



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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Our Lady of Lourdes See website: <https://www.ololandstp.org/>

MASS is streamed live from Our Lady of Lourdes : 09.30 Tues, Wed, Thurs, Fri this week; Mon

Funeral Mass (George Peach R.I.P.) 11.00; **Vigil Mass** 18.30 Saturday; **Sunday Mass** 10.30.

Church open for Private Prayer: Tues, Fri: 10-10.30; Adoration: Mon 9.30-10.30; Tues-Friday 8.30-9.25

St Patrick's – Mass on Sunday 11th April 9.00 am – Divine Mercy Sunday

EASTER BLESSINGS

Welcome to the twenty-seventh “apart but together” e-newsletter (11th April 2021)

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

On Doubting

Barbara Bond

“Doubt no longer, but believe” (John 20: 28)

I once worked in a college of further education. I wasn't teaching sociology or RE but the curriculum I was teaching – and my own values – meant that it was important the students had this understanding: that peoples' beliefs would impact on their choices, especially in matters of life and death; and that it would be vital for them to appreciate this.

I clearly remember a conversation following the visit of the local priest. A student said to me, “He was rubbish – he couldn't give us a definite answer to any of our questions!” And I had to reply, “But that's the point... It's all about *faith*, about being able to trust in something beyond our reasoning.”

I can't help feeling that Thomas would be very at home in our current times, needing as he did the concrete evidence that it really was Jesus who had appeared in the upper room, and commissioned the disciples saying, “As the Father sent me, so am I sending you”. I find it very easy to miss something important in this story – which I know so well – that Jesus says to them, “Receive the Holy Spirit.”

It is this which enables the disciples to go out and radiate the healing love, which they have received from the risen Christ, towards all those who are fearful, downcast or broken hearted.

***Blessed are those who have not seen,
and yet have come to believe.***

John 20: 29

Let us pray that each day we have Thomas' prayer in our hearts, a prayer which, as the Jerusalem Bible says, is the clearest confession of the divine nature of Jesus in the New Testament:

My Lord and my God!

The newsletter appears fortnightly. For the next issue, please send contributions by 23rd April to Barbara Bond: bond_barbara@ymail.com

CAFOD Lent Appeal: Questions for Lent



Illegal Mining in the Rainforests

A new report has revealed that forest lost in Yanomami Indigenous Territory (TIY) to illegal mining in 2020 is equivalent to 500 football fields – a 30 per cent increase in

forest destruction. **This has left huge trails of mud and toxic waste such as deadly mercury, which has poisoned water sources used by indigenous communities.**

The report, 'Scars in the Forest: Evolution of illegal mining in Yanomami Indigenous Territory in 2020', presents evidence to show how illegal mining activity continued throughout the COVID-19 pandemic – leading to the virus spreading in isolated Yanomami, Ye'kuana and Sanoma communities.

"Twenty years ago, we managed to send these invaders away and they returned," said Davi Kopenawa Yanomami. "Now, they are coming in like hungry animals, in search of the wealth of our land." At the end of 2020, there were 2,400 hectares of degraded Yanomami Land.

Illegal gold mining activity has soared in four river basins.

Satellite images reveal the widespread use of expensive and heavy

machinery, with an extensive logistical backup via land, river, and air. Only commercial funding makes the extraction of gold on such a large scale possible.

"You see the dirty water, the yellowish river, everything is potholed," says Davi Kopenawa Yanomami. "It is advancing very fast. It is arriving in the middle of the Yanomami land. **The mining is already arriving at my house.**"

"It is clear that this is a crucial moment for environmental protection and the protection of the Yanomami, Yekuana and small groups still living in isolation," said Cecilia Iorio, Brazil Country Representative for the UK charity CAFOD, which has supported HAY and the Yanomami people for more than a decade. (Press Release 26/3/21)

<https://cafod.org.uk/News/Press-office/Press-releases/500-football-fields>



Davi Kopenawa Yanomami has been fighting for the rights of his indigenous community for the past 25 years. In 2019 he won the Right Livelihood Award, known as the 'Alternative Nobel Prize'.

A PRAYER FOR OUR EARTH

All powerful God,
you are present in the universe and in the smallest of your creatures. You embrace with your tenderness all that exists.

Pour out upon us the power of your love, that we may protect life and beauty.

Fill us with your peace, that we may live as brothers and sisters, harming no one.

O God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in your eyes.

Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction.

Touch the hearts of those who look only for gain at the expense of the poor and the earth.

Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light.

We thank you for being with us each day.

Encourage us, we pray, in our struggle, for justice, love and peace.

From Pope Francis' encyclical, *Laudato Si'*

The Yanomami and Ye'kuana single-handedly protect **9.6 million hectares of forest** - an area roughly twice the size of Switzerland.

This Lent CAFOD have been running the **Walk for Water campaign**, asking people to commit to walking 10,000 steps every day for 40 days. Access to water is important to communities for health and food, but the pandemic has made it critical. The total raised so far is an amazing £732,292.

Some of you may remember Fr. Rob Esdaile who was chaplain at University of Sussex. He completed his 40,000 steps in style... (picture on right)



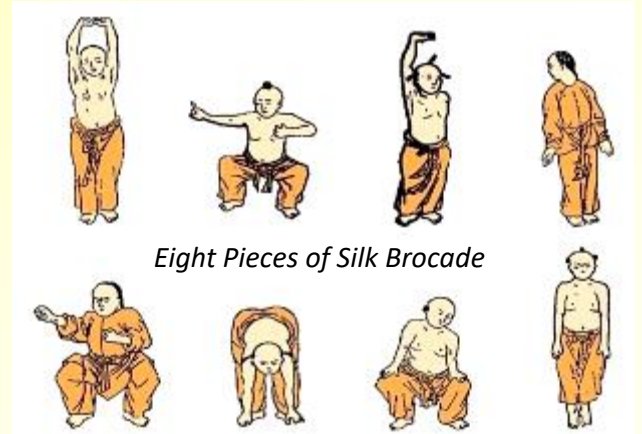
"But Mary was standing outside at the tomb, weeping. Then, as she wept, she bent down to look into the tomb, and saw two angels in white sitting where the body of Jesus had been, one at the head, the other at the feet." Jn 20: 11-12

Last Saturday I joined a bunch of people whom I had only ever seen on Zoom for a year, to do a moving meditation class in the garden of Preston Manor.

Our socially distanced circle was actually next to another doing much the same thing and it was a rather lovely space – in the chill wind (we all had hats and gloves on) we could see and hear nature around us in its spring abundance - and also the excited noise of a multitude of rugby, football and even Zumba classes!

St Patrick's very own Moving Meditation Class will restart on Tuesday 13th April 7pm. We will be in the garden – please wear loose but warm clothing. All abilities welcome and no previous experience needed.

Please contact Barbara on bbshiatsu@gmail.com to be registered. The usual virus protocols will be followed.



Book Review: ***We Walk the Path Together*** by Brian J. Pierce OP, 2005

Barbara Bond

I am terrible at giving things up – so I gave up trying and resolved to do something positive instead! During Lent I read this very interesting book which uses reflections from Meister Eckhart, a medieval Christian mystic, and from Thich Nhat Hanh, to celebrate the common spiritual ground shared by Christians and Buddhists. Brian Pierce is an American Dominican and he draws widely from saints and contemporary writers, as well as his two main sources.

In our house you can tell which are my books and which are Patrick's – mine have highlighter pen and Post-It notes all over them. My copy of *We Walk the Path Together* is now a riot of colour, so rich is it in wisdom. The author says in the introduction, “The landscape of interreligious dialogue looks today more like a beautiful garden than like a dry weary land where there is no water (Ps 63)” – and so it was that I spent Lent in a beautiful, if challenging place.

Reading the chapter headings is in itself inspiring. How can you not feel moved to immerse yourself in “Christ, the Amazing Grace of God”?

Out of many, I treasure these three insights. They concern trusting, listening and sharing:

- ⇒ **Dialogue is a mutual giving and receiving. It is an opening up of ourselves to the unique gift of the other.** (p. 3)
- ⇒ (About the Holy Spirit within us): **Jesus links his breathing forth of the Spirit with an invitation to be a channel of freedom, reconciliation and healing for others.** (p. 39)
- ⇒ (And, so helpful as I wrestle with the meaning of Holy week): **To embrace the Cross means to live life fully and freely, trusting that in the deepest realms of life, where we dwell in and with God, all is well, even in the midst of life's pain and suffering.**

I would also say that being a rather busy person I really liked the fact that this book lends itself to the *dip-in-and-have-a-good-think* approach. You will find something to ponder on every page.

“They said to her, ‘Woman, why are you weeping?’ She said to them, ‘They have taken my Lord away, and I do not know where they have put him.’” Jn 20: 13

St Patrick’s Sale Table this weekend after Sunday Mass 11th April – jams, house plants, Oriental Poppy, Japanese Anemone, chives, Gardener’s Delight tomatoes, courgette, lettuce, rocket plants, and some edibles like rhubarb stalks, purple sprouting broccoli, leeks.

Irene’s “notices” will become fortnightly rather than weekly

On weekends when the St Patrick’s newsletter is being distributed, it will contain Irene’s notices. On the non-newsletter weekends Irene may send an email to all with timely information. A fortnightly parish zoom link will be given out. It will be on Thursday evenings at 8pm. Regular Zoomers will meet every week. That email will be sent the day before to minimize forgetting or failing to find the link.

Flower Rota: St Patrick’s would like more volunteers to join their Flower Rota. It is not necessary to have great flower arranging skills. All that is needed is a lovely bunch of flowers in front of the altar. It could be flowers from your garden or bought at the supermarket (you can be reimbursed). Please do join us. Contact Sheila Cullen. Email claireandmay@gmail.com, or Tel: 01273 301015. Thank you.

Outside Water Tap at St Patrick’s

It is located inside the garden gate. This is big news for those of us who try and water fruit trees and new wild garden space in the grounds of St Patrick’s. We have a rota of 3 at the moment, please join the rota. A word of caution – if you turn the tap on you will be disappointed that no water comes out. This is a ‘clever’ tap which is turned off inside the GENTS. There is a blue handled on-off switch under the sink. Turn it down to ON and expect water to flow when you turn the outside tap on. Don’t forget to reverse the process on leaving. So the church needs to be open for the process to work.



Carved Stations of the Cross at St Patrick’s If you would like a PDF of the Stations of the Cross at St Patrick’s, email me (Irene). I also have a Powerpoint file of the Stations. Each of these files is 16Mb. (Note: image on left is Patrick’s: Irene’s are of far better quality) I have even higher resolution (64Mb each X14) of the Stations of the Cross photos, which were taken by professional photographer Alicia Tollhurst Brown. The stations were carved in late 1950s by Sister Concordia Scott

https://en.wikipedia.org/wiki/Concordia_Scott

Original Layout of our Church – I am meeting with a Woodingdeaner who is preparing a U3A lecture on the church architecture of John Wells Thorpe (who designed St Patrick’s). The Holy Cross church kindly lent us their album containing photos of the church in the 1950s, it was their Church of the Resurrection.



Next time I will provide more on how St Patrick’s church has changed radically on THREE sides – inside – from the characteristically well-lighted original church.



Thank you! From Irene and Bernadette, for the flowers passed on by Barbara at the end of Mass on Easter Day, in recognition of all their work. Thanks are due to all the volunteers who do known and unseen jobs for the parish. Thank you!

“As she said this she turned round and saw Jesus standing there, though she did not realise that it was Jesus. Jesus said to her, ‘Woman, why are you weeping? Who are you looking for?’” Jn 20: 14-15

Food for Thought

Come And See Bible Timeline Course

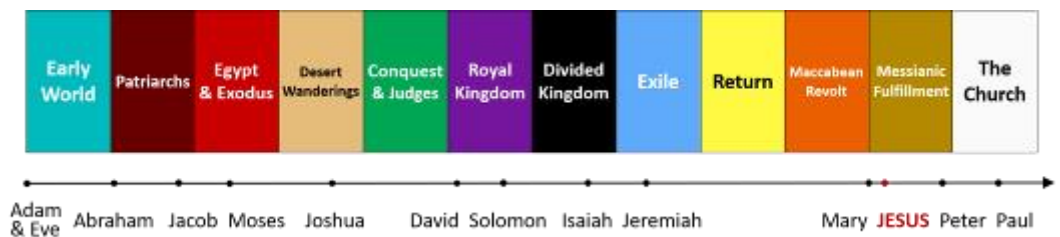
Irene Green



You can join the Bible Study 8-week course by registering now at <https://comeandsee.org/bt-register.html>

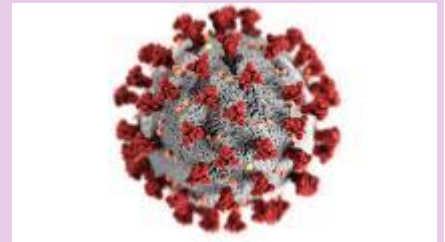
You don't have to be free on Wednesdays at 7pm, you will also be emailed a link so you can watch the session in your own time. Over 800 people were watching last Wednesday. No one else can send you the link which is copyrighted. Course is free and is based on narrative books of the bible. Although week one - an overview - was on Wednesday 7th April, you can start reading for next week. Next Wednesday, 14th April: we will cover PERIOD I, "Early World" of the Bible Timeline Chart. The Bible readings are:

- (1) Creation and Original Sin — Bible Reading: Gen 1-3 (i.e. Genesis, chapter 1 to chapter 3)
- (2) Cain and Abel — Bible Reading: Gen 4
- (3) Noah and the Universal Flood — Bible Reading: Gen 6:5-22 and Gen 8:14-22 (i.e. Genesis chapter 6, verse 5 to verse 22; then read Genesis chapter 8, verse 14 to verse 22).
- (4) The Tower of Babel — Bible Reading: Gen 11:1-9 (i.e. Genesis chapter 11, verse 1 to verse 9)



Royal Society Video on Long Covid

You can see the video from the Royal Society shown on 8th April. It is about Long Covid and chaired by [Professor Brian Cox](https://royalsociety.org/science-events-and-lectures/2021/04/long-covid/). <https://royalsociety.org/science-events-and-lectures/2021/04/long-covid/>



A key reason for avoiding Covid-19 is its long term effects. One in six people who have had Covid has LONG Covid. These are often people who have not been hospitalized, and who seemed to have mild symptoms at the time. The condition is a little more prevalent in women than men, and if I remember correctly 7-8 % of children who had Covid have long term chronic damage to tissues, particularly lungs.

The Royal Society seminar discussed the definition – about 50 different symptoms – the need to tell your doctor, and the importance of discussing it – there must be no stigma attached.

One of the presenters talked about schools – he described children as “plague ships”. He was a father. I concur totally, as a grandmother who has suffered severe symptoms over many years from the back to school grandchildren. They had whatever virus for 3-4 days in week one at school, while my condition lasted 6-8 weeks, my cough so ‘graveyard’ that people on trains looked up from whatever they were reading!

I digress. The seriousness of long Covid cannot be emphasized enough. NHS workers may now leave the service having been worn out by their shattering workload since the pandemic started – not to mention the lack of recognition of their vital, skilled, compassionate and professional work, by the government. As well as millions of patients on waiting lists, there will be a new genre of patients with chronic sub-standard health and shortened life expectancy.

Irene Green

“Supposing him to be the gardener, she said to him, ‘Sir, if you have taken him away, tell me where you have put him, and I will take him away.’” Jn 20: 15

Viruses on surfaces – unlikely to cause COVID

Coronavirus transmission is mostly air borne. From the New York Times in parenthesis.

“In the early days of the pandemic, many experts believed the virus was spread primarily through large respiratory droplets that could theoretically fall onto surfaces, and then be picked up by touch and passed to mucous membranes in the nose and the eyes. But we’ve learned over the past year that the virus spreads almost entirely through the air.

Experts now say that while it’s theoretically possible to catch the virus from a surface, it requires something of a perfect storm: lots of recently deposited virus particles on a surface that are then quickly transferred to someone’s hand, and then to the face. The updated guidelines from the CDC say that chemical disinfectants are not needed to keep surface transmission low — just hand-washing, mask wearing and, in most cases, cleaning surfaces with regular soap and water.”

CDC = Center for Disease Control (US)

mRNA Champion – World Contribution by a Woman – of course!

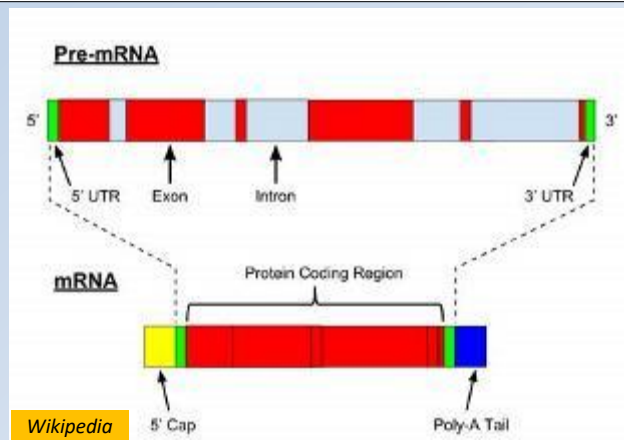
Vaccine sceptics say the vaccine was developed too quickly and that the clinical trials were too swift. There has been knowledge of vaccine efficacy for millennia, and excellent knowledge and application of vaccine-making in the last decades. The recent vaccines were developed quickly because of new technologies. Rich Westerners were going to need vaccine urgently, so governments invested in a way never seen before. The clinical trials fulfilled all the regulatory controls.

We have to thank a Hungarian born scientist, Katalin Kariko, working in the US, for her life-long research into mRNA – see article in the New York Times.

Messenger RNA (mRNA) technology was used in the vaccines made by Pfizer-BioNTech and Moderna. mRNA is the genetic instructions to the protein-making machinery of host cells.

A Hungarian born scientist, Katalin Kariko studied mRNA all her life, but was poorly funded and on the edges of the scientific community because her ideas seemed unorthodox, wild, fanciful. Her research stalled until she found a novel way of translating mRNA work in tissue culture into successful protein instruction *in vivo* in mice.

Companies began to take notice of her research. Chinese scientists posted the genetic sequence of coronavirus in January 2020 and companies were able to design their RNA or DNA vaccines quickly and scale up production (uniquely, before it was known that the vaccines worked – a pharmaceutical company miracle). The successful vaccine production result is known.



“Jesus said to her, ‘Mary!’ She turned and said to him in Hebrew, ‘Rabbuni!’ – which means Teacher.”

Jn 20: 16

Seeds and Reflections



Ovingdean Residents Clean Up A259 tunnel by St Dunstons

Rubbing down and scrubbing the ceiling and walls. The council were supposed to power wash the tunnel, Wednesday (7th April). They wouldn't do the ceiling, or sweep before washing, then they ran out of water!!!!

We had brooms, scrubbing brushes, scrapers etc, and bucketed water from the beach tap until Councillor Bridget got St Dunstan's to run a hose down the path. It didn't reach us but it was easier

than lugging water buckets up the steps.

We had a break at the beach café and they gave us free tea or coffee plus a lovely plate of flapjack type goodies.

Bernadette Skinner



The Kanji Report – from The Trustees

Read about the extremely complex problems faced by one children's home and school in India as a result of the pandemic. <https://thekanjiproject.org.uk/tkp-coronavirus-statement/>

Bernadette leads the fundraising for Kanji – St Patrick's contribution over decades has been significant and empowering. You can donate online or give what you can spare to Bernadette: berskin@hotmail.com

Due to the COVID-19 pandemic, our Indian partners are dealing with unprecedented stresses. Though the virus has not spread as rapidly in India as in some other countries, the government has enacted a country-wide lockdown, which has included the closure of public spaces, including schools.

Both St Antony's and Shanthi Lumin Girls' Home have been forced to close. The girls at Shanthi Lumin have fortunately all been able to find family members (often extended family etc.) to go home to during this time, and the students at St Antony's are now at home. This, however, means that the school has no income from fee-paying students, and is required to continue paying staff wages throughout the lockdown period. There is currently no government plan to provide funding support to businesses or organisations in paying their staff and bills, so St Antony's Foundlings (SAF) will have to cover these costs themselves.

Lourdusamy is also keen to continue his support for poor people in the villages, to whom SAF has been providing weekly free meals. In the current context, this support will be increased to one meal a day, utilising funding from the TKP medical fund. It is also SAF's intention to acquire PPE materials to distribute to local healthcare workers and their own staff still engaging in activities in the community, once these become available.

The Rose Sisters are also adapting to the current context. The Sunshine School has been closed and the students are on lockdown at home. Due to the lockdown conditions much of the village work is on hold, though Sister Oswald has informed us that the Rose Sisters continue to provide support to many in-need individuals in the form of food where is required. **Funds for this are very limited and extra support is required to meet the need of those in poverty.**

Whilst the Kanji Project (TKP) will assist in whichever way possible, **a deficit budget for 2020/21 and dwindling year-on-year income** provides limited scope for contributing additional funds to our partners. However, if you feel able and want to make an additional contribution to work in Kanji, you can make a donation via the covid-19 donation page directly into our account. Any money received labelled COVID19 will be given directly as crisis support to our partners in addition to the regular grants.

“Jesus said to her, ‘Do not cling to me, because I have not yet ascended to the Father. But go to my brothers and sisters, and tell them: I am ascending to my Father and your Father, to my God and your God.’” Jn 20: 17

Afterthought

Peace be with you

Patrick Bond

Under leaden skies I sit in the garden (Saturday 11th), wrapped in woollen sweater, fleece jacket and padded down-feather coat. Only fingers and nose are exposed to the morning air, but both inform me that the air was, not long ago, circulating in the Arctic zone. But of course, it is April!

Despite the temperature, the birds are still at maximum activity. Some must now be looking after hatchlings, or even newly-fledged offspring.

The song thrush keeps appearing out of nowhere, his spotted breast looming out of the dark cypress hedge like a miniature snowstorm. He is often on watch, high up in the cherry tree while his partner moves through our ankle-deep tussocky grass.



Song Thrush RSPB



Robin RSPB

The robin comes repeatedly to a half-coconut and disappears into the far corner under the bay bush; I have not detected his nest but it must be close. Other robins dart into the garden too, but are fiercely challenged and chased away. In fact he will fly at anything

that moves when he is moody.

Unusually, two carrion crows have been very prominent this morning, close to the house. They started the day by fighting off another nesting pair, with spectacular mid-air duels and a lot of fog-horn cawing. In the binoculars they are not matte black but more a radioactive blue-black, with a mysterious sheen to the feathers.



Carrion Crow RSPB

Now they are gathering twigs from the old ash tree on the railway embankment. Up in the branches, they twist and hammer at likely bits of stem, then fly with it in their bills from left to right, across our line of sight.

There, in the branches of a young willow on the bank of the Winterbourne stream, the sticks are turning into a nest.

I am aware that in tomorrow's gospel, for Low Sunday, Jesus comes into the room and greets the disciples three times with the same words: "Peace be with you" (John 20). It feels like a serious greeting, somehow: he is bringing something to them that is, and will be, very important.

Tomorrow is also Divine Mercy Sunday, and it is recorded that Sr Faustina (Diary, p.132) was told by Jesus, "Humanity will not find peace until it turns trustfully to divine mercy". In my garden, I think of that peace, and carefully watch the birds.

"So Mary of Magdala came to the disciples to give them the message, 'I have seen the Lord,' and that he had said these things to her." Jn 20: 18