Option 1 Standing Order - *A big thank you to everyone who has recently asked to sign up, and for those who continue with their standing order.*

Please click on one of the two links, complete and post to Parish Office, Eastfield, Steyning Road, Rottingdean BN2 7GA. Either:

[Standing Order Mandate Our Lady of Lourdes, Rottingdean](#); or

[Standing Order Mandate St Patrick's, Woodingdean](#)

If you need any help or advice contact Fiona Chambers fiyule@yahoo.co.uk mobile 07980 587930

Option 2 JustGiving

Our parishes are heavily reliant on offertory donations. At this challenging time, when we are unable to attend Mass in church, you can continue to support your priest and parish by donating your offertory contribution online.

Charity Registration No: 252878

<https://justgiving.com/campaign/parishoffertory>

"Cast your bread on the water; at long last you will find it again. Share with seven, yes with eight, for you never know what disaster may occur on earth." Ecclesiastes 11: 1-2

Shopping

Irene Green

JAVA cafe Woodingdean does selected deliveries from local shops Co-op, DBC fruit and veg, and chemist, and has a small foodbank for people who are in difficulties. Answerphone 01273 308840 is checked regularly, a volunteer is there on Wednesdays and Fridays from 10-12. see also Woodingdean Community Facebook page.

Good small shops in Woodingdean and other deans are well worth investigating. As are restaurants who do takeaways.

Manned help community page in Rottingdean: on the church website there is a link <https://rottingdeancommunity.org.uk/>

Devesons Rottingdean are doing a wonderful job delivering fruit and vegetables and essentials:

<http://www.sadeveson.co.uk/index.html>

Park Farm shop at Falmer is easy to visit, they don't do a slot for vulnerable shoppers but limit people number in shop. First hour each day is for essential workers.

Flour Pot bakery is open in various locations, also delivers <https://www.theflourpot.co.uk/>

Cooking ingredients supermarkets and from Hello Fresh: <https://www.hellofresh.co.uk/plans/>

Big supermarkets and online shopping help

If you can't shop online but would like to have your requests added to their next online delivery from Waitrose contact Fiona Chambers fiyule@yahoo.co.uk (mobile 07980 587930) or Irene Green icgreen@ntlworld.com (mobile 07960 567544)

Irene's next deadline to hear from you is 10am Monday 13th April when I can amend an online Waitrose order which is to be delivered Tuesday 14th. Fiona Chambers is happy to go shopping if food etc is needed urgently.

Waitrose stores are open to elderly, vulnerable customers for the first trading hour each day. You can also shop online and click and collect at the store.

M&S are open on Monday and Thursday mornings, first hour, for elderly, store customer number is limited.

Sainsbury · Every Monday, Wednesday and Friday, all Sainsbury supermarkets will dedicate 08.00 to 09.00 to serving elderly customers, disabled customers and their carers.

ASDA less information, nothing online, but they do an elderly, vulnerable and carer hour at 8am possibly every weekday...

Tesco <https://www.tesco.com/help/covid-19/> All stores (except Express stores) will be prioritising the elderly and most vulnerable for one hour between 9am and 10am every Monday, Wednesday and Friday.

Garden centre supplies available online, with delays. Use your favourite online seed and gardening item supplier. On ebay I bought a riddle to sieve own compost! Keep looking at local garden centre sites e.g Rushfields to see if they begin deliveries. Other online sales to support gardeners are to be found at <https://www.dobies.co.uk/> and a similar non-identical name but different website <https://www.dobbies.com/>

Post Office mail is slow, there are reports of mail taking 2 weeks or not arriving – did manage to post some baking yeast to Edinburgh family. Get Hermes courier service from South Woodingdean.



Teresa Ford with Helen: first ever bread bake!

The Surprises of Coronavirus

Patrick Bond

“These things will I remember, as I pour out my soul: how I would lead the rejoicing crowd into the house of God, amid cries of gladness and thanksgiving...” (Psalm 42 v. 4)

Well, like the psalmist, I have come to appreciate, in memory, the deep joy of joining in fellowship to worship at St Patrick’s, and being one of the “rejoicing crowd”! But I feel that we as a parish are still *together when apart*, and Fr Benny’s solitary celebrations of Mass over the live-stream have been both poignant and truly uplifting. Even glitches and internet drop-outs seem to be part of God’s plan.

What else is new? Shouting, clapping and banging pots with neighbours every Thursday evening. Weird to think that only four weeks ago, that might have got you a Noise Abatement Order; not now!

Yesterday, at nine in the morning, I heard the church clock at Trinity Church chiming the hour. We live close to the A27, in Lewes, and now that traffic is so reduced, we have been given the magical, holy gift of hearing: Trinity Church is half a mile away in Southover Street, and this is the first time that that sound has been audible. It is not this quiet on Christmas Day!

And the air is much easier to breathe, purer and more full of light: birds and blossom seem so bright and vivid this Spring. Isolation and its loneliness has made some everyday things very special: going to the corner shop to pick up my paper every morning, and sharing a few words with Pakaj, who is a real “godsend” with his extraordinary range of goods. And yes, I know the narrow confines of the shop are potentially dangerous...

We truly are in God’s hands, in this situation, and I am grateful for the opportunity to pray and think about what that really means.

Challenges

Fitness Note from the Editor (Barbara)

I was undertaking a *virtual Channel swim* (in the pool at the Leisure Centre!) when the lockdown happened – I am 5.9 miles or 378 lengths into it; only 15 miles to go... I have tried doing virtual breast stroke on the bed, but that’s very antisocial and ineffective... So I have calculated that, at the speed I swim, I could just spend 18 hours in the bathtub!!! My new goal is to *virtually walk* the Southdowns Way...200,000 steps; 91,000 down so far. How blessed I am to have the Downs on my doorstep and such a glorious spring unfolding around me!

Research on Covid-19

Irene Green

Help limit the spread of Coronavirus by using a phone App to report whether you have symptoms of COVID-19 or not, takes seconds, the App locates hot spots and disease spread. This is supporting scientific research from Kings College London which will help the NHS and every citizen. <https://covid.joinzoe.com/> Can get the App from the usual App Store or for Android on Google Play.

The rate of new symptoms being reported in the App has declined in recent days, though this may be a reflection of what is happening in London – there is an exponential rise in infection in east and west Sussex, so this is the time of greatest infectivity. Stay home, protect yourself.

The number of Covid-19 positive cases reported is a tiny percentage of the actual number. Getting out of lockdown will happen sooner the more information and testing we have but will be slowest for the elderly and at risk groups.

As a retired research scientist I am finding the pandemic of an enveloped RNA virus rivetingly interesting in every way. As both husband and I are in the people at risk group I find it less engaging – more like Russian roulette.

St Patrick's and our sale table

At the church, the grounds are open and can be visited, walked round, played in (one family at a time). You can follow the blossoming and development of our fruit trees. Please no dogs!

Normally after Easter we would sell bedding plants – but have to hold off for the moment. But please keep growing things to sell. This is the start of the rhubarb season, you can have some stalks of freshly pulled rhubarb (gloved operator) left outside your door. Also have jams and frozen fruit especially damson which are deliverable.

I walk extensively in and around Woodingdean but one is also allowed to drive small distances locally.

Contact Irene: icgreen@ntlworld.com (01273 303676)