



St. Patrick's Church

Broad Green/Cowley Drive Woodingdean BN2 6TB

St. Patrick's Newsletter



Our Lady of Lourdes

Whiteway Lane Rottingdean

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MASS at Our Lady of Lourdes is streamed live: for full details of the Sacred Paschal Triduum, see:

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

Wed 13th April Stations of the Cross 12 noon at Convent;

Vigil Mass Saturday 6.30 pm; Sunday Mass: 10.30 am

St Patrick's - Mass: Sunday 10th April at 9 am: Palm Sunday

Good Friday Stations of the Cross at St Patrick's, 11 am, and Sacrament of Reconciliation

Mass: Sunday 17th April at 9 am: Easter Sunday

Welcome to the 51st "apart but together" e-newsletter (10th April 2022)

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

On Being the Hands of Christ

Barbara Bond

Pray not to be put to the test Luke 22

During the week, one of my complementary therapy patients at the Hospice was an amazing lady of 92, who drove herself to see me and very quickly charmed everyone she met. She had a fierce intellect and was warm and funny. I quickly decided that she would be my role model!

My encounter with her, rather longer than planned, led me to be listening (in the car) to one of a series of fifteen-minute programmes on Radio 4 called "A Show of hands". My unplanned moment included both a priest and a nun speaking about their hands. I was profoundly moved when Fr Christopher Hancock spoke about using his hands in the celebration of Mass and those same hands sometimes being part of a person's last touch, hands often communicating when words cannot.

I so often say to people "we take our hands for granted", but that really made me reflect on just how much I fail to notice the daily miracles at my fingertips.

I sometimes find it very hard to listen to the Passion readings, to sit with the paradox of such violence,

***Christ has no body now on earth but yours;
no hands but yours; no feet but yours.***

***Yours are the eyes through which
the compassion of Christ
must look out on the world.***

***Yours are the feet with which He is to go
about doing good.***

***Yours are the hands with which He is to
bless His people. Amen.***

St Teresa of Avila

the hands nailed to the Cross. It is not easy to see it as an icon of that kind of love that is willing to stand with those who suffer. Meister Eckhart says that "God is the one who stands by us and remains standing by us, constant and unmoved". God is not far from Jesus on the cross. God is the breath of Jesus' every breath.

I pray that like Jesus I can choose the path of God's law of love and freely embrace the consequences of that choice.



The newsletter appears fortnightly. The next issue will be on 24th April (Divine Mercy Sunday). Please send contributions by Friday 22nd April to Barbara Bond: bond_barbara@ymail.com

War in Ukraine: Disasters Emergency Committee



More than 4 million people have fled Ukraine and another 7 million have left their homes to escape the conflict, leading to a huge humanitarian crisis.

Heavy fighting, shelling and air strikes across the country have had devastating consequences for civilians. Homes have been destroyed. Families have been separated. Lives have been lost.

At Ukraine's borders with Poland, Romania, Hungary, Slovakia and Moldova, huge numbers of people are arriving with only what they can carry.

DEC charities and their local partners are in Ukraine and in neighbouring countries providing food, water, shelter and medical assistance.

Donate at: <https://www.dec.org.uk/>

Prayer Poem by Fr Richard Rohr

**How can we not feel shock or rage
at what is happening to the people of
Ukraine—
as we watch their suffering unfold in real
time
from an unfair distance?
Who of us does not feel inept or powerless
before such manifest evil?
In this, at least, we are united.
Our partisan divisions now appear small
and trivial.**

**Remember what we teach: both evil and
goodness are, first of all, social phenomena.
The Body of Christ is crucified and
resurrected at the same time.
May we stand faithfully inside both these
mysteries, through contemplation.**

**In loving solidarity, we each bear
what is ours to carry,
the unjust weight of crucifixion,
in expectant hope for God's
transformation.
May we be led to do what we can on any
level,
through action, to create resurrection!**

**The people of Ukraine have much to teach
the world.**

Coming through crises stronger

In September 2020, Pope Francis spoke of the pain and suffering caused by the COVID-19 pandemic. Ongoing crises around the world have brought his message of solidarity into greater resonance:

To emerge from this crisis better than before, we have to do so together; together, not alone. Together. Not alone, because it cannot be done. Either it is done together, or it is not done. We must do it together, all of us, in solidarity...

The big wide world is none other than a global village, because everything is interconnected, but we do not always transform interdependence into solidarity.

There is a long journey between interdependence and solidarity. The selfishness—of individuals, nations and of groups with power—and ideological rigidities, instead sustain “structures of sin.”

“I will bless the Lord at all times, his praise always on my lips; in the Lord my soul shall make its boast. The humble shall hear and be glad.” Psalm 34

Donations for Ukrainian Refugees: Mike Lewis

“The Grand Hotel in Brighton launches Ukraine appeal: March 27th to April 3rd”

Thank you to all who contributed to our Ukraine collection. I managed to get everything into my Volvo estate by loading it to the roof. The commissionaires at The Grand were very helpful; they were impressed with the amount we donated and with the fact that we as a parish had participated. It seems that they have struck a chord with the many people who, like us, were keen to help the refugees but were unsure how to go about it. Thank you Julie (Williams) for discovering that The Grand was arranging a collection and for delivering a car load on Friday. The photograph is of some of the items donated. Thank you again.



A night reflection for Maundy Thursday

Jesus arrested, judged, found guilty and condemned to die, is held captive overnight.

If I were arrested and held this night what would I be found guilty of?

— That I made friends with people irrespective of their colour, creed or class...

That I shared my bread with the poor...

That my words and actions brought healing & forgiveness...

That I made justice and didn't count the cost ...

That I sought the truth and then spoke of it...

That I recognised my neighbour & loved them as my very self...

That I met God along the way in the healing and forgiveness I received...

That I accepted hospitality at many different tables...

That I was changed by the lives of others

... and often repented my arrogance and foolishness

in encountering their wisdom ...

That friends and strangers sometimes paid the price for me...

That I never sought out suffering... but journeyed with it to the best of my ability...

That the love of those about me taught me to love myself before God...

— You call us out of brokenness

to mend and remake your creation.

Grant us the courage to stay

with all those who are held captive this night.

In the name of Jesus who is good news, Amen.

Pat Pierce/CAFOD

“Glorify the Lord with me. Together let us praise his name. I sought the Lord and he answered me; from all my terrors he set me free.” Psalm 34

Community News – St Patrick’s

Fundraising Plant Sales at St Patrick’s on Sunday 24th April and Sunday 1st May...

After Mass at St Patrick’s on Sunday 24th April from 9.45am until 12 noon we will sell plants grown from seeds, cuttings, division. We will also have preserves from home grown fruits and some home baking. Informal tea and coffee available.

Plant list so far: cosmos, tomato, courgette, purple sprouting broccoli, lettuce, antirrhinum, basil varieties, calendula, sorrel, peony, dahlia varieties Mignon and Bishop’s children.

For plantaholics who like gardening programmes note the higher visibility of the Scottish gardening programme *Beechgrove*. It has been shown for over 50 years, I watch it on BBC Scotland on Thursday evenings. It is now on BBC 2 at 7.30pm on Fridays.

Lectio Divina in Lent

If you would like to explore this ancient method of deepening your heart’s experience of the Bible and prayer — please email me patrickgbond@yahoo.co.uk, or phone 07425-011341. I will send the link, and full instructions.

The session via Zoom lasts for 45 minutes, once a week on a Wednesday evening at 7 pm. Please do join at any point in Lent.

Patrick Bond

Good Friday

Stations of the Cross at St Patrick’s 11 am, all welcome.

Information from the Lourdes Pilgrimage Office

If any **qualified nurse would like to join this year’s Arundel & Brighton Lourdes Pilgrimage**, July 29 - 4 August 2022... Sponsorship for the financing is available to a new applicant for this year’s pilgrimage.

For further details & application please contact Lourdes Pilgrimage Office Tel 01403 740110, email lourdes.office@abdiocese.org.uk

For an informal chat, contact Maureen Buni at 07935 251 627

Updating our Fire Safety Procedures

We would like Fire Wardens to confirm if they wish to be fire wardens for the next year.

We would welcome more people for this task as existing fire wardens do travel, visit families and are not available every week. We have never had a fire but need to be fully prepared.

We can add fire warden to the Sunday rota of tasks. Fire wardens will be briefed when we have our procedures written up (next few weeks).

The St Patrick’s committee and interested parishioners will make a list of the following and will post it in the porch and kitchen:

- Informing about fire with bell and fire alarm (porch)
- Who the fire wardens are
- How to evacuate – front door, kitchen door and parish room door with fire wardens stationed inside to direct (and turn off equipment)
- Who calls the fire brigade giving full address and postcode BN2 6TB
- Our assembly point is Broad Green opposite side by Brownleaf Rd
- Disabled people with or without wheelchairs will be helped by fire wardens
- Do not stop for personal belongings
- Only if safe to do so and if someone is trained should fire extinguishers be used

The following parishioners use diocesan Safety Toolbox for St Patrick’s Church and rented property: Jane Moore (principally), Irene Green and John Duplain.

Comedy...

Watch *Derry Girls* Channel 4 Tuesday 12th April onwards — you might need subtitles.

“Look towards him and be radiant; let your faces not be abashed. This poor man called; the Lord heard him, and rescued him from all his distress.” Psalm 34

Prayers, Contemplation and Scripture Reading

Laurence Freeman – on Contemplation (Tablet Webinar)

Irene Green

Laurence Freeman OSB is a Catholic priest and a Benedictine monk of Monastery of Sta Maria di Pilastrello in Italy, a monastery of the Olivetan Congregation. He is the Director of the World Community for Christian Meditation and of its Benedictine oblate community.

He started with the parable of Martha and Mary to illustrate that our normal lives are about being and doing, especially doing, so we are in denial of the need of contemplation. Life around us is full of stress, anger, sadness, violence, corruption.

We live in extraordinary times: there are deep wounds of division, structural injustices – we are not all in the same boat – even a pandemic shows access to vaccine varies between continents. There is fake news, brainwashing on an industrial scale, and mistrust of “democracy”. Our age now has a different level of chaos and problems: environmental, economic, social, and political. It is not a crisis; it is longer than that.

However we must create our own pockets of sanity, contemplation and action. In Lent we can control chaotic feelings, lay aside our thoughts, empty our heads, hold on to Easter, use prayer, be charitable, control “addictions” — try fasting from those!

We at St Patrick’s have been using weekly readings from St Paul for several of the Lectio weekly zooms. *Paul among Jews and Gentiles* is a publication recommended especially to those who hate St Paul.

The Martha and Mary story doesn’t say what came next. We can finish the gospel stories ourselves, engaging with the word of God, leading to self-knowledge. We have lost the art of reading the scriptures.

The discussion following the webinar presentation included a frank discussion about difficulties in the world, but also in the Catholic Church itself. Laurence Freeman was refreshingly frank and honest in his entire presentation. He recommended that those who can’t take it any more leave (!) but for those who soldier on there is optimism that problems have been identified and are being dealt with. We must preserve our worshipful community despite what many in the world think of the Church.

A Prayer for Ukraine

Loving God,

We pray for the people of Ukraine,
for all those suffering or afraid,
that you will be close to them and
protect them.

We pray for world leaders,
for compassion, strength and wisdom
to guide their choices.

We pray for the world
that in this moment of crisis,
we may reach out in solidarity
to our brothers and sisters in need.

May we walk in your ways
so that peace and justice
become a reality for the people of
Ukraine
and for all the world.

Amen

Prayer Chain for Ukraine

In the last newsletter I invited people to join our prayer circle for Ukraine so that every hour someone is holding everyone affected in their prayers.

It is not intended that you spend a very long time just that we know that there is an unbroken chain of prayer. We have a few gaps... please email me bond_barbara@ymail.com and I will add you to the rota. *Barbara Bond*

Time in Brighton (Ukraine)

Who is praying

05.00 (07.00)	Margaret Bradford
06.00 (08.00)	Bernadette
07.00 (09.00)	Eileen and Patrick
08.00 (10.00)	Frances
09.00 (11.00)	Anna & Eugeniusz
10.00 (12.00)	Alison Tighe
11.00 (13.00)	Patrick B.
Midday (14.00)	Maureen James
13.00 (15.00)	Sheila
14.00 (16.00)	Peter
15.00 (17.00)	Maureen Buni
16.00 (18.00)	Pat Peers
17.00 (19.00)	
18.00 (20.00)	Barbara
19.00 (21.00)	
20.00 (22.00)	
21.00 (23.00)	
22.00 (24.00)	Irene
During the night:	Hilary

“The angel of the Lord is encamped around those who revere him, to rescue them. Taste and see that the Lord is good. He is happy who seeks refuge in him.” Psalm 34

Covid Corner, Holiness, and Kanji Project



COVID

Prevalence of Covid is now 1 in 14 people. There has been an 8% drop in the last week.

Levels are likely to remain high as employers are demanding that people like air crews report for work even if they have Covid. That means they will spread it to the whole plane. Thank you government (not) for making it more dangerous to go anywhere if you don't want to catch Covid.

There is a new variant in town – it is the XE variant, not much info on it yet. **Irene Green**

Lenten webinars from The Tablet - how to Grow in Holiness **Irene Green**

Rev Canon Tim Alban Jones MBE, Vice Dean, Peterborough Cathedral

Headings discussed in the talk:

Deny; Take up Cross; Follow; Grace

Deny: sometimes means taking something up. Pope Francis' advice:

— fast from hurting words, from sadness, anger, pessimism, worries, complaints, pressures, bitterness, selfishness, grudges, words: be silent, listen.

Take up our Cross:

— listen to others, grow, read the Bible... Well, not all of it – read the whole of Luke's Gospel, 24 chapters in Lent.

Follow:

— Spend 5 or 10 min extra on prayer per day; pray for peace; review each day before you go to sleep, ask, how close were you to God? Which encounters did you have? How to do better?

Receive Grace:

— We have received one blessing after another, and there are various sorts of grace; grace prompts ordinary men to respond to others e.g. in Ukraine; it inspires acts of goodwill and selflessness.

Overall, grow in holiness!

- It is not a Damascene leap, more baby steps: can you change micro habits? Do things which are small and not time consuming. Be penitent – giving gratitude and love.
- Acknowledge you get it wrong and say sorry.
- Give to the work of the church.
- Gratitude makes us joyful, say thank you to God for all that has happened to you that day.
- Love God, neighbour and ourselves in that order.
- Creation care: look after the earth – love of God, neighbour and ourselves

Lent is a good opportunity – converse with people, have broader discussions, invite people to church for social or other events.

The
Kanji
Project

Kanji mini-report (9th April)

This morning I sent another £50 for Kanji from preserves sold from our porch. This week I made another batch of marmalade, blackberry and apple and mulberry and apple, and the marmalade has nearly all sold already.

Bernadette

“The Lord turns his face against the wicked to destroy their remembrance from the earth. The Lord turns his eyes to the just and his ears to their appeal.” Psalm 34

Prayers for Holy Week

A Prayer for Holy Week

By Your heaviness and fear in Gethsemane, comfort the oppressed and those who are afraid.

By Your loneliness, facing the Passion while the Apostles slept, comfort those who face evil alone while the world sleeps.

By Your persistent prayer, in anguish of anticipation, strengthen those who shrink from the unknown.

By Your humility, taking the comfort of angels, give us grace to help and to be helped by one another, and in one another to comfort You, Jesus Christ.

Caryll Houselander

From: The Tablet, 9th April 2022



Prayer at 3 o'clock on Good Friday

Jesus, you are my Lord and my God, you endured such pain & suffering for me, you died for love of me.

I kneel beneath your cross and beg for mercy.

Lord, have mercy on me, a sinner.

O blood and water flowing from your side, sanctify and cleanse me. Lord, I love you with all my heart and place all my trust in you. Amen

Diana Ng-Sutherland/CAFOD

Walk with Us

Jesus, you know what it's like to feel abandoned, lost and afraid.

Walk with us, and show us how to walk with others, who live in fear, who face death through hunger or war. Show us how to pray for those we do not know and will not meet, but who are always loved by you. Walk with us Jesus. Amen.

Linda Jones/CAFOD

The Darkness of the Tomb

Jesus, in the darkness of the tomb, you were surrounded by love, by grief and by fear, as your body was prepared for burial.

Walk with us.

May we feel the comfort of your love for us. And may we turn outwards to share that love with others, with the same generosity and gentle loving kindness that you showed to all.

Walk with us Jesus. Amen.

Linda Jones/CAFOD

As the high point of the Christian year comes near, ... conflict seems to be at the absolute heart of it. We are normally programmed to imagine being a good Christian in very conflict-free terms: we should be meek, humble, selfless, peaceable, certainly not the sort to do anything to rock the boat ...

Perhaps to learn to be a good Christian is to learn not only to make peace, but also to discern when conflict, whether on a personal or a social level, cannot be avoided — or ought not to be avoided. And to learn to be a good Christian is also to learn a distinctive way of enduring conflict, a specifically Christian way of standing up to evil.

Karen Kilby, from "Light Breaks Forth: the CAFOD Lent Book", DLT 2011

"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

Afterthought: Dark Clouds Pass Slowly

Patrick Bond

But God raised him high, and gave him the name which is above all other names

Philippians 2

The sun is beaming palely through marbled clouds, just enough that I can see the shadow, on my page, of the nib of my pen. Dark clouds pass slowly, obscuring the sun for a time, but then the image of my pen reappears, and I feel a faint, fleeting warmth. Our frost-pocket garden took a hit from the sharp overnight frosts a few days ago. The cherry tree, which had been about to burst into flower, has slammed on the brakes, and the pink blossoms which have come out are few and far between.



A woodpigeon lands on the grass a few feet away, as usual seeming indignant to find me here on his patch. He mooches over to see what fragments have fallen on to the concrete tiles beneath the feeders. A dunnock is in the grass just behind him, sleek in his discreet fore-and-aft brown stripes. Dunnocks seem to pivot from their hips when they peck – very stylish.

A mass of grey cloud has loomed up, but there is no rain on my paper. A blue tit with vivid yellow-green underside takes an upright stance on the peanut feeder, shining as if he carries his own lit inner lantern. Out of the varied line of bushes and small trees at the far end of the garden appears a male blackbird, shifting through short grass and shadows under the edge of the shrubbery. He and his mate have returned to the nest on the side of the garage, after the magpie incident, and have been very busy in and out of the Virginia Creeper.



Two robins hurtle past in hot pursuit: their flights at this time are often explosive bursts of speed as they chase away rivals for their territory. A flock of six or seven goldfinches, flashing the electric yellow zigzags on their open wings, arrive in a cloud of small bodies and settle into the cherry tree. They flit on to the sunflower feeder which is inside the squirrel guard – and squabble, of course, about who is allowed in.

A greenfinch comes to the mixed seed feeder but swerves away when he sees me sitting here. I keep very still and he sits behind catkins in the hazel bush, only the single stripe on his wing giving his presence away; presently he comes back to the apple tree, then to the white rambling rose bush, then to the smoke bush, keeping an eye on me. Meanwhile, his mate flits on to the feeder and eats. The dusky green colour of the greenfinches, their dark eye shadow and



pink beaks are stunning, and in flight, they are a blur of greengage yellow.

The very dark clouds have slowly passed by, following a ponderous, slow-march pace. Once again muted sunlight falls on my paper, and a pale warmth flows over the skin of my writing hand. My fingers are glad of it. The sun is beaming again, as if through marble. A herring gull, high up, takes a long arc on level wings, and steers into the bright orb of light around the sun.

*Prayer For Our Community
God, Lord of all creation, lover of
life and of everything,
please help us to love in our very
small way, what You love
infinitely and everywhere.*

*We thank You that we can offer
just this one prayer, and that
that will be more than enough,
because in reality every thing and
every one is connected,
and nothing stands alone.*

*To pray for one part is really to
pray for the whole, and so we do.
Help us each day to stand for love,
for healing, for the good,
for the diverse unity
of the Body of Christ
and all creation,
because we know this is what You
desire: as Jesus prayed,
that all may be one.*

*We offer our prayer together with
all the holy names of God,
we offer our prayer together with
Christ, our Lord. Amen.*

“O praise the Lord, all you nations, acclaim him all you peoples! Strong is his love for us; he is faithful for ever.” Psalm 117