



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 eighth "apart but together" e-newsletter (4th July 2020)

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

Generosity and Love

Barbara Bond

"Come to me all you who labour and are overburdened and I will give you rest" Matthew 11

Recently one of my colleagues retired, having spent her whole career as a nurse and most of it working in the Hospice. Finding a way of marking the occasion was quite a challenge in these times, and it was actually quite sad not to be able to hug someone whose whole life has been spent touching the lives of others.

Over a socially distanced coffee we had been chatting about work and the place it has in your life. Just a conversation – but also a very powerful starting point for reflection.

Orare est laborare, laborare est orare: "to pray is to work, to work is to pray." (St Benedict).

The Benedictine way gives a framework for focusing what we do and highlights a completeness in everything – a balance between stillness and busyness.



'Christ in the House of Martha and Mary', Jan Vermeer van Delft, 1654
<https://www.jesus-story.net/martha-mary/>

Prayer (St. Ignatius of Loyola)

Eternal Word, only begotten Son of God,
Teach me true generosity.

Teach me to serve you as you deserve,
To give without counting the cost,

To fight heedless of wounds,
To labour without seeking rest,

To sacrifice myself without thought of any reward
Save the knowledge that I have done your will.
Amen.

<https://www.loyolapress.com/catholic-resources/prayer/>

In the story of Martha and Mary (Luke 10: 38-42) there is an apparent tension between Martha's activism and Mary's contemplation but perhaps both are needed.

Generosity and love of God are mutually reinforcing, and underpin everything that we do to serve Him and one another.

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.

Climate Change Conference – CAFOD’s view

Our Common Home

Barbara Bond

It has been almost exactly a year since the mass lobby of Parliament for climate change.

I travelled to St Martin-in-the-Fields and joined people of all faiths, as we silently walked in witness to join groups from every constituency and speaking for every cause.

Spaced out by region and constituency we lined the Thames on both sides, between Westminster Bridge and Lambeth Bridge. At 2 pm, tens of thousands of alarm clocks went off, to demonstrate that the time to wake up and take action is now.



More than 500,000 people took part in a march through Madrid during the COP25 climate talks

COP26 (26th annual UN ‘conference of parties’) has been rescheduled, due to the coronavirus pandemic. The Climate Change Conference will now be held in Glasgow between 1-12 November 2021, a year later than initially scheduled.

COP26 postponement doesn’t mean that work tackling the climate crisis can stop. The Paris Agreement requires countries to submit new climate targets in 2020 – whether the Climate Change Conference is held or not. Governments still can and must put their plans in place to cut emissions.

Homes, food and people’s ability to earn a living are being destroyed by the climate crisis and the pollution of our land, oceans and forests.

We need to restore God’s precious gift of creation, enable people to adapt to a warming world, and stop the climate crisis from getting worse.

We at St Patricks will continue to work towards becoming an “eco” parish and to live simply, sustainably and in solidarity with the poor.

To ask our government to reset our economy, and put people’s welfare, the planet and nature at its heart, sign CAFOD’s petition at

<https://e-activist.com/page/59334/petition/1>



A number of major global conferences on poverty, climate change and the degradation of our environment and nature have been scheduled to take place in 2020, though some of these have been postponed due to the COVID-19 outbreak.

As Pope Francis has said in his encyclical letter to the world, *Laudato Si’*, these issues are all connected:

“We are faced not with two separate crises, one environmental and the other social, but rather with one complex crisis which is both social and environmental. Strategies for a solution demand an integrated approach to combating poverty, restoring dignity to the excluded, and at the same time protecting nature.”

“Bless your servant and I shall live, and obey your word. Open my eyes that I may see the wonders of your law.” Psalm 119: 17-24 III (Gimel)

In the last few months I think we have all come to appreciate our countryside more than ever. We have open space on our doorstep. Bulstrode Farm is one of these spaces. It extends from Race Hill to Roedean, down to the A259 through Ovingdean to Falmer Road. The farmhouse used to be The Grange in Ovingdean, with a milking parlour and medieval barns.

Sold by the council, the barns are now Beacon Court, the milking parlour smart houses, and The Grange has had a succession of owners including actor Steve Coogan. The traffic calming milk cow herd is long gone and replaced by bullocks. The farm house is modern and up the Ovingdean farm track.

Our farmer is young Ben Carr, a one man band, on a short term lease from the council, trying to do his best for the land. It's not easy land. Nutrients are low on our soil. Only some fields can be safely sown and the rest is for grazing and hay. One of the many jobs Ben has to manage is the quality of the hay.



He is duty-bound to control thistles, nettles and ragwort. Ragwort is a native wild flower useful to about 30 different species especially the cinnabar moth, but it's highly toxic in hay. Horses can get liver damage and in severe cases die. Cows don't touch it and shorter lived sheep can eat it in the winter when the plants are young.

The plant needs to be dug up before it seeds and Ben has been trying to do this on his own in Monument (trig point) and Happy Valley fields. This year we tried to help him by climbing up to Cattle Hill every morning for a week. Several people came along to help on different mornings, including Irene and Michael and Jerome and Daniel Letore. We averaged 6 volunteers each day and had a variety of weather from baking sun, to sea mist and drizzle, but we filled about 18 builder's sacks for Ben to take away on his trailer, and burn. In days gone by the whole village would be out helping with this sort of job. It's a lonely life for farmers these days.

On one special day Ted and I met Ben as we were passing the farm house on our way home. He asked us if we would like to be spectators for the ringing of the barn owls. Thoughts of a nice coffee and a sit down were put aside for an hour while we watched the licensed bird man, Terry, go up in a cherry picker and extract two sixty-day-old young barn owls from their box. He pronounced them to be males and in very good condition. Ringed, measured and weighed they were put back in their box to sleep it off.

It was a very satisfying week.

Unfortunately the owl is a bird classed as "unclean" (not to be eaten) in Leviticus 11:17. Birds included are "the ostrich, the screech owl, the seagull ... horned owl, night owl, cormorant, barn owl...". In Hebrew, *yanshuph* is the Egyptian Eagle Owl (*Bubo ascalaphus*) and *kos* is the Little Owl (*Athene persica*), the bird of Minerva, the symbol of ancient Athens. It is nicknamed "the mother of ruins" and is by far the most common of all the owls of Palestine.

In Isaiah 34:10 the owl is associated with the destruction of Edom: "...no one will travel through it for ever and ever. Hawk and hedgehog will claim it, owl and raven will make it their home; the LORD will stretch over it the measuring line of chaos and the plumb line of emptiness." (Jerusalem Bible) – Ed.

(<http://www.kingjamesbibledictionary.com/Dictionary/Owl>)



"The trees of the Lord drink their fill, the cedars he planted in Lebanon; there the birds build their nests; on the treetop the stork has her home. For the goats the lofty mountains; for the rock-rabbits the crags are a refuge." Psalm 104: 16-18

Mass time at St Patrick's

Fr Benny will implement the diocesan desire to have Mass with congregation present in both churches from July 4th. In the case of St Patrick's it would be good to know people's views about whether they will come into church or would attend summer Mass out of doors in the church grounds.

If you will *go with the flow* that's great. Some parishioners will not be able to join in certain events due to shielding – either themselves or a family member.

If you have particular requirements or worries it would be helpful if you contacted the church office:

ololandstp@outlook.com,
Bernadette berskin@hotmail.com
or Irene icgreen@ntlworld.com to let us know.

Mass times are shown on the website

<https://www.ololandstp.org/>

Having open air Mass in the grounds would enable many people to come and yet be socially distanced. You would need to bring a garden chair or rug to sit on, this is the simplest way to do things. However, the church chairs have plastic-coated legs and feet and could be used if you carry your own chair in and out.

Mass inside the church can have a congregation with families together but separated by 2 metres from others not in their household – guessing about 30 in total.

We would also like to know who is present, so that we have track-and-trace data in case anyone developed COVID symptoms or had a positive test. You could provide, at the door, a scrap of paper with your details as you arrived. Holy Communion can be administered during or after Mass.



Summer selling time 18 – 19th July at St Patrick's

St Patrick's will be **fund raising** outside the church on 18th July 10-12 noon and 19th July 14.00 -15.30. Our event is part of a Woodingdean great socially distanced boot sale walk.

We are assembling plants, jams and similar products. **Please supply plants** in pots or trays, or contact us beforehand if you want us to collect. Divide your perennials, make cuttings, sow seeds. We are selling ornamentals, herbs, vegetables, cut flowers and fresh lavender bunches. Donations are welcome of **chutneys, jams, fruit compote, frozen fruit yogurt** and similar – we are at the church door, fridge and freezer at hand in the kitchen.

Help us by visiting and buying that weekend. We need volunteers to sell items. Social distancing:– we will keep the public and ourselves 2 metres apart.

Church use at present, and running costs

Hirers ask whether they can use limited facilities at St Patrick's or when normal hire can resume and the response is - not at present - and as to future hire, we don't know timing. Groups hiring in the autumn need to conform to government and diocesan guidelines and everything will be much more supervised and complicated.

Paying bills – last month repairs included replacing the flushing mechanism in the cistern in the men's room at St Patrick's (£90) and fixing downstairs toilet leak and replacing a radiator which had come off the wall in the rented church house (£134).

We have the usual bills, and St Patrick's pays, since 2002, a monthly contribution to the costs of running the whole parish. **Your weekly contributions to the parish are needed.**

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.

"If anyone fears the Lord, he will show him the path he should choose. His soul shall live in happiness and his children shall possess the land. The Lord's friendship is for those who revere him; to them he reveals his covenant." Psalm 25: 12-14

Life in Lockdown

Lockdown and Mass

Mike Lewis

With lockdown easing I can see my grandchildren and play golf. All I really need now is to be able to attend Mass in church. Televised Mass has not been a success for me. Naturally, I feel guilty about that and my apparent lack of appreciation of the effort that has been put into making it available.

I am sure that for some the televised Mass has been an intimate and important experience. In my last parish we had occasional house masses and I enjoyed the extra intimacy of celebrating Mass just with neighbours and felt honoured when it was my turn to be host.

Why have I failed to engage with televised Mass? The basic answer is of course that I lack the spirituality or, if I wish to be kind to myself, I lack the right kind of spirituality. But there are a couple of other factors: the medium and the community involvement. The medium of television for me is about watching and has no sense of participation.

I know that the technology exists so that with the latest televisions and sound systems “it is as though you were there”. That has never worked for me, it is still just watching the box. We do not normally just watch Mass, we attend and participate. Mass has much less value without that involvement, to me it becomes something of an intellectual exercise, too passive. I like Mass to involve the heart as well as the head.

Mass is the principal form of worship that we have as a community. Sunday Mass brings us together and reinforces us individually and as a parish community. I like going to church for Mass, to see the other parishioners, to remind myself that we are a community of different but connected people. It stops us from having isolated thinking, which is a shortcut to unbalanced thinking.

I like reading at Mass because it makes me concentrate on the meaning of the words, to the extent that, by the end of Mass, I can still remember what the readings were about. I find that involvement a significant aspect of the value of Mass to me and I am aware that some others share some of my views.



Prayer of St Alphonsus

(The Prayer of Spiritual Communion):

My Jesus, I believe that you are present in this Holy Sacrament of the altar.

I love you above all things and I passionately desire to receive you into my soul.

Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever.

Amen.

Trivia Interlude – Various: Who said: – (See p 7 for answers)

1. Everywhere one looks, decadence. I saw a bishop with a moustache the other day.
2. To you, Baldrick, the Renaissance was just something that happened to other people, wasn't it?
3. But be not afraid of greatness: some men are born great, some achieve greatness, and some have greatness thrust upon them.
4. Once the toothpaste is out of the tube, it is awfully hard to get it back in.
5. May I ask what you were expecting to see out of a Torquay bedroom window? Sydney Opera House, perhaps? The Hanging Gardens of Babylon? Herds of wildebeest sweeping majestically...
6. Wensleydale lies between Tuesleydale and Thursleydale.

“So let every good man pray to you in the time of need. The floods of water may reach high but him they shall not reach. You are my hiding place, O Lord; you save me from distress.” Psalm 32: 6-7

Racial Justice –

Catholic Bishops' Conference of England and Wales

Wednesday, June 3rd, 2020 @ 12:44 pm

“We stand in solidarity with our sisters and brothers in the USA as they challenge the evil of racism and the brutal killing of George Floyd. As the US Bishops made clear: “we cannot turn a blind eye to these atrocities and yet still try to profess to respect every human life. We serve a God of love, mercy, and justice.”

“Systemic racism is embedded in our own society. The disproportionate harm suffered by BAME people throughout the COVID-19 pandemic has highlighted profound inequalities, marginalisation and injustice here in the UK. The peaceful Black Lives Matter protests taking place in our towns and cities this week reflect the understandable anger that so many people feel about this.

The black rectangle was the meme of the Black Lives Matter protest initially on social media

Pope Francis spoke at a General Audience on 3rd June:

“We cannot tolerate or turn a blind eye to racism and exclusion in any form and yet claim to defend the sacredness of every human life. At the same time, we have to recognize that the violence of recent nights is self-destructive and self-defeating. Nothing is gained by violence and so much is lost,”

Pope Francis prayed for the intercession of Our Lady of Guadalupe, the patron of the Americas, to intercede for peace, justice, and reconciliation in the U.S. at the end of his Wednesday audience, livestreamed from the Vatican’s Apostolic Palace.

“Today I join the Church of St. Paul and Minneapolis, and of all the United States, in praying for the rest of the soul of George Floyd and all the others who have lost their lives because of the sin of racism,” the pope said.

“Let us pray for the comfort of families and friends who are heartbroken, and pray for national reconciliation and the peace we yearn for.”

<https://www.catholicnewsagency.com/news/>

“As Catholics we recognize that racism is an evil which must be opposed; we all have a responsibility for actively promoting racial justice. Whenever we ignore racism or dismiss BAME people’s experience of it, we are complicit in violations of human dignity. We pray for God’s help to overcome racism in all its forms and that we might protect everyone who suffers its consequences. We are all made in God’s image.”

Bishop Declan Lang
Lead Bishop for International Affairs

Bishop Paul McAleenan
Lead Bishop for Racial Justice

<https://www.cbcew.org.uk/bishops-solidarity-with-sisters-and-brothers-in-usa-over-evil-of-racism-and-killing-of-george-floyd/>

Italy's Frontline: A Doctor's Diary...

BBC2 Monday 6th July 11.30 p.m. (1 hour in length) or Monday 17th July at 1.30 a.m. Also on I-Player for next 11 months.

<https://www.bbc.co.uk/programmes/m000kjtd>

“An intimate and profound portrait of one doctor’s struggle as she fights to save lives at the height of the coronavirus pandemic in one of Italy’s worst-hit cities.

Stretchers fill the corridors, oxygen tanks are in short supply and patients die alone without a last word from their loved ones - this is the scene inside a hard-hit hospital in Cremona, northern Italy, at the height of the coronavirus outbreak earlier this year.

This film gives an unprecedented and intimate insight into three months of life on the Covid frontline with A&E doctor Francesca Mangiatordi.”

Deeply moving, utterly human, matter-of-fact and never tragic. Highly recommended. Patrick

“Make me grasp the way of your precepts, and I will muse on your wonders. My soul pines away with grief; by your word raise me up... I bind myself to do your will; Lord, do not disappoint me. I will run the way of your commands; you give freedom to my heart.” Psalm 119: 25-32 IV (Daleth)

Afterthoughts

Meditations in the Garden, Late Lockdown

Patrick Bond

The recent heatwave ended in a thundery breakdown at about 3.30 a.m. – much to my relief as it was oppressive in itself and unbearable under the shaggy crop of hair enveloping my neck and ears. I found myself by an open window at four o'clock with audio recorder in hand: a thrush rang out its three-formed variations full-heartedly, the song echoing for about 20 seconds in the eerie hush between lightning flash and great rolling crashes of thunder. The thrush carried on singing unperturbed.

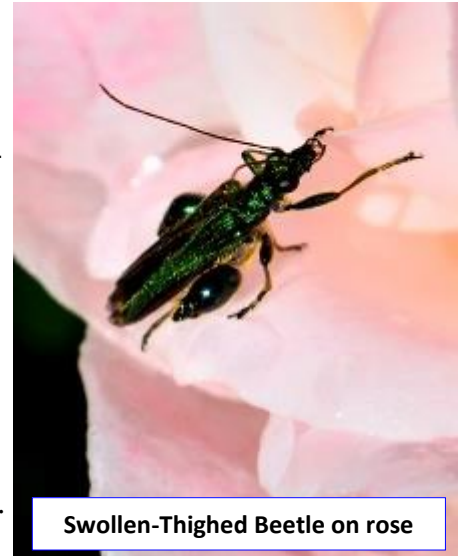
Surely life is more than food, and the body more than clothing! Look at the birds in the sky. They do not sow or reap or gather into barns; yet your heavenly Father feeds them. Are you not worth much more than they are?
Matthew 6: 25-26

Hard to remember that lockdown heatwave now, as yet another day of unseasonably strong south-west winds and vicious gusts thrashes through all the bushes in our garden. We have a purple "Smoke Bush" (*Cotinus coggygria*) which this year has had its tallest, best and longest flowering display ever. The tall stems are bent over double and twisted as the wind scours round it, yet it does not seem disposed to fall over.

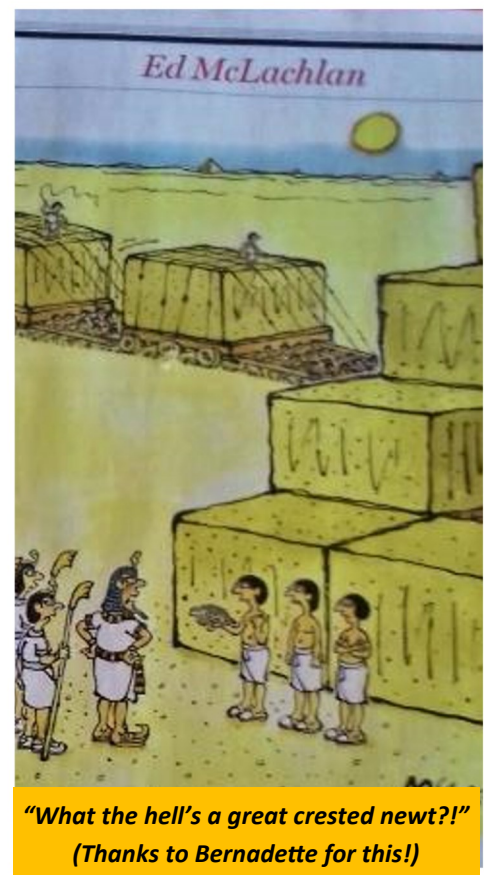
I have never seen so many small birds around our feeders. Goldfinches flash and startle round the sunflower seeds, sparrows get stuck into the mixed seed feeder, and blue tits flock to the fatballs. I have seen a dozen or more come through, four at a time, and each blue bundle a fraction smaller than the one before, like Babushka dolls. We must be into the third or fourth brood this year.

Sparrows have rejoiced in our untidy yard, frequenting the nooks and crannies of a hornbeam hedge and popping in and out like cuckoo clock cuckoos. They drop into the tangle of Old Man's Beard (Travellers' Joy, *Clematis vitalba*) which is growing in a crack in the concrete, then shoot up to our windows looking for spiders where the glass meets the frame. They resemble a troupe of dynamic feathered frogs jumping in waves.

Speaking of frogs – except I think these were toads – I had a moment of being looked back at when I went to clear some overgrowth around our pocket pond. Although a mere plastic box sunk into the ground a year ago, which I have kept topped up with rainwater, this is home to at least two large amphibians, who stuck their heads above water as I tugged out pieces of Hedge Bindweed and Virginia Creeper, and regarded me with great solemnity, curious to know my motives and what, exactly, I proposed to do next. I was spellbound.



Swollen-Thighed Beetle on rose



Trivia (Various) answers

1. Alan Bennett; 2: Richard Curtis & Ben Elton *Blackadder II* (1987);
3. William Shakespeare *Twelfth Night*;
4. H.R Haldeman (Watergate Hearing, 1973);
5. John Cleese & Connie Booth *Fawlty Towers* 1979;
6. Arthur Smith

"Although Wisdom is alone, she can do everything; herself unchanging she renews the world, and generation after generation, passing into holy souls, she makes them into God's friends and prophets, for God loves only those who dwell with Wisdom." Wisdom 7: 27-28