



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 Church is now open for worship: see <https://www.ololandstp.org/>

MASS is streamed live: 09.30 on Mon, Tues (Exaltation of the Holy Cross), Thurs, Fri; Church open for Adoration from 08.55 Mon, from 08.30 Tues, Thurs, Fri; Divine Mercy/Private Prayer Tues & Fri 10-10.30.

Vigil Mass Saturday 6.30 pm ; Sunday Mass: 10.30 am

St Patrick's – Mass on Sunday 12th September 9.00 am ,24th Sunday in Ordinary Time

Welcome to the thirty-eighth "apart but together" e-newsletter (12th September 2021)

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

On Following the Path

Barbara Bond

The way you think is not God's way but man's (Mark 8)

The Editor is once again 'at large'. This Sunday I will be attending Mass in Inverness having, hopefully, walked the South Loch Ness Trail.

I hope to return full of Highland fresh air, and refreshed by the beauty of the scenery, the sounds of nature and the gentle pace of my walking.

The most vital part of my kit (apart from my boots!) is the Ordnance Survey map. My Scottish relatives tell me that there has been a great deal of investment recently, enabling people to access the countryside without their cars. This trail is part of that initiative, and so it is not marked on the current O. S. map. I have to trust in an unfamiliar guide... Maybe there are times in our faith journey when this happens too.

It is a very human trait always to want to be certain, and in

control. I will always remember an incident from when I was teaching sixth formers. My students came to my lesson from a Sociology class, to which the local priest had been invited.

"He was rubbish," one of them told me. "He couldn't give us a definite answer to any of our questions".

But that is, surely, how it has to be – faith does not merely give facts and answers; it asks you to think, and live, in a different way – God's way.



**Bless to me, O lord,
The earth beneath my feet;**

Bless to me, O Lord,

The path I tread:

My walk this day with the Father,

My walk this day with the Son,

My walk this day with the Spirit.

Amen

Celtic Daily Prayer

The newsletter appears fortnightly. For the next issue, please send contributions by Friday 24th September to Barbara Bond: bond_barbara@ymail.com

Climate Crisis

Ivanilde is a mother, a grandmother and a farmer. And, for the last 19 years, she's been on the frontline of the struggle to protect our common home.

Pope Francis has said that the health of our planet depends on the health of the Amazon – yet every year thousands of acres are deliberately burned so the land can be cleared for cattle ranching, or simply to be turned over to make a quick profit.

Ivanilde lives in one of the most heavily deforested regions of the Brazilian Amazon. "The rainforest is a big part of our lives," she says. "It's important for us to keep on planting. It's good for nature, because we plant trees to help re-forest, and everything we plant here can be sold. Everything benefits our family."

Her land has been ravaged by forest fires more than once. She's watched plants and trees that she's spent so long caring for burn to the ground. "The fire destroyed practically everything we had. The smoke burnt our noses and eyes. We tried, but the fire was very high and dangerous, so we didn't manage to put it out. It burnt for almost a week."

These are the crops her family rely on to earn a living. But she has never given up. With the help of local experts from our Church network, Ivanilde has replanted and rebuilt. She continues to stand tall, as the guardian of the rainforest she loves. Ivanilde and her community continue to fight on the frontline of a crisis that will affect us all.

Without generosity from supporters like you, communities like Ivanilde's will be forced to leave their homes and will no longer be able to care for the earth. We need to restore God's precious gift of creation and stop the climate crisis from getting worse. We all share this Earth, and we can all work to protect it.

<https://cafod.org.uk/climatecrisis>



Walk beside us, Lord, in the cool of the day, in the garden you have created as our common home.

Walk beside us, Lord, as the cries of the forest pierce the dawn, and flames rip through our common home.

Grant us courage, Lord, as we walk beside all those who struggle, to protect our common home.

Grant us hope, Lord, and the vision to walk dark paths in the light of a single sunbeam.

Grant us grace, Lord, to put the flourishing of all people and the wonder of your creation at the heart of all we do, as we strive to be guardians of our common home.

St Francis, pray for us

<https://cafod.org.uk/donations/>



River Wear near Finchdale Priory

Season of Creation

Pope Francis has established 1 September as the World Day of Prayer for the Care of Creation, encouraging the Catholic community around the world to pray for our common home.

The day is inspired by Pope Francis' landmark encyclical *Laudato Si'*, which calls on "every person living on this planet" to care for our shared Earth.

He calls us all to celebrate this opportune moment to "reaffirm [our] personal vocation to be stewards of creation, to thank God for the wonderful handiwork which he has entrusted to our care, and to implore his help for the protection of creation, as well as his pardon for the sins committed against the world in which we live."

This World Day of Prayer also falls at the beginning of the Season of Creation, which runs until 4 October, the feast of St Francis of Assisi. This is an ecumenical season dedicated to prayer for the protection of creation and the promotion of sustainable lifestyles. For a Novena to St Francis, see:

<https://cafod.org.uk/Pray/Prayer-resources/Novena-to-St-Francis>

"For the oppressed let the Lord be a stronghold, a stronghold in times of distress. Those who know your name will trust you: you will never forsake those who seek you." Psalm 9A

KANJI: emails and reports



From Sr Oswald (*Grace and Compassion*) who leads the team of nuns running the Sunshine Special School (for learning disabled children), and co-ordinates support in about 20 villages near Kanji for differently-abled adults.

“Our Sunshine School children are fine, all of them have grown. A girl named Sharmila who had undergone operation in her ear in Jipmer hospital at Pondicherry shows a good improvement and she can hear well and replies well when we speak to her. Eshivar who used to have urine leakage is treated at G.H hospital. Pravina fell down and had fracture on her right hand and she is with bandage.

From the start of Corona Virus pandemic time, the teachers of Sunshine School visit twice a week their home and talk to the children and to the parents, they also revise the lessons already they have learned in the regular classes. They also make them to write and recite the rhymes they learned. We have invited them to our campus four times from the start of Covid- 19 up to now. And distributed the help we received from you by giving them all grocery; we have given them toiletries this month with a lunch bag.

From the amount we received we plan to provide Rice and groceries to 500 disabled. We are very grateful to all the donors who generously come forward to help poor people in the time of their great need.”

From Ian Parr (who visits twice a year, usually, with his wife Susan)

I managed to get through to speak to Maria Rayappan, who founded the school and orphanage, to see what the situation was around Kanji, Tamil Nadu. Maria stated that the Covid situation was still serious. They are all in lock down. The school has been closed for over a year. The teachers provide online lessons to the oldest students, but this only reaches about 50% due to lack of technology and wi-fi. Many friends, family, and workers from the local villages, that Maria knows, have died over the last year. She has also lost several nuns whom she knew very well. The death toll in India so far is stated to be over 400,000. This number is known to be lower than reality. Maria has not yet been vaccinated as it appears that the poor rural villages are last to receive the vaccinations. She hopes to get her first vaccination in 2 to 3 weeks.

From Maria Rayappan, Foundress of St Anthony's Foundlings, to Veronica Clark (who came to speak to us at Mass at St Patrick's on Sunday 29th August)

“My dear Veronica,

After a year I just thought to look at E mail to my surprise I found a message and news letter. How I suffered not able to contact you or speak to you no facilities of any kind. this was sad for me.

Regarding Sheila Fleet when I was there last time I was told she had died I tried to visit her it is sad that she had dementia I often think of her and the first team to set up the charity. My life is full of memories for me to think of all our friends of charity. I sit and think of everyone and it's all happy memories.

What a wonderful thought for granddaughter Flora and Hannah to raise funds through litter pick I congregate them for kindness in this age please thank them for the big deeds God will bless them.

When will I get the chance to see you all? one time I wish to see you. Covid 19 is bad here killing lot of people my relation nice man was dead 5 days ago and none of us allowed to near, they buried the body he was district collector, high post, but no one can see him at his death.

I am busy cleaning orphanage buildings and gardens now I can't visit our children. Covid has affected the world, when will we be free from this. I hope soon.

Lots of love for all your family. Oh Veronica I never forget you all and all our beautiful trustees. Lots and lots of love for you Veronica a person full of love and caring nature, make feel easy to talk to without any fear. I miss you. Maria.”

“Have mercy on me, Lord, I have no strength; Lord, heal me, my body is racked; my soul is racked with pain. But you, O Lord... how long? Return, Lord, rescue my soul. Save me in your merciful love...” Psalm 6

Measuring Mass attendance

This is done every year for the diocese and will happen over 4 Sundays in September / October. It is best done by 3 people so they can compare numbers – we need to get it right. If you see people acting oddly and eyeballing members of the congregation they are probably counting.

Harvest Lunch anyone?

At our Zoom meeting we were talking about possibly having a Harvest Lunch at St Patrick’s if weather is OK at the end of September-beginning of October. Let us know if you are excited by this possibility.

I know from discussions with the diocese about risk assessment for return of the Stroke Club that the church kitchen can be used and food can be served (even indoors to a small socially distanced number of people). Attendees would be expected to confirm that they had no symptoms and hadn’t been in contact with anyone who had tested positive for Covid recently.

Zoom every fortnight and for meetings and planning

We are continuing with Thursday evening parish Zoom events every 2 weeks (at least) when we are planning events or have a St Patrick’s committee meeting.

Hire of St Patrick’s

Groups or individuals can apply to hire St Patrick’s for classes and events. They have to provide risk assessments and agree with St Patrick’s about procedures to minimise Covid spread, these include reduced numbers indoors, significant air movement from open windows and doors, social distancing of participants and mask wearing. St Patrick’s then has to apply to the Diocesan Office with their checklist for hiring to that group or person. **Volunteers make it all work. It takes infinitely more time than one can imagine.**



Sunflower Field, Woodingdean



It’s fig and damson week here. Using every baking tray – cheese, herb and fig in shortcrust pastry. Some for sale on Sunday, with new damson jam! - Irene

COVID Symptoms have changed

You need to do a lateral flow test or arrange a pcr test if you have the following symptoms, which are flu-like: runny nose, headache, sneezing, sore throat or loss of smell

Keeping safety measures

Unlike most Western governments, ours has given up even simple measures to reduce the spread of Covid. We at St Patrick’s are keen to keep them because the virus is thirty times more prevalent than it was a year ago. Vaccines aren’t the passport to freedom we hoped – they are very effective but will become less so as the autumn and winter approach. We will keep a reduced number of chairs in the body of the church, ask people to use the sanctuary area, parish room and kitchen during Mass, wear masks (it’s a short time), record attendance for test and trace, display our QR code and hand sanitise for the moment.

Covid variants

The Mu variant B.1.621 is a variant of interest since the end of August – though it was discovered many months earlier in Colombia. It has a ‘constellation’ of mutations, which suggest it should evade antibodies, but there isn’t enough clinical data on it yet. Covid in Brighton and Hove, 10 Sept, 4543 cases – up by 10% since a week ago.

“But I through the greatness of your love have access to your house. I bow down before your holy temple, filled with awe. Lead me, Lord, in your justice, because of those who lie in wait; make clear your way before me.” Psalm 5

More Community and Opinions

Register for the Bible Timeline Course

Mauro Iannicelli will deliver the next Bible Timeline Course, LIVE via YouTube, completely FREE OF CHARGE, starting on Wed 29th Sept. The course runs for 8 consecutive Wednesdays (7pm—8:40pm UK Time), ending on Wed 17th Nov 2021. Go to comeandsee.org where a description of the course & a promo video can be found; comeandsee.org/testimonials - where one can read over 650 testimonials from former course participants.

In 8 sessions, the course participants will grasp the big picture of the whole Bible, the Old and New Testament, thanks to the famous methodology of the Bible Timeline which divides the Bible into 12 key Periods. You just register and get a link from the website. Extremely highly recommended. It is free but tightly controlled, the Italian presenter is an IT specialist as well as Bible expert.

I Know my Rights!

Irene Green

Actually, I don't know anything about the rights of the individual or where they come from. Is it something given to people who live in a civilised society and given to them by that society? But living in a society also restricts people's rights. — I watch with great interest what is going on in America – the land of the free!

I remember encountering the American brand of rights of the individual when I was at Stanford, then Palo Alto in the late 1960s – we discussed everything heatedly at dinner parties.

But I am now surprised by e.g. how many employers in the US, including the government itself, are requiring their employees to be vaccinated. Most recent ruling is businesses with more than 100 people must get their employees to be vaccinated or undergo testing. Similarly it is compulsory for pupils over 12 years of age to be vaccinated!

Going back to rights re vaccination - my rule of thumb is people have the right to refuse vaccination against Covid, but they do not have the right to endanger the lives of others needlessly. By others I mean anyone in society, especially health care workers who are expected to treat any health problems.

St Patrick's Taichi Qigong class restarts on Tuesday 14th September, 7–8pm in the garden whilst we can. Open to everyone and no previous experience needed. This is a gentle nurturing practice which supports mind and body.

If coming out in the evening is difficult, please get in touch, as I will continue the Thursday evening Zoom class if enough people would like to join in (email: bbshiatsu@gmail.com).

There are also some Saturday morning sessions in Lewes (email as above, phone 07733-396891). Each Saturday (18th Sept, 9th Oct, 6th Nov, 11th Dec) has a slightly different theme. These sessions are supported by Age UK.

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

1. There are three basic rules for great comedy. Unfortunately no one can remember what they are.
2. Everything is funny as long as it is happening to Somebody Else.
3. They laughed when I said I was going to be a comedian... They're not laughing now.
4. What do you mean, funny? Funny-peculiar or funny ha-ha?
5. Mark my words, when a society has to resort to the lavatory for its humour, the writing is on the wall.
6. The marvellous thing about a joke with a double meaning is that it can only mean one thing.

“All those you protect shall be glad, and ring out their joy. You shelter them; in you they rejoice, those who love your name. It is you who bless the just man, Lord: you surround him with favour as with a shield.” Ps 5



Sandown Pier

After 50 plus years, I was able to take the opportunity of stepping onto this lovely Island once again.

The first time being in my early 20's with my 'yet to be dear husband Michael' when our Hovercraft trip across was all the rage! Complete with my lovely Daughter Trish and two wonderful grandchildren Jack and Sophie, we gingerly drove onto the new Wight Link Hybrid Energy Ferry at Portsmouth.

A 45 minute journey ensued and although the weather was rather damp, the crossing was very smooth. Our destination/accommodation was based in Sandown and dated back to the 1800's. Originally it was a Fishmongers, and then a Butchers, Furniture Shop and lastly a Greengrocers.

The walls were festooned with numerous black and white photos depicting its history and the people who lived and worked within its structure. I noted that sadly nobody 'smiled' for the camera in those days! But I realise that times were extremely hard then. Our base was very tastefully converted by its present owners, with a mixture of contemporary and Victorian design.

In our three days we crammed in visits, to Sandown, Newport, Ryde and Shanklin – which personally was my favourite with far too many gift shops luring one inside! The Needles and Lighthouse at Alum Bay was breath-taking and thankfully (for me) it was far too windy to take the iconic chair lift down to the beach!

After a much loved session of 'sand pouring' in heart, star and elephant jars we travelled back to Sandown to order a Chinese take away which was conveniently situated a stone's throw away!

Must end by saying that we all had a great time and are now planning another excursion – COVID permitting of course! A little saying was in our bathroom, which read "A little sand between one's toes takes away all your woes" – and there are lots of lovely sandy beaches. The attached photo of the beautiful stained glass window depicts the building's origin as a Fishmonger's.



Pope Francis prays for Peace in Afghanistan

Pope Francis has asked people to unite in prayer for the people of Afghanistan as the conflict in the country continues. The country is once again experiencing the suffering caused by armed conflict, forced exile, and hunger, with the situation especially difficult for civilians. To date, 250,000 people - 80% of whom are women and children - have been forced to leave their homes. Bishops' Conference Chair of International Affairs, Bishop Declan Lang, has urged Catholics to pray for the people of Afghanistan, while pointing to the work of humanitarian organisations and efforts to welcome refugees, as signs of hope.

See <https://www.abdiocese.org.uk> and click on News, then "A number of organisations..."

Within our Diocese, **Refugees Welcome Crawley (RWC)** is working in partnership with West Sussex County Council (WSCC), **Sussex Aid for Refugees (SAR)**, and other charities to meet the needs of Afghan families and individuals arriving in the UK with nothing. WSCC are co-ordinating this task and will deliver donations to Afghan refugees and asylum seekers in quarantine.

If you feel able to help, you can purchase toiletries and other items for Afghan arrivals in Sussex. There is a particular push for soap for hygiene packs and pyjamas. Making a contribution to SAR funds will enable the charity to buy pyjamas or other needed items in bulk. People can do this by paying directly into the RWC bank account (please use reference **Afghan refugees**) or through JustGiving, which will enable you to Gift Aid your donation.

See <https://refugeeswelcomecrawley.co.uk/> and <https://www.justgiving.com/refugeeswelcomecrawley>

"I am exhausted with my groaning; every night I drench my pillow with tears; I bedew my bed with weeping. My eye wastes away with grief; I have grown old surrounded by my foes. ... the Lord has heard my weeping. The Lord has heard my plea; The Lord will accept my prayer." Psalm 6

A Challenge over Breakfast

Barbara Bond

Editor-at-large in Inverness – breaking news –

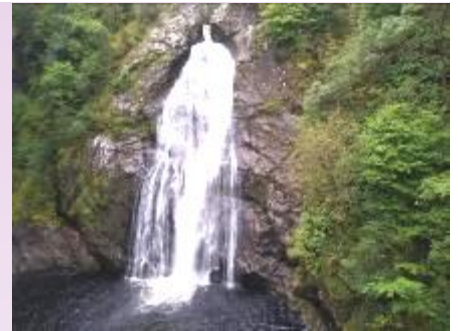
Since the pandemic, Youth Hostelling has been... different! I have always supported the YHA for their values of making travel and the countryside accessible, so even though it is not normal service, I chose to stay in the Hostel at Inverness.



One of the interesting things is usually the shared self-catering kitchen, but these are now closed – apparently hostellers were bonding over the contents of the eco-friendly brown bags containing their packed breakfast, and abandoning social distancing.

I had popped in for a quick pre-expedition cuppa (use of kettle is permitted), and was joined by a newly retired and quite eccentric lady, who very directly asked me what my life's achievement was?! I was aware that everyone else was listening to our conversation... Well, all I can say is that I am glad that yesterday wasn't Judgement Day – I didn't really have any answer! Except maybe that for ten minutes I knew I was talking to a very lonely person.

[Note: Barbara walked 18 miles in low cloud and mist on Friday. She said it was like being in a sepia picture! She was accompanied by deer, red squirrels, an eagle, brambling, swifts and swallows, a dipper, and lots of day-trippers in unsuitable footwear—even flipflops!]



Snippets and Dates

Root and Branch Inclusive Lay-led Synod 5th-12th September “A Synod that starts with women and does not end there”

After a year-long phase of discernment, the following areas are being explored and discussed: — The redefining & reclaiming of ministry; The embracing of diversity; A rethink of moral theology; The sharing of authority.

‘Be who God meant you to be and you will set the world on fire... We’ve had enough of exhortations to be silent! Cry out with a hundred thousand tongues. The world is rotten because of silence.’ - Catherine of Siena, Saint & Doctor of the Church, 1378. See — www.rootandbranchsynod.org

Modern Slavery Abolition Ambassadors - Launch Event: Diocese of Arundel & Brighton

Monday 18th October 6 – 8.30 pm, St John the Evangelist, Horsham RH12 2PJ

In collaboration with 'Together in Sussex' and Anglican Chichester Diocese, this event will mark Anti-Slavery Day with a short act of worship, which will include the commissioning of our parishes' Modern Slavery Abolition Ambassadors.

Hosting will be the Rt Rev Richard Moth, Roman Catholic Bishop of Arundel & Brighton; the Rt Rev Will Hazlewood, Anglican Bishop of Lewes and Rt Rev Alastair Redfern, Anglican Bishop of Derby and Chair of the Clewer Initiative, who will give an address. Please note that this event will be live-streamed. See: www.abdiocese.org.uk/

“Yours, O Lord, is the greatness, and the power, and the glory, and the victory, and the majesty; for all that is in the heavens and in the earth is yours; Yours is the kingdom, O Lord, and you are exalted as head above all.” 1 Chronicles 29

If anyone wants to be a follower of mine, let him renounce himself... Mark 8



I am sitting in the garden to write, more out of obstinacy than pleasure, as the wind ruffles through the bushes and sends low cloud scudding in across the late afternoon sun. It is hardly warm, and the A27 is so loud (with the wind from the south-west) that I can hear little else than its roar.

Blue tits and great tits are still coming to the feeders with clockwork regularity, but the hordes of sparrows have melted away, the blackbirds appear only with discretion, and the robins – still not in their full red plumage – are marginally more argumentative with each other.

One came indoors on Wednesday, through the open patio doors, though it could not find its way back out. Curiously, I had heard the soft thumps as it collided with the window panes in the back room, but I assumed it was a bird outside: they sometimes fly up and hit the glass, mistaking it for open sky.

Finally the robin arrived in the kitchen, and I realised that I was not alone in the house (Barbara having departed to march up and down the old Military Road along Loch Ness, in the interests of her health). The robin made for a

*Be the peace of the Spirit mine this night,
Be the peace of the Son mine this night,
Be the peace of the Father mine this
night,
The peace of all peace be mine this night,
Each morning and evening of my life.
Amen.*



peaceable companion, *faute de mieux*, but would have injured himself eventually. He allowed himself to be coaxed out after I had flung wide every window that I could.

On one of the hot, humid, windless evenings earlier this week I was witness to something I had never seen before. I was looking up, scanning for swifts through the binoculars, when herring gulls, first one, then two, then a dozen came soaring into view, rising and falling in a complicated dance in the sultry air. Another dozen joined them, white wheeling rags spinning like an hourglass in the sky. To my bafflement they were joined by a score of jackdaws, black scraps circling at speed in the same area, apparently without colliding.

But the most astonishing feature was the complete absence of sound. We are well used to the racket of squawking and wailing which gulls usually make on their morning promenades, or in reaction to the presence of a buzzard above them; and jackdaws invariably announce themselves with a volley of “jac-jac” shouts.



But this gathering was wholly and completely soundless, a whirling, ghostly silence. The air was thick with insects, and the birds were behaving exactly like swifts and swallows, jinking, jiving and diving at speed. I believe they must have been feeding, but there was not a sound. I drank in the silence with awe.



Trivia answers (from p.5)

- 1. Arthur Smith** (1954-) *attributed*. **2. Will Rogers** (1879-1935) *The Illiterate Digest* (1924). **3. Bob Monkhouse** (1928-2003) *attributed*. BBC news website 29th Dec 2003. **4. Ian Hay** (1876-1952) *The Housemaster* (1938). **5. Alan Bennett** (1934-) *Forty Years On* (1969). **6. Ronnie Barker** (1925-2005) *Sauce* (1977).

“Owe no one anything, except to love one another; for he who loves his neighbour has fulfilled the law. Love does no wrong to a neighbour; therefore love is the fulfilling of the law.” Rom 13: 8, 10