



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 fourth "apart but together" e-newsletter (8th 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'

Whoever sees me sees the one who sent me

Barbara Bond

One thing that the current situation has done is to profoundly change our social interactions. When I am at work our new practice is to assess and support people by phone or video as much as we can, going out to visit only when it is really necessary. This is very hard, but any nurse, or teacher for that matter, will tell you that a sixth sense comes into play...



Florence Nightingale

I come as myself.
Just as I am, this moment.
My feelings, my fears, my joys, my sadnesses.
You see me as I really am, you know me through
and through.
You see all, all that I am, or ever have been.

(Extract from the *Maranatha Shalom* Prayer)

I have noticed when I am out for my exercise, that people don't like to make eye contact the way they used to – although if you leap into the footpath equivalent of a lay-by, stand well back and give them a beaming smile – you will probably get one back!

So-called social distancing is also a profound gift – a call to simplicity, and to reflect on what is to be truly valued.

Please send me your short thoughts (200–300 words) about life under lockdown. Next issue in time for 7th Sunday of Easter. Contributions before Friday 22nd May to me at email: bond_barbara@ymail.com.

In Memoriam Marie James

It is just over a year since Marie James passed away.

I wasn't able to be at her funeral having previously booked a holiday at that time but I was really sorry not to be there as she had made such a great impression on me.

In a short time with the parish she threw herself into helping, filling in and volunteering with enthusiasm to do things which most people find a chore.

She was an asset to our parish council and would always speak up with conviction, good common sense, and humour.

And on a more personal note, I admired her ability to look well dressed at all times, not a hair out of place; even when she was very ill she wore her turbans with panache.

She was a brave lady, taken away from us too young. Our sympathy goes, as always, to Joe and her family. May she Rest In Peace. Maureen James



At Woodingdean Fair



CAFOD launched its coronavirus emergency appeal on 30 April. **The effects of coronavirus on developing countries where CAFOD works are likely to be devastating.** Families without enough to eat, and without access to clean water and healthcare, are particularly vulnerable to coronavirus. The poorest and most marginalised communities will be pushed further into poverty. Your prayers and gifts are needed now more than ever to help protect the lives of those in poor communities. **While we are not able to hold physical collections in our church, you can donate as individuals at cafod.org.uk/coronavirusappeal**

WHO Year of the Nurse and the Midwife



2020 marks the Bicentenary of the birth of Florence Nightingale. The decision to make this a year to promote and celebrate the work of nurses and midwives is perhaps a fortuitous coincidence.

“Let whoever is in charge keep this simple question in her head: not, how can I always do this right thing myself, but how can I provide for this right thing to be always done?”

Florence Nightingale

“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

Lockdown

Mike Lewis

The lockdown for Covid-19 may have changed our lives for the moment but it has provided a time for reflection.

One aspect is that I have been reminded of how lucky I am to live in Woodingdean. We have views over the village and the downs to the sea, and a fair sized back garden. Basic requirements are well met: Dave Sutton (the butcher) delivers the meat, we have Pete Lenihan's Park Farm shop at Falmer for fruit and vegetables, and Nas at Lockwood Stores on the green sells most of the other necessities.

Exercise may not include golf but there are the downs. When we moved here ten years ago we expected to do quite a lot of walking on the downs but my wife Geraldine has never been able to do that. She has to remain isolated because of Covid-19 risks but is happy for me to get out.

I went to the top of Falmer Road, turned right, and after a very short while, discovered the wonderful world of Balsdean. What a revelation! The linked "bottoms" of Balsdean, Stanmer, Falmer and Newmarket provide a complete contrast to the elevated, windy, upland areas that I have always visualised as the downs. And I had never heard of the abandoned hamlet of Balsdean.

The hills surrounding the area give a range of walks, from reasonably gentle paths to much shorter and steeper ones. I have since ranged further afield (I now have a map) and have found that I can lose myself in a good, long walk. At times the walking can be almost hypnotic and I have to remind myself that I still have to get home.

At others, the solitude can be almost prayerful, so I hope my little chats with the boss go a little way to compensate for my lack of engagement with televised Mass.

So I am lucky, but I still eagerly await the easing of lockdown and the freedom to see the grandchildren in the flesh and hug them.



Churches Together in Woodingdean last Saturday morning (meeting on Zoom)

St Paul's letter to the Romans 8: 26-28

"Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying *in* and *for* us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our condition, and keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good."

Commentary taken from Nicholas King: Paul is trying to give us grounds for hope. The invitation here is to look into the future that we cannot quite see and therefore have to hope for. Paul's tactic is to encourage us to hope by lifting our gaze from the present upwards into God's plan. The passage is for our encouragement, not for anyone else's discouragement.

"In the morning let me know your love, for I put my trust in you. Make me know the way I should walk: to you I lift up my soul." Psalm 143

As of May 7th the percentage of people with virus symptoms in Brighton and Hove is 0.6% of those reporting. Unfortunately, front line workers dealing with COVID patients have a twelve times higher risk. They know this and it is frightening, they are heroes but not superhuman. Whatever the P.M. announces on Sunday (10th) evening – and it has to be a compromise – the health situation still remains worrying in the UK, especially for older people.

When hospitals had to clear wards to give them space to fight the pandemic, they released elderly patients to care homes without testing them for COVID. Some were virus positive. Care home staff have noticed that elderly people may take up to a month to show symptoms of the disease.

There is a danger in bad fake news. Trust needs to be strong if the government recommends certain courses of action or denounces conspiracy theories. Greater transparency would do no harm.

NHS bluetooth contract-tracing App has been developed by an Artificial Intelligence firm, Faculty. UK is going it alone on this digital innovation. The rest of the world, with a few exceptions, is using the Google-Apple App, which I think is necessary, but there are worries about its effectiveness: most transmission occurs in hospitals and care homes, and there, the Apps can't cope. In those situations you need manual tracing of symptoms and contacts.

My worry is about travel if we aren't using the App which the rest of the world is linked to.

Vaccination, when available and if effective, might permit travel. I do remember travelling with immunisation documents in my passport decades ago, and even in the 1960s going to the United States with a chest X-ray film which was examined on entry. Hope better news emerges over future weeks and months.



'I like to imagine the guy who invented the umbrella was going to call it 'brella'. But he hesitated'.

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

1. When I get in a taxi, the first thing they say is, 'Hello Eric, I thought you were dead'.
2. I get my daily paper, look at the obituaries page and if I'm not there I carry on as usual.
3. The idea is to die young as late as possible.

Sterilising lamp (UV) can kill Covid-19: – the trials and dangers

Irene Green

In March my husband ordered a sterilising lamp – meaning a lamp with a UV emitting bulb. I can't quite get used to the fact that things I call light bulbs are also lamps. On eBay, when he placed the order he didn't notice that the lamp will be coming from China, so it is going to take months! The lamp emits light corresponding to wavelengths of UVB and UVC measured in nanometres (nm): these are 300 and 254 respectively. UVA is tanning lamp, greater than 300nm; UVC is absorbed by DNA/RNA and kills bacteria and viruses by preventing them undergoing division following radiation-induced damage.

We then bought UV producing light bulbs and adapters for desk lamps, but these didn't work, probably due to mislabelling about their voltage. Third purchase was a nice UV emitting bulb which fits in a normal lamp. We used it with great caution to sterilise gloves, letters, packages, but not our mobile phones. I say "used" because it has now ceased to produce light. Great caution needed because it also emits at shorter wavelength of 190nm which converts oxygen into ozone – this is harmful to humans – lamp best used in an uninhabited room or garage, don't linger due to damaging ozone.

PS: husband Prof Michael, now retired, was a scientist with the Medical Research Council, researched DNA damage caused by hazards of the environment – all kinds of radiation, chemicals in food, in air, pesticides, oil leaks. He says sea air does not contain ozone. That smell is rotting seaweed...

"Indeed you love truth in the heart; then in the secret of my heart teach me wisdom." Psalm 51

Heaven-haven

Patrick Bond

After a fretful and restless night under a full moon, Wednesday brought a quiet, serene sunrise. In our back garden the birds had completed the dawn serenade and were flitting to the seed and fat-ball feeders. This space is a green oasis for wildlife, managed for a state of “almost untidy” to promote maximum cover. Dandelions flourish in the grass (the goldfinches love them), herb Robert in the borders (the hoverflies and bees love them), there are shrubs of all different heights and habits, an apple and a cherry tree, climbing roses launching out into space, a tiny wild area, a pocket-pond, a heap, and a huge cypress hedge along the back. The garden is a haven.

Love Lane (a bridle path) runs alongside the house, with allotments, old hedges and tall trees beyond the railway and the Winterbourne stream. We have visitors from the wild: a fox, a grass snake, hedgehogs, a green woodpecker, a pheasant, even a young quail. Amongst frequenters we have slow worms, frogs, great spotted woodpeckers (once they brought fledglings and fed them, sitting on the trellis); in the tall trees, woodpigeons, collared doves, and a mallard which roosts at night; and tawny owls that hoot and scritch in the darkness. Once, a sparrowhawk stooped and struck a dunnock right in front of us. We have nests too: blue tits, blackbirds, long-tailed tits, and now starlings, in the fascia board above the garden room. It is a haven in miniature.

Two years ago in April, I was outside in the half-dark recording the dawn chorus; I had sat perfectly still for about half an hour, arm outstretched holding the recorder. A hedgehog emerged on its early business, calmly walking round my feet and bumping on up the drive. I thought it might be an angel, a messenger on God’s business, donning a humble disguise so as not to alarm me. The garden is indeed a haven, or a heaven.

More Sayings from my Mother

Mary Barriff

Me: “Anything been happening?”

Mum: Well, Maggie’s John has just come back from a holiday in China.

Me: “Do you know, it’s a place I’ve never wanted to go to.”

Mum: “Me neither, not after Tenement Square!”

Me: “Anything been happening?”

Mum: “Well, I can’t get into the town at all. There’s a festival on and the place is full of hairy crushers.”

Me: “Who?”

Mum: “You know, them fellas with the bells and bald heads.”

Me: “Oh, do you mean the Hare Krishna?”

Mum: “Isn’t that what I just said!?”



Zooms at St Patrick’s

Next Zoom chat for anyone at all to join will be on Tuesday 12th May at 4.30pm. The zoom link in the email will take you there. I am not including the link in the newsletter as the newsletter goes on the website. I’d like volunteers to HOST our Zoom meet up and I’d like feedback on timing – there is no problem having a couple of meetings per week to accommodate everyone interested. It is possible during the chat for the host to nominate someone else to conduct it as host (if they are willing!). Irene Green 07960 567 544
icgreen@ntlworld.com

Poems Out Loud held its first ever session via Zoom on Monday 4th: next session is Monday 11th at 11.00 a.m. Please let me know if you would like to be part of it — no need to speak, or even to be on video if you are shy. It seemed to work well (as technology) once we had all logged on successfully. Whether it worked as poetry, is more debatable: it did for some. I hope I can relax — the session left me with a stiff neck, from trying to read, keep contact with my audience, and remember which bit of gadgetry needed monitoring... But we did it! ...Contact Patrick Bond, patrickgpbond@yahoo.co.uk or 07425-011341

“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

Community Notes and Plant News

Dental care If you have a dental emergency contact your own dental Practice, where they can advise you on the best course of action. You can also contact 111 or 16 Apr 2020 - Emergency treatment: Call the NHS Dental Helpline on 0300 123 1663 and specify you are in pain.

Yeast packets 7g dried fast action yeast available, let me (Irene) know by Monday 11th May if you would like some. Sent to me from Belfast!

Irene plant list – can collect by prearrangement

- seedlings of nicotiana mixed colours, nicotiana lime green, cosmos, marigold, calendula, tall sunflower, small sunflower moulin rouge, and seedlings of lychnis, which is a perennial with a searingly purple flower. There are newly growing seeds e.g. loads of zinnia and herbs.
- Edibles: lots of tomato all varieties, salad leaves, lettuce, cabbage, courgettes some yellow. At St Patrick's these were used for fund raising 50p per seedling on average. Just want them to be grown on and used.
- The raspberry area in our garden has been taken over by lily of the valley, about 6 square metres of lily of the valley in full flower and perfume, so it is a dig up and give away the roots for next year if anyone wants.
- I have pots with oriental poppy, oak leaf scented pelargonium, bronze phygellus (cape fuchsia - pretty invasive), dahlias and outdoor perennial geraniums.

Plants (note from Bernadette): Deveson's, Rottingdean are selling very nice plants. You can go to the door of the shop to pay when you have made your choice but beware, they are only taking cash for plants.

VE Day

Bernadette Skinner

At time of writing it's 2 pm on VE day. The bunting is out, we've observed the 2 minute silence and had a wonderful Spitfire fly-past over St Dunstons. Families were viewing from the hill opposite St Dunstons and on the Beacon Hill Nature Reserve and it was followed by lots of clapping. At 6 pm we are gathering (at a safe distance) at the junction of Ainsworth Ave and Longhill Rd with glass in hand, a couple of chairs and song sheets.

My mother diligently kept a diary since she was 12 years old and I have a good many of them. I hunted 1945 out this morning. Then living in Hounslow, West London, she and a friend went 'up to London' and saw the King and Queen and Mr Churchill along with thousands of others. Her Polish air force husband was in Holland and I found it very touching that he wrote every 2 days. This must have been very difficult for him as his English was very limited in speech, much less written. It must have been such a difficult time for every one and difficult to imagine now. We have so much to be thankful for.

Reflections on VE Day

Barbara Bond

I was born 15 years after VE Day. The way of life I have led is the result of all that happened in those years, much of which I will never be able to imagine. I have had glimpses; I did specialist training at East Grinstead in the 1980's when there were still a number of "Guinea Pigs" gathering each September. I have always been struck by the way that the town collectively cared for those brave young men.

I grew up on the other side of the Downs in Plumpton. One of the walks we used to do was north of the village towards Chailey Common, passing Bower Farm which was the site of RAF Chailey. This was an advanced landing station to support the invasion of continental Europe and it had 3 squadrons of spitfires, including 131 Polish Wing. The airfield was operative from 1943-1945 and the village pub was at the end of the runway, so had to be demolished. The new pub, The Plough at Plumpton, was built about half a mile away. In 2004 there was an Air-show on the site which included the unveiling of a monument at the Plough, so this will not be forgotten.

Closer still of course is the lost village of Balsdean, which was used for artillery practice. It is a number of years since I have looked for the stone that marks the site of the medieval chapel, but it is that that will always make it a special place.

Trivia answers

1. Eric Sykes CBE 1923-2012; 2: Patrick Moore CBE 1923-2012; 3. Ashley Montagu 1905-1999

"A new heart I will give you, and a new spirit I will put within you; and I will take out of your flesh the heart of stone and give you a heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes..." Ezekiel 36