



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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& Rev Bernard Hill 07505 460888; **Facebook:** <https://www.facebook.com/StPatricksWoodingdean>

MASS at Our Lady of Lourdes is streamed live: for weekdays see website <https://www.ololandstp.org/>

Vigil Mass at Our Lady of Lourdes Saturday 6.30 pm; Sunday Mass: 10.30 am

St Patrick's – Mass: Sunday 13th February at 9 am: 6th Sunday in Ordinary Time

Mass: Sunday 27th February at 9 am: 8th Sunday in Ordinary Time

13th February is Racial Justice Sunday 2022.

Welcome to the 47th "apart but together" e-newsletter (13th February 2022)

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

On Heaven

Barbara Bond

Rejoice when that day comes and dance for joy Luke 6

At one time the Bond dining table was a place where no meal was complete without riotous laughter and often a total "pun-fest". Facing the prospect of the empty nest I threatened to record the hilarity just in case it was too quiet! That was a long time ago, and of course the last two years have made it quite normal to have a digital guest (aka "FaceTime") at mealtimes.

It was a more serious breakfast chat this week as I moaned – I have to admit – about the fact that this weekend's Gospel is so familiar that it was a challenge to really listen to what it is saying. We have versions of the Beatitudes from both Luke and Matthew, the latter taking a much more spiritual angle on blessing but Luke is right there in human experience.

As Fr Rob Esdaile points out, 'Yes, the Kingdom is spiritual, about the inner life – gentleness, mercy, purity of heart, peace-making, fighting for justice, endurance in the face of persecution... But it is also about the rawness of reality – absolute poverty, gnawing hunger, heart-rending sorrow. The poor in spirit are those who know how to answer the hungry in body. Blessing is promised, but only for those ready for reality to be changed radically by God.'

I was also reflecting on Jesus saying "your reward will be great in heaven". What does that actually mean to me? We believe that God is here now, eternally present in this moment. St Paul describes

God as the One "in whom we live and move and have our being" (Acts 17:28). The mystic, Meister Eckhart, asks "What is today?" and answers "Eternity." And he goes on to say, "God is ever at work in the eternal now and his work is the begetting of his son".

As I contemplate what St Paul might call "the now that is blossoming into fullness" I pray that I can live in the miracle of the present moment knowing and responding to God, present in every heartbeat.



**Lord, be the beginning
and the end
of everything we do and say;
prompt our actions
with your grace,
and complete them
with your all-powerful help.
(Divine Office)**

The newsletter appears fortnightly. The next issue will be on 27th February. Please send contributions by Friday 25th February to Barbara Bond: bond_barbara@ymail.com

CAFOD: Lent Challenge on Hunger

Help stamp out hunger,
one step at a time.



Are you ready to change your life and transform someone else's this Lent? Challenge yourself to walk 200k (steps!) this Lent and help stamp out hunger, one step at a time.

You can walk, roll, skip or stroll your way to 200k. You can boldly go it alone and take on 5k a day for 40 days, or you can smash the target all at once as a team. <https://walk.cafod.org.uk/>

There are 200 million children in the world whose lives are at risk from malnutrition. This Lent, challenge yourself to conquer 200k, and help give hunger its marching orders!

Lent Appeal 2022

Amie's daughter Lombeh was so tiny that doctors thought she was unlikely to survive. Expert healthcare advice is difficult to access in remote parts of the world and Amie had to travel a long distance to reach the nearest hospital in Sierra Leone.

With your donations to our Lent appeal we can reach communities around the world and help them to grow and reach their full potential.

Amie's baby girl Lombeh was very small and dangerously unwell. Doctors advised that Lombeh was malnourished because Amie didn't have sufficient nutrients in her breastmilk.

But Amie never gave up.

A small act of love from kind strangers who pointed Amie to Sister Anthonia's clinic made a life-saving difference. Amie took Lombeh for check-ups at the clinic every day. With the help of local experts like Sister Anthonia and Amie's dedication and hope, Lombeh recovered and has grown into a healthy young girl. Amie is also teaching the food-making techniques she learnt from the Sisters to other new mothers in her community.

With your help, CAFOD can reach even more new mums like Amie with expert training in sustainable farming, advice on nutrition and healthcare.

£12 can buy ingredients to make a highly nutritious sesame seed paste

£20 can fund expert nutrition and healthcare classes for new parents living in hard-to-reach, rural communities.

£125 can support mobile outreach clinics to visit the most remote communities and provide vital healthcare.

<https://cafod.org.uk/Give/Donate-to-CAFOD/Lent-Appeal>



Amie, Lombeh, and Sister Anthonia – Lombeh was severely malnourished but Amie never gave up hope



"Defend me, O God, and plead my cause against a godless nation. From deceitful and cunning men rescue me, O God... 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." Psalm 43

Community News – St Patrick’s



Concert at Holy Cross, Woodingdean



Concert of Baroque Music

Bremf 415 Workshop Orchestra
directed by Julia Bishop

**19 February 2022
11:30am**

Church of the Holy Cross
Woodingdean

£8 proceeds to the Church

The concert will last about 1 hour

Johann Friedrich Fasch
1688–1758
Overture K:d4

Tomaso Albinoni
1671–1751
Sinfonia in G minor

Jean-Baptiste Lully
1632–1687
Two movements from the music for
the opera *Thésée*

Antonio Vivaldi
1678–1741
Concerto for Flute,
Oboe, Bassoon and
Strings
'La Tempesta Di Mare'
RV570

Change in Government guidance for the safe use of places of worship

The Catholic Bishops' Conference of England & Wales has issued guidance, revised on 28th January — extracts follow:

The main mitigation against serious health issues arising from Covid infection is to be fully vaccinated.

There is still a risk associated with gathering for sustained periods in enclosed spaces and therefore there needs to be continued caution by all against infection.

It should be stressed that any people displaying symptoms of Covid-19 should stay at home and not participate in acts of worship in church.

Those attending an act of worship may continue to wear a face covering (both nose and mouth) whilst in the church building.

<https://www.cbcew.org.uk/covid-guidance-collective-worship/>

At St Patrick's, please do continue to wear a face covering at Mass, if you can.

Lection Divina in Lent

Patrick Bond

If you would like to explore this ancient method of deepening your heart's experience of the Bible and prayer, please email patrickgpbond@yahoo.co.uk or phone 07425-011341. I am proposing a session via Zoom, for 45 minutes, once a week. Let me know the best date and time for you.

Is reform needed in the Catholic Church?

Irene Green

If you are interested in discussing possible changes in the Catholic Church, including with respect to the role of women, join *Root and Branch*. Fill in the simple Subscribe form with your email and name, on their website:

<https://www.rootandbranchsynod.org/join-us> It is free. You can also read about progress so far: <https://www.rootandbranchsynod.org/the-bristol-text>



“But, now, look to that glorious garden which love planted, and gather to yourself every virtue in true humility and simplicity of heart. And although you find yourself among people of various states of mind, learn how patient divine goodness has been to us all...” St Hildegard of Bingen, 1098-1179, Abbess and Visionary

Please do not attend Mass or other functions at St Patrick's if you have been in contact with people with Covid

“Remember your word to your servant, by which you gave me hope. This is my comfort in sorrow, that your promise gives me life... I think of your name in the night-time, and I keep your law. This has been my blessing, the keeping of your precepts.” Psalm 119 VII (Zain)

Racial Justice Sunday, 13th February 2022



The Theme builds on that of the previous year's Racial Justice Sunday 'A Time to Act', which reflected on the importance of everyone **recognising themselves, their race, their culture and their history** in the life of the Church.

Our aim, in 2022, is to continue these conversations about **how we see others in the "Image and Likeness of God"**.

Prayer

Father, you created each one of us in your own image.

Yet yours is a world made glorious by its rich diversity. This we sometimes misunderstand, sometimes fear.

Give us the patience to build on what unites us, to celebrate our differences and to learn from them.

Grant us the wisdom to recognise your Church, beyond the walls of a building, reaching out across all communities, countries and cultures.

Give us the courage to offer refuge to those in need, to challenge prejudice and seek justice for all.

Help us see that you created us in your image. Neighbour or stranger, always our brother or sister.

Amen.

Prayer by Yashoda Sutcliffe/CARJ

Invited – A&B Diocese: online reflections and films – Remember the Diocesan programme 2021-2025 called **Invited**.



This is the link to a "January Reflection" and to 5 films (with transcripts).

Subjects are – God's Love; Theology of Brokenness; Salvation; Prayer; Scripture (each film between 15 and 45 minutes in length).

<https://www.abdiocese.org.uk/invited>

Lent is nearly upon us and you may like to revisit the episodes of **Invited** Season One. The full playlist is on

https://www.youtube.com/playlist?list=PL_8VxR9Rjy6bL4nLCCaaysuzFI4QNZQUA

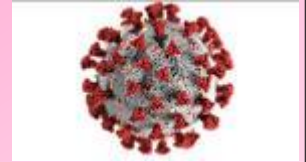
Invited Season Two begins with the launch of Episode 1 on Easter Monday, the 18 of April. The programme will continue throughout Eastertime, culminating with Pentecost in early June - look out for next month's **Invited** Reflection which will contain more information.

"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. You keep your pledge with wonders, O God our saviour, the hope of all the earth and of far distant isles." Psalm 65

Covid Cautions and Classical Counterflows

Covid Corner

Irene Green



It came as a surprise to the science advisory committee when the Prime Minister suddenly announced that COVID restrictions might be lifted early – not the end of March.

This seems fine if you have been vaccinated, boosted, had covid (multiple variants) – but for some who are immunocompromised, living with certain chronic conditions or shielding those people, it is throwing the vulnerable out of the lifeboat.

Most people don't really want the truth. They want constant reassurance that what they believe is the truth. But the truth is more like:

- things won't return to pre-pandemic status in many areas of life including work, travel, how we handle infectious disease, building regulations (lots of HEPA filtration of air)
- there will be waves of mitigating measures like mask wearing and working from home when dangerous viruses arrive.
- Lockdown is a failure of public health measures and is unlikely to happen.

Present virus reported numbers of new cases and active cases is thought to be one third of the real number.

The number of active cases in Brighton and Hove is 15,026, the highest I have ever seen (12.02.2022). This (I'm guessing) may be partly due to Omicron BA2 variant, which is causing Covid case numbers to rise in Denmark and giving high hospitalisation rate there. People are also staying positive by LFT for a couple of weeks, which will give a high case number, even though some symptoms may have abated.

“You Can't Handle the Truth”

Emeritus Professor David Reid

Published in Autumn 2020. The author was a contemporary of Michael Green & Irene, at Queens University Belfast, and is an ecologist in Canada since 1968.

I am puzzled that many remain sceptical that increased numbers of humans is a primary cause of our global environmental problems. Why are people resistant to the idea that our current numbers are unsustainable? I suppose that at the simplest personal level, we do not enjoy facing depressing scenarios, thus we pretend they don't exist. At the corporate and governments level, few will even contemplate the notion of slower growth. “Growth” is the mantra that rules their lives. Many other factors contribute to our denial.

Ignorance of science: Why do some people accept science that keeps a 200-ton jet flying, the research behind our electronic gadgets or antibiotics, but reject the science showing that overpopulation might be a factor in problems such as global warming?

Mindfulness, Movement and Wellbeing Retreat with Barbara Bond

Saturday February 26th, 10am to 1pm, at House of Friendship (friend of Age UK), High St, Lewes

Gentle movements, mindfulness and some self-shiatsu working with acupuncture points. Based on Classical Chinese 5-Element theory, focus is the energy of Spring, and the meridian associated with Wood.

We will be standing and also sitting on chairs - movements are gentle but will involve stretches and rotations. In Chinese Qi Gong hospitals, patients join in as best they can, and visualise the movements they can't do! And they still benefit, so everyone is moving within their own capability.

For more details and to sign up contact Barbara on bbshiatsu@gmail.com

– And note that St Patrick's Qi Gong classes continue! – via Zoom on Tuesdays 7 - 8 pm.

“Lo, it was for my welfare that I had great bitterness; but you have held back my life from the pit of destruction, for you have cast all my sins behind your back.” Isaiah 38

For a Synodal Church: Communion, Participation and Mission



Synod 2021-2023 - A webinar with Bishop Richard, Wednesday 9 March at 7.30pm.

A two-year synodal process is taking place across the Catholic Church. Join Bishop Richard for a webinar highlighting the Synod feedback received from people and groups across our Diocese. To register your place go to

<https://abdiocese.churchsuite.com/events/8yaw6pon>



National Board of Catholic Women's Synod Response. The NBCW is requesting **feedback from women** as part of the Synodal process.

This will be collated in the response that is sent to the Catholic Bishops' Conference, and also sent directly to Rome.

To request the Synod questions or submit your response please contact Sue Petritz by email: nbcw@abdiocese.org.uk

The deadline is 1 March 2022.

In Memoriam

Maureen James

"Eventually we all die alone but we all wish not to be forgotten, even Michael, because he was a kind and thoughtful person at heart."

My brother Michael died in March 2021, my youngest sibling and a man most affected by life's buffetings. He was bullied at school, had an unhappy marriage, then after years of depression, self neglect and deliberate self-isolation he was found collapsed at home by neighbours. (And only then because I had rung him and not received an answer.)

He had rejected, quite rudely, all family contact, and I alone made a yearly visit to his home in Essex anyway. He wouldn't let me into his house and it was much to his annoyance that I weeded the little front garden on my last visit.

I wanted him to know that one person in the world remembered him as the person he used to be, still wanted to care for him and, selfishly, to soothe my own conscience.

When he died I took his ashes back to Woodingdean and they were eventually scattered in the woodland burial ground with wide views of the Downs, the sea and the sky. It was just what he would have wanted; no memorial and no flowers allowed, just peace and isolation.

When I last visited this place I saw a cloud of little white flowers where his ashes had been laid. But as I got closer I realised that some tiny white bird feathers had attached themselves to the tips of blades of grass. Strange things happen sometimes – a little bird had died or was killed and its tiny feathers had landed on Michael's last resting place. I picked one and put it in my notebook.

Rest in peace, dear brother.



Quotations Trivia Interlude: Who said, or wrote: (– see p.8 for answers)

1. Scratch a lover, and find a foe. 2. Money couldn't buy friends but you got a better class of enemy. 3. Friends are God's apology for relations. 4. (*during an audience with the Pope*) I expect you know my friend Evelyn Waugh, who, like your holiness, is a Roman Catholic. 5. Champagne for my real friends, and real pain for my sham friends. 6. France is the only place where you can make love in the afternoon without people hammering on your door.

"And I will come to the altar of God, the God of my joy. My redeemer, I will thank you on the harp, O God, my God. Why are you cast down, my soul, why groan within me? Hope in God; I will praise him still, my saviour and my God." Psalm 43

Parables and Pilgrimages

A Parable from Pope Francis

This story is taken from the Facebook page of Jonathan Clatworthy, where it is attributed to Mark Carney:

A few summers ago when a range of policy makers, business people, academics, labour leaders and charity workers gathered at the Vatican to discuss the future of the market system, Pope Francis surprised us by joining the lunch and sharing a parable. He observed that:

“Our meal will be accompanied by wine. Now, wine is many things. It has a bouquet, colour and richness of taste that all compliment the food. It has alcohol that can enliven the mind. Wine enriches all our senses.

“At the end of the feast, we will have grappa. Grappa is one thing: alcohol. Grappa is wine distilled.”

He continued: “Humanity is many things – passionate, curious, rational, altruistic, creative, self-interested. But the market is one thing: self-interest. The market is humanity distilled.”

And then he challenged us: “Your job is to turn the grappa back into wine, to turn the market back into humanity.”



Whitley Bay Pilgrimage



At our third attempt we finally got to Whitley Bay to see our new grandson Thomas.

He's now three months old, so becoming 'interesting'. It's a long drive and we were only going for the weekend so we used our rail card and hoped no trains were cancelled.

cancelled.

We needn't have worried as the Friday train was packed and most people were wearing masks so we felt reasonably safe.



Five hours later our Joseph met us in Newcastle and we travelled on to Whitley Bay by the excellent circular metro.

It's cold up there! Although we were muffled in woolly hats and scarves some locals didn't even have coats. A hardy breed.

It's the furthest we've been in the last two years, having come back from New Zealand in March 2020, oblivious to what was going on.

It's so nice to be with family again. Zoom is great but not as good as real life and actually being with people.

We, at St Patricks hope that all our pre-Covid parishioners will return to our St Patrick's family once more. We miss you.

Bernadette Skinner



“Worthy are you, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they existed and were created.” Rev 4: 11

A blessing on the man who puts his trust in the Lord, with the Lord for his hope Jeremiah 17

The sun lifts higher in the sky, as we move into February: it now shines directly into the back garden, and on to the feeders, making the birds glitter and glow as they catch the light.

The great tits are, if possible, yet more stunning in their black caps and white cheek pouches.



Robins, when the sun catches them on their backs, have a beautiful olive sheen which is very discreet.

One blue tit has begun visiting the nest box. I remember that I once took the box down in February to give it a clean up – only to find it already full of fresh moss and hair, all shipshape

and Bristol-fashion, spruced up and spotless.

We have a pair of thrushes, slim and sleek, who operate in shady corners on the far side near the hedge and under the thrusting bay bush (I planted it to mark the grave of Macartney the Cat, and his spirit, always determined, is driving the tree ever skywards.) The thrushes peck and hop almost invisibly, blending in and also standing still for long periods, heads cocked to one side. They have acute hearing, and are listening for the sound of worms underground, in the soil.

A female blackbird is often here, flagged up by her habit of swooping in low and speedy, making a dash across the grass before touching down. She is none too impressed by the presence of the thrushes and often chases them away. They come back after a suitable, short, interval.

Minute by minute the colours in the garden get richer as the sunlight gets thicker, denser and more yellow, elbowing its way into the shadows under the bushes.



Yesterday a small bird made its appearance in the buddleia bush opposite the kitchen window. Slender and active, less bulky than a robin, less clumsy than a sparrow, less stripy than a dunnock. Olive-green, with a thin light stripe above the eye. Chiffchaff! It must be Spring!

Beatitudes of the Heart

Blessed are the open hearted;
They will know what love is.

Blessed are the warm hearted;
They will radiate goodness.

Blessed are the soft hearted;
Their lives will be fruitful.

Blessed are those who set their hearts on the kingdom of God;
Everything else will be given to them.

But alas for those whose hearts are closed;
They will neither be able to give nor receive.

Alas for those whose hearts are cold;

They will never know the warmth of true friendship.

Alas for those whose hearts are empty;

All goods in the world will not satisfy them.

Flor McCarthy, SDB

Trivia answers (from p.6)

1. **Dorothy Parker** (1893-1967) *'Ballade of a Great Weariness'*, 1937.
2. **Spike Milligan** (1918-2002) *Puckoon* 1963.
3. **Hugh Kingsmill** (1889-1949) M Holroyd *The Best of H Kingsmill* 1970.
4. **Randolph Churchill** (1911-1968) *attrib* Penguin Dict. Of Modern Quotations 1971.
5. **Francis Bacon** (1909-1992) M Peppiatt *Francis Bacon* 1996.
6. **Barbara Cartland** (1901-2000) *in Guardian* 24/12/1984.

"Worthy is the Lamb who was slain, to receive power and wealth, and wisdom and might, and honour and glory and blessing." Rev 5