



St. Patrick's Church

Broad Green/Cowley Drive Woodingdean BN2 6TB



Our Lady of Lourdes

Whiteway Lane Rottingdean

# St. Patrick's Newsletter

**Fr Benny O'Shea Tel: (01273) 302903 Email office: ololandstp@outlook.com**  
**Fr Benny's address is : Eastfield, Steyning Road, Rottingdean BN2 7GA**

Web: <http://www.ololandstp.org/>

**Welcome to the third "apart but together" e-newsletter (24th April 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'*



Easter Apple Blossom Spring 2020

### **Doubt no longer but believe... On being Touched**

**Barbara Bond**

The story of Thomas has never resonated so much with me as it has in these past weeks. Suddenly, when we are not allowed to do it, we realise the immense power of touch. Thomas wanted to put his finger in the holes the nails made and his hand in Jesus side – and his response to Jesus' invitation to do just that is a profound and powerful prayer; "my Lord and my God".

It is the next part of the story that I see playing out day by day at work.

When we are wearing PPE the only bit of us patients can see is our eyes, touch is through a gloved hand. All staff look pretty much the same. For safety, visitors are highly restricted so medical, nursing and care staff suddenly become family and pastor as well, providing every sort of comfort, love and support. I have held the hand of someone I have never met before, knowing they can't really see me but also knowing that in that contact I can bring something of the gift of Easter.

In a broader sense, the outpouring of support for one another encapsulated in "Thank-you Thursdays", and clear in the large and small acts of kindness happening everywhere, shows that we are all capable of being touched – and that this bears the most wonderful fruit.

*"As the father sent me, so am I sending you" (John 20:21)*

*Please send me your short thoughts (200—300 words) about life under lockdown. Next issue in time for 5th Sunday of Easter. Contributions before Friday 8th May to me at email: [bond\\_barbara@ymail.com](mailto:bond_barbara@ymail.com).*

## Notes from a Lock Down: Frances

Into our 4th week of 'lock down' and somehow I seem to be getting used to it. Maybe 'adjusted' is the right word. It is so surreal!

I count myself very blessed as I do not live alone and I have a lovely garden. I am able to go for a walk and can FaceTime friends, text, phone and WhatsApp!

My 'new' life is very busy – Zoom classes on Tai Chi, Keep Fit (via the U3A) and Meditation, plus Fr. Benny saying a 'lonely' mass every day. I remain in touch so I am lucky. We live in a wonderful area and can escape on the downs and relish the peace and quiet. Just the bird song.

I never realised how many gadgets there were for accessing classes and people. It is a whole new world! To chat to other members of my classes is so reassuring and positive. I have downloaded a course on Sign Language! I have only got to the 1st chapter but I now know the alphabet and numbers. One word – welcome! I hope I can end this phase of life knowing a different skill, and can make use of it. I feel grateful to have all these opportunities.



Quince blossom from the church garden

The big bonus was during Holy Week when we were so fortunate to have the services streamed from OLOL. Now there is mass daily, and of course on Sundays. I miss St. Pat's!! All the kind people, friendly faces and the feeling of being one big family.

Let's hope we find vaccines for this virus, can stop the spread, and people will be able to go back to work and to be with their families. We all need to spare a thought for those forced out of their jobs or those on zero hours contracts who are relying on Universal Credit. Good luck to them all.

**I am always happy to chat to anyone who is isolated and/or Email.** I am able to go to the chemist in Rottingdean and can access the farm shop in Falmer. Please contact me if you would like some help or someone to talk to. *I am a good listener!!* (Email frances.low@ntlworld.com; phone 01273-388910)

I, like everyone, miss my friends and family and my routines but.....! **We will meet again soon. God Bless. Keep Well.**

### Make Us Humble Lord:

from Patrick Elliott

Lord Jesus, servant king, we thank you today for all those whose humble service has enriched our lives and the lives of our communities. Especially during this pandemic, we all have found wonderful neighbours willing to help us in any way; we pray for them and thank the Lord for sending them in our time of need. Those who in modest but real ways emulate your own generous, life-changing self-giving. O Christ our morning star, splendour of light eternal shining with the glory of the rainbow COME!! – and waken us from the greyness of our apathy and renew in us your gift of hope. **Amen.**

### ***This is the time of His mercy***

In today's world, it is demonstrably clear that man has failed to listen to God, and the whole world is on the Precipice of perdition. This is why Jesus has found it necessary to urgently appeal to us in a new way and has given us an extraordinary message, revealed through one of the many saints, St Faustina, with extraordinary promises attached to it, to help attract modern society back to faith. *Jesus, we trust in you.*

**“All Catholics are called to be Apostles and participate in extending the kingdom of Christ throughout the world for the greater glory of God the Father and to direct the whole Universe to Christ.”**

(Apostolicam Acuositatem: 2nd Vatican Council Decree on the Apostolate of the Laity, 18th November 1965)

## Calling for Volunteers to help the campaign against the Coronavirus:

### Message from Irene

#### Research on COVID-19 – exciting opportunity to help

Two weeks ago I asked you to help measure the spread of Coronavirus by using a **phone App** to report whether you have symptoms of COVID-19 or not. It takes seconds, the App locates geographical hotspots and disease spread. It is managed from Kings College London, and 2.5 million people are already using it. You can join at any time.

The exciting thing is that the data is *given every day to the NHS and the government* to help trace infections. The data is vital for NHS intensive care planning and also for lockdown relaxation.

<https://covid.joinzoe.com/>

**You can get the App from the usual App Store, or for Android on Google Play.**

#### Heroes

The British people have behaved fantastically well so far in the coronavirus pandemic and the nation has new heroes. It's now the NHS front line workers, care home workers, drivers of all types, supermarket workers, pharmacists, postmen, bin men, food bank volunteers – these also can lose their life in their daily work, though it wasn't in their job description.

By age distribution the researchers have only 5% of people in the over 70 and over 80 category; and only 10% in their 60s. Since the over 60s are considered the at risk group according to the WHO, **it would be extra beneficial if you are in the older age group and can take part**. Men are more prone to worse outcomes than women and many fewer men than women are using the App. If you are a man over 60, you are gold dust – but you knew that. Please consider helping us all by joining this research initiative.

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

1. Good apple pies are a considerable part of our domestic happiness.
- 2: The English contribution to world cuisine? The chip.
3. Coffee in England always tastes like a chemistry experiment.

**What I learned at a seminar on the web**, this afternoon. You can send the researchers questions and they publish information every day including well-researched answers.

**T**here is a clear worsening effect of Covid-19 if you smoke, and worse outcomes if you live in an area with air pollution, or if you are frail

**P**eople report symptoms with which you are familiar – high temperature, cough, pain, shortness of breath, loss of taste and smell – but 20% are reporting skin rash, in children on the face and feet, in others rash below the nails, puffy eyes and lips

**R**esearchers have identified a group of people who they call "long shedders", these are people who have had mild symptoms but who still have the virus a month later, so can keep on infecting others – these would benefit from drugs to enhance immunity, which would enable them to become virus free

**D**on't bother to buy and take Vit D tablets – if you get out for 15 minutes in the sun you get enough vit D. And good gut health helps immunity – Google foods for this



**On average, a Panda feeds for approximately 12 hours per day.**

**This is the same as an adult at home under quarantine, which is why we call it a "Pandemic"**

***"O send forth your light and your truth; let these be my guide. Let them bring me to your holy mountain, to the place where you dwell. And I will come to the altar of God, the God of my joy." Ps. 43***

## The Poet under Lockdown

Patrick Bond

Never have I seen skies so blue and still in springtime, for so many days one after another. Never have I seen such apple blossom, or heard the bees humming so loud, or blackbirds singing from dawn to dusk in the unfamiliar quiet of lockdown. There are no condensation trails stitching the blue skies, and no thunder of jet engines criss-crossing the silent heights.

When I go to the shop every morning, crossing the Winterbourne stream, I breathe air so pure and scented with the misty perfume of growing plants, pussy willow and may blossom (whitethorn), that the thought comes to mind: "This is how fresh air smelled sixty years ago, before cars filled every yard of every road and byway, before herbicides wiped out wayside flowers, and pesticides killed beetles, glow-worms and moths."

This spring has been a revelation, a gift of paradise, in the middle of the most extreme health crisis. But I am connected, through Barbara, to the front line of nursing in a pandemic, and it is my role to back her up, and avoid catching COVID-19 myself. It is the dark frame to my happy isolation.

Amongst the upheaval, economic and social, we have recognised just how kind people can be to each other, and how much this togetherness matters. Perhaps this crisis is a wake-up call to our deeper strengths? I am thinking of Fr Benny, in his lonely witness at the altar, amazingly brought into my home through technology, somehow revealed in his true calling as our shepherd in this dark, and lovely, time.

## Sayings from my Mother

Mary Barriff

My mother, Johanna, was one of the greatest Mrs. Malaprops going. She was absolutely hilarious but just didn't know it. You wouldn't dare laugh at her! Anyway, I have a great list of them but here's a few she came out with when I was phoning her in Ireland:

Me: "Any news, Mum? What's been happening?"

Mum: "Well, Theresa (a niece) has got herself a new job in Cork."

Me: "That's an awful long way to travel to work from Tipperary."

Mum: "Well, she computes."

Me, trying not to laugh: "But doesn't she have small children?"

Mum: "She does, but she's putting them in a quiche." .....There's loads more!

## The new normal

– Irene Green

This month should have been insanely busy - we are missing the Floralia Spring Flower show Belgium, the Kinderdijk windmills and Keukenhof gardens, on a bridge-playing river cruise. Also missing a 5 day visit from our son and two grandchildren surrounding the cancelled Brighton marathon weekend and a one week visit from two sisters followed by Open Garden at our house (all not happening). It's a month since lockdown and I have a whole set of habits, some of which would previously have seemed bizarre or certifiable...

- Exercising to Joe Wicks on YouTube 9am; doing yoga to CD instructions from a yoga teacher of 15 years ago, Mark Freeth, who was great and a bit advanced, the leg-behind-head sort of yoga
- Using Zoom as a meeting tool; playing bridge online (bridge base online BBO)
- Finding local downland paths I knew nothing about, especially to the west... we rarely walked (Michael sailed, I went to the gym)
- Wearing gloves and quarantining clothes, deliveries; praying not to get minor health problems that need treatment e.g. tooth ache
- Using a list to plan meals (for us); making more sauces, sorbets, time-consuming stuff, as well as pastry, waffles, macaroons to go with a freezer full of home grown summer fruit
- Using up old stuff, toiletries (hand creams, including barrier cream for dry hands – zinc ointment with almond oil – sounds nice but was baby nappy cream bought in France 14 years ago), checking store cupboard, saving the planet by washing plastic bags
- Praying that nothing breaks down though we have had watch batteries, straps, a TV – all die; studying epidemics and pandemics, remembering being in Singapore in 2004 after SARS, eating delicious chicken and thinking, *hope we are safe here*
- Editing digital photos and sharing, housework still low priority... reading and studying... feeling happy we haven't thought of downsizing, though the garden is a full time job!

***"Blessed is he whom you choose and call to dwell in your courts. We are filled with the blessings of your house, of your holy temple." Ps. 65***



## St Patrick's grounds and plant exchange

– Irene Green

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, the quince is in full flower, it is the last of the fruit trees to bloom. Please no dogs in the grounds!

If you have plants to exchange or if you need some let us all know. I have spare tomato plants, greyhound cabbage plants, mixed salad leaves, lettuce plants; and will have spare dahlias, cosmos, nicotiana and similar bedding in the next couple of weeks. I would like leeks, maybe French beans, though I have finally got some germinating!

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

## Community news

**Urgent dental care services** have been set up in the SE including Brighton. All patients need referral by their dentist or a local practice providing phone advice. Patients are then triaged and face to face treatment is available when clinically required. I've asked Lloyd Russell Moyle for a bit more detail because the NHS-dentists web pages don't give it yet.

For information including on **shopping** see the previous eNewsletters – go to St Patrick's Woodingdean at the top of the home page – <https://www.ololandstp.org/>

I have a list of **ecotherapy sessions and therapeutic parenting programmes** currently online from Chiara Santin, Systemic and Family Psychotherapist: [www.familytherapyservicesrainbow.org](http://www.familytherapyservicesrainbow.org).  
Tel 07548 390567



### “Teresa’s Bookmark”

Let nothing disturb you.

Let nothing upset you.

Everything changes.

God alone is unchanging.

With patience all things are possible.

Whoever has God lacks nothing.

God alone is enough.

*Found in the prayer book of Teresa of Avila after her death.*

Our Easter Lilies are particularly good this year. Note the plastic duck? Ann Harris gave it to us. Always a memory. **Bernadette**

**Trivia Interlude answers:** food quotes were quipped by:

1. Jane Austen; 2: John Cleese; 3. Agatha Christie

### Poems Out Loud... by Zoom...

Patrick will set up a Zoom (internet) version of Poems Out Loud on Monday 4th May, 11 a.m. Let me know if you would like to join in.

We celebrate spoken poetry in all its forms. The format is simple: I read a poem, and you interact by listening and commenting. There is something for everyone. The conversations and mutual support are what makes it so special. We have been going for 14 years, but never before in a virtual form!

[patrickgbond@yahoo.co.uk](mailto:patrickgbond@yahoo.co.uk) or 07425-011341

*“It is on your lips, it is in your heart, meaning by that the message of faith which we preach... The heart has only to believe, if we are to be justified; the lips have only to make confession, if we are to be saved.” Rom 10: 8b-10*