



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 weekdays see website <https://www.ololandstp.org/>

Mon 28th 7.30 pm Lenten Reconciliation Service; Vigil Mass Saturday 6.30 pm; Sunday Mass: 10.30 am

St Patrick's – Mass: Sunday 27th March at 9 am: 4th Sunday in Lent, Laetare Sunday

Mission Appeal (retiring collection) by Sr Ann Ugth

Mass: Sunday 3rd April at 9 am: 5th Sunday in Lent

Welcome to the 50th "apart but together" e-newsletter (27th March 2022)

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

On Shining the Light

Barbara Bond

I am the light of the world John 9:5

This Sunday is Laetare Sunday – a moment to pause in our Lenten journey and look forward to the joy of the resurrection; to focus on the Light. On the face of it there is not much to be joyful about; there seems to be unremitting bad news of war, suffering, unemployment and poverty in an unequal and divided world.

In the past week we have celebrated the feast of St Joseph and also the Annunciation. I was reflecting that both of these are great reminders of profound faith and trust. The angel says to Joseph, "Do not be afraid," and the same words are spoken to Mary. I was wondering if I have heard these words so often that I have stopped hearing just how powerful they are.

Mothers' Day weekends are very special times in the life of Hospice care. For some of our families it will be the last time they are all together to mark the celebration; for others it is a time of remembrance, for people at various points on the path to knowing, that the gift of the person they are missing will never leave them – despite the pain.

To me, Mothers' Day is a celebration of nurturing and self-sacrifice – you don't have to be a mother to possess those qualities, and both Mary and Joseph are templates for that. I was really moved by a couple of stories that came out of the dreadful suffering in Ukraine. There were some Ukrainian women who came across young Russian soldiers who had been captured, not really knowing where they were or what they were doing – the womens' response was to enable them to phone their own mothers.

**May the blessing of the light be
upon you,
Light without and light within...
And in all your comings and goings,
May you ever have a kindly
greeting
From any you meet along the road.
Celtic Daily Prayer**

There was also the image of the mother-to-be caught in the bombing of the hospital in Mariupol; it felt like a metaphor beyond words. May she rest in peace.

I pray that I might have the courage not to be afraid, and to find the stillness to hear my calling; and in doing so shine out the Light of God's love.



The newsletter appears fortnightly. The next issue will be on 10th April (Palm Sunday). Please send contributions by Friday 8th April to Barbara Bond: bond_barbara@ymail.com

War in Ukraine: UNHCR UK

A month since the start of the war, almost a quarter of Ukraine's population are displaced. Today, we are confronted with the realities of a massive humanitarian crisis that is growing by the second.

The seriousness of this situation cannot be overstated. Overnight, lives have been shattered and families torn apart.

In one month, over 10 million people have been forced to run for their lives, leaving their homes and belongings.

Over 6.5 million are displaced inside Ukraine and 3.7 million people have been forced to flee the country.

These numbers are rising daily. Some 13 million people are estimated to be stranded in affected areas or unable to leave due to heightened security risks, destruction of bridges and roads, as well as lack of resources or information on where to find safety and accommodation.

Today, millions in Ukraine live in constant fear. Indiscriminate shelling and heavy bombardments are forcing people to shelter in bunkers for hours day and night.

Total Refugee influx from Ukraine into neighbouring countries	Location	Data date	Refugee influx
	Poland	24 Mar 2022	2,206,119
	Romania	24 Mar 2022	572,754
	Republic of Moldova	24 Mar 2022	376,748
	Hungary	24 Mar 2022	336,701
	Russian Federation	22 Mar 2022	271,254
	Slovakia	24 Mar 2022	263,959
	Belarus	24 Mar 2022	6,341

Refugees fleeing Ukraine since 24 February 2022:
3,772,599
Updated 25 March

Key figures - POLAND

1,212 refugees enrolled for multipurpose cash assistance from 21 to 23 March.

Core relief items dispatched to warehouses in Ukraine to benefit more than 100,000 people:

- 52,000 high thermal blankets
- 12,500 sheets of tarpaulin to repair shelters
- 10,000 solar lamps
- 8,400 sleeping bags
- 4,511 winter jackets
- 4,000 Jerry cans
- 3,025 mattresses
- 2,080 kitchen sets
- 1,134 boxes of winter clothes



“O Lord, you have been our refuge from one generation to the next. Before the mountains were born or the earth or the world brought forth, you are God, without beginning or end.” Psalm 90

CAFOD: Syria Crisis Appeal

What is happening in Syria?

As we reach 11 years of civil war in Syria, the conflict has now killed over 500,000 people. It has made an estimated 6.6 million Syrians homeless inside the country while over 6.7 million Syrians are registered refugees in neighbouring countries – making this the **largest displacement crisis in the world**.

Many refugees live in makeshift camps, derelict buildings, or even in the open air. Children are often traumatised after seeing their family members and friends killed or their homes destroyed in front of them.

What are the urgent needs for Syrian people?

There are about 12 million people who require humanitarian assistance in Syria. Men, women and children don't have access to proper shelter, medication and education.



***“The people that walked in darkness
have seen a great light;
of the inhabitants of a country
in shadow dark as death
light has blazed forth.”
(Isaiah 9:1-2)***

Prayers for Syria

Tuesday 15 March 2022 marks the eleventh anniversary of the conflict in Syria.

We pray for the suffering people of Syria and for an end to the violence.

***God of mercy,
Pour out your peace upon us all.
Watch over our brothers and sisters in
Syria,
especially those who have fled their homes.
Lead them to a place of safety
and bring comfort to those who mourn.***

***Inspire us all to share the light of your hope,
and to reach out in a spirit of compassion.***

***Make us channels of your peace,
so all your children may live free from fear,
conflict and pain.***

***We ask this through Christ our Lord,
Prince of Peace,
Amen.***

Catherine Gorman/CAFOD

With millions of Syrians also dealing with the Covid-19 pandemic, they desperately need aid right now. We need to provide food, shelter, blankets, warm clothes and other essentials.

Families are suffering from a massive loss in income as people are unable to work, leading to an increase in hunger as people struggle to afford food. Many vulnerable people – often women and children – are more at risk. Cases of domestic violence have increased as women are forced to stay inside.

Thanks to the compassion and generosity of Catholics across England and Wales, our partners are providing vital emergency aid to vulnerable families both inside Syria and in neighbouring countries.

Please give today to help us reach the most vulnerable people.

[https://cafod.org.uk/donations/one-off?
_Amount=12&_Appeal=41963](https://cafod.org.uk/donations/one-off?_Amount=12&_Appeal=41963)

“Lord, relent! Is your anger for ever? Show pity to your servants. In the morning, fill us with your love; we shall exult and rejoice all our days. Give us joy to balance our affliction, for the years when we knew misfortune.” Psalm 90

Community News – St Patrick’s

Fundraising on 24th March: Lenten Lunch

Many thanks from Bernadette and Ted, to all who attended and donated to our two charities...

St Anne’s Day Centre, Kemptown, and The Kanji Project, India.

The total was £291 topped up to £300 with money from preserves sold from our home porch. We are able to send £150 to each charity.

Once again I brought my camera but forgot to take a picture – so instead I send the menu.

MENU: Choice of Soups: Mushroom, or Lentil... slightly spicy with red pepper, celery, onion and tomato. Plus Soda Bread, cheese scones, cheese, fruit and Barm Brack.

All home made!

Bernadette

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 patrickgpbond@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.

Seedling time Seedlings available from first Sunday in April — (from Irene) —

Green and yellow courgette; Gardener’s delight and Sungold tomato are all quite advanced; Cosmos; Dahlia; Antirrhinum; red veined sorrel, purple sprouting broccoli, salad leaves, 6 kinds of basil.

St. Patrick’s Lenten Walk, 12th March 2022 Frances Low

A merry band of walkers from St. Patrick’s came with me on our first ‘Lent’ walk. Alas, no Our Lady of Lourdes parishioners joined us. We started with a prayer for Lent and of course, we thought about the tragedy in Ukraine.

We started out in glorious sunshine although it was chilly! We climbed up Whiteway Lane – muddy in parts!- emerging at the top with marvellous views over Saltdean. There is now a mini housing estate on what was farmland – a mixture of villas and houses all white. Rather surreal.

We followed the path between Rottingdean and Saltdean again with wondrous views over the countryside. Lots of horses! And birds singing to celebrate the sunshine. We walked on behind Balsdean cottages where there is now a smallholding – large hen coops and pig styes run by the Carr family.

Finally we made it to the end of the trail and now we were admiring the



Balsdean Pumping Station

valleys of Woodingdean and the pumping station and cottages at the bottom of the valley. The

hills forming part of the South Downs Way were very evident.

We turned down Bazehill Road and gradually descended into the village. We prayed and thanked God for a lovely, refreshing walk.

“Now, Israel, what does the Lord your God require from you, but to fear the Lord your God, to walk in all His ways and love Him, and to serve the Lord your God with all your heart and with all your soul.” Deuteronomy

‘Lord, come beside me, walk with me through Lent this year.

Come beside me, let me feel your presence, hear your voice.

Open the eyes of my heart, illuminate within it the places of eternal Lent, where I have not permitted your Love entry. Help me to open these places. Root out that which needs to leave, and make room for the joy of your Resurrection. Open the eyes of my heart to see you in those with whom I live and work and walk.’

Clocks change this weekend. They go forward one hour.

“On the holy mountain is his city, cherished by the Lord. The Lord prefers the gates of Sion to all Jacob’s dwellings... In his register of peoples he writes: ‘These are her children’ and while they dance they will sing: ‘In you all find their home’.” Psalm 34

Ukraine Action and Prayers

COLLECTION OF GOODS FOR REFUGEES

Julie Williams in the parish office has discovered that The Grand Hotel is collecting for Ukrainian refugees from Sunday 27 March until Sunday 3 April.

Large items: blankets, towels, duvets, warm clothes, large/medium backpacks, camping mats, sleeping bags, blankets.

Smaller items: gloves, bandages, can openers, posters, power banks, men's socks, thermal/base layers, hot water bottles, insulated flasks, nappies, sanitary products.

Medicine: calpol, paracetamol, painkillers, anti-flu medicine, wound dressing materials, first aid kits.

Food: dried food, e.g. rice and pasta, canned food, tea and coffee, baby formula, protein/energy bars.

Donations can be handed in to the Hotel. If you have items you wish to donate but cannot get them to the hotel, let me know and I will collect them from you and deliver them.

NOTE: OLOL will be open during the week so parishioners can drop off donations in the porch.

Mike Lewis 07770 533654

P.S. Our Lady of Lourdes Primary School is collecting:

[https://www.facebook.com/photo.php?](https://www.facebook.com/photo.php?fbid=3092993371019956&set=p.3092993371019956&type=3)

[fbid=3092993371019956&set=p.3092993371019956&type=3](https://www.facebook.com/photo.php?fbid=3092993371019956&set=p.3092993371019956&type=3)

Cardinal Vincent Nichols has consecrated Russia and Ukraine to the Immaculate Heart of Mary

In union with Pope Francis, Cardinal Vincent Nichols consecrated Russia and Ukraine to the Immaculate Heart of Mary on the evening of Friday March 25 at 5:30pm.

The Mass and Act of Consecration took place at Westminster Cathedral, attended by the Apostolic Nuncio, Archb'p Gugerotti, members of the Diplomatic Corps, Fiona Bruce MP representing Her Majesty's Government, and representatives from fellow Christian Churches.

Cardinal Nichols invited everyone to join him in prayer for our 'troubled world' and 'for peace for the suffering people of Ukraine'.

Acts of Consecration are a great tradition in the Church. They often feature the person of Mary, who invites us to come to her and entrust our troubles to her. In Fatima, Our Lady asked us to entrust Russia to her protection.

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

"He will feed his flock like a shepherd, he will gather the lambs in his arms, he will carry them in his bosom, and gently lead those that are with young." Isaiah 40

St Patrick's Day Celebration 2022 — Various Voices, taken from emails...



Just back! Very good, everyone in good spirits, maybe 30 to 40 people... Presentation made to Dave Young of Irene's photo book... Ted sang Paddy McGinty's Goat... I did 3 poems and an Irish blessing or two... I ate mostly cakes!

Just back from work and wanted to say that I have amazing reports of the St Patrick's gathering. It sounds as if it was a really warm and vibrant celebration. Many congratulations to everyone for the work and vision. St Pat's at its wonderful best!

It was a super occasion. So good to have people able to gather and chat, as well as eat the delicious food. Irene and Bernadette at their best!! Plenty of help from Mary B, Hilary and lots of others. Ted and Patrick for 'entertainment'! A memorable St. Patrick's Day. Thanks to you all for friendship and kindness and care.

Thanks for all the help everybody. It was good wasn't it? I was really surprised at the numbers, also pleased with the numbers at Mass too.

Did you all realise Richard, the Vicar of St Wulfran's, came to Mass... sitting behind us (he's actually a catholic).

I was so pleased he came. I got around most of the people in between the entertainment... which was perfect. Even Ted's jokes!!!!

Yes, as you so rightly say, what a wonderful St Patrick's Day 🍀 . I am almost embarrassed to say that it was my first experience of celebrating this special day and can only say 'what have I missed'! To All who supported, entertained and the buzz of laughter that ensued, a huge Thank You for a truly memorable day - not to mention the delicious food!!!



Hi Bernadette, Ted, Patrick, and everyone... You can take a bow and several encores for our St Patrick's Day celebration. Ted and Patrick were wonderful 'front men' entertainers. Dave Young loved it. He is the third child in the Young family and was born in Woodingdean.

Hilary and I and others were producing drinks all morning. Some people hadn't been to a public social event in two years. The glorious weather added to the feel good factor.

Fiona made the sausage rolls (sadly I didn't get a sniff of them) but I know they are FAB (with internalised chutney), and there were testimonies afterwards. The food was epic and delicious, everyone who was volunteered to do something said YES.

Barbara made the perfect quiz questions and picture quiz, which I hope got everyone on the tables engaged. Ted gave me

the five tables' returns. The self marking was a bit dodgy e.g. full marks for giving one of the two types of wood used to make a shillelagh.

I spoke to Teresa (Ford) at the celebration: she was happy to be there and to feel the warmth of the gathering. I read a few poems on the Irish theme, and Ted was compere and sang "Paddy McGinty's Goat", which got an uproarious rendering of the chorus from everyone... it was a very, very happy in-person gathering; such a relief after so much masking and Zooming!



Virginia said she had taken the day off work to come to the celebration. I asked her about the cup cakes, because I had been so impressed with them. Someone else came to ask her if she had put orange peel into the icing -- she said it was lemon peel. Classy cakes!

(Thanks to Maureen Buni for the pictures.)



"We give thanks to you, Lord God Almighty, who are and who were, that you have taken your great power and begun to reign. The nations raged, but your wrath came, and the time for the dead to be judged, for rewarding your servants, the prophets and saints, and those who fear your name, both small and great." Rev 11

Covid Corner

National Day Of Reflection: Barbara B.

Wednesday 23rd was the second anniversary of the first lockdown, and it was held as a national day of recollection in which to remember everyone who died. It is fair to say that no one has been untouched by loss.

We marked this at our Lectio session, and I share this beautiful prayer from the Celtic Daily Prayer book:

Into my grieving

I weave the strength of the Father

Into my grieving

I weave the compassion of the Son

Into my Grieving

I weave the comfort of the Spirit

Into my grieving

I receive the presence of the Three in One.

Into my anger

I invite the patience of the Father

Into my numbness

I invite the healing of the Son

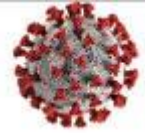
Into my confusion

I invite the wisdom of the Spirit

And we shall grieve together

I, in community with the Three in One

Government not taking Covid seriously – operating in a vacuum



Wishing coronavirus away won't make it disappear – see the Zoe update from Kings – <https://www.youtube.com/watch?v=9llyjvSeggs>

Record high 330,000 daily new cases of Covid; 3,734,316 total UK cases on 24th March. 1 in 19 people have Covid.

High throughout the country, highest in London, east of England, Scotland (steady rise there, not waves). Danger of challenging the Health Service, with highest numbers of hospital admissions. The New York Times says a worse-case scenario is that the U.S. follows the path of the U.K., where not only have cases surged, but so have hospitalizations.

The surge is in Omicron variant BA-2, more infectious than BA-1. Covid in the UK has been rising in all age groups since start of March. It is more common than colds, main symptoms are running nose and tiredness, but it is not a cold, and can have lasting effects.

Previously, 80% of people who tested positive stayed at home, the sad reality is this will decrease now no one has to. Cases should decrease mid summer. Spanish flu lasted for years with waves of outbreaks. Stock up on Lateral flow tests from chemist. FFP2 (KN95) masks advised. If you test positive no need to test every day. Stay home, stay safe. **Irene Green**

St Patrick's Day (a P.S. to Patrick's account on page 6) — Irene Green

Shadow Northern Ireland Secretary Peter Kyle (MP Hove) was in the White House for St Patrick's day, see his full report:

<https://www.facebook.com/search/posts/?q=peter%20kyle%20mp>

A comforting excerpt regarding Biden:

“But don't be fooled by his kind demeanour, he's as sharp as a knife. On each issue we discussed, his knowledge of people, history and context was remarkable, his analysis was crystal clear. I imagine a lot of his success is down to the number of people who underestimated his abilities, luckily I didn't and wouldn't recommend anyone else does either! Not only was it a real privilege to meet him but I actually enjoyed his company too. “The same is true of Speaker Pelosi. She's a powerful personality that also radiates warmth and personality. I met her twice during the trip and both times she impressed me with her depth of knowledge about British issues and the challenges facing Northern Ireland.”

“Now the salvation and the power and the kingdom of our God, and the authority of his Christ have come, for the accuser of our brethren has been thrown down, who accuses them day and night before our God.” Rev 12

Spring and Daffodils and Nature

Daffodils — by William Wordsworth

*I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host of golden daffodils,
Beside the lake, beneath the trees
Fluttering and dancing in the breeze.*

*Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance
Tossing their heads in sprightly dance.*

*The waves beside them danced, but they
Out-did the sparkling waves in glee: -
A poet could not but be gay
In such a jocund company!
I gazed - and gazed - but little thought
What wealth the show to me had
brought.*

*For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills
And dances with the daffodils.*

Despite the passing years, never forgotten. I would love if this poem could have a mention in the newsletter. So appropriate for this time of year. Thanks & God Bless.
Maureen Buni



Song of Amairgen

The profound and numinous presence of nature is brought out in this poem by Amairgen, chief poet of the Milesians, as he steps ashore to take possession of the land of Ireland on behalf of his people:

***I am the wind which breathes upon the sea,
I am the wave of the ocean,
I am the murmur of the billows –
I am the ox of the seven combats,
I am the vulture upon the rocks,
I am a beam of the sun,
I am the fairest of plants,
I am the wild boar in valour,
I am the salmon in the water,
I am a lake in the plain,
I am a world of knowledge,
I am the point of the lance of battle,
I am the God who created the fire in the head.***

Traditionally believed to be the first poem ever composed in Ireland. All of the elements of the poem have numinous associations in early Irish literature. There is no dualism here. All is one. This ancient poem pre-empts and reverses the lonely helplessness of Descartes' "I think therefore I am". For Amairgen, I am because everything else is. I am in everything and everything is in me.

– John O'Donohue *Anam Cara: Spiritual Wisdom from the Celtic world*



"And they have conquered him by the blood of the Lamb, and by the word of their testimony, for they loved not their lives even unto death. Rejoice, then, O heaven, and you that dwell therein." Rev 12

Afterthought: The Birds are Singing Anew

Patrick Bond

Anyone who is in Christ is a new creation. The old things have passed away; see, they have become new. 2Cor5



Suddenly it is late March, and the birds have launched into wild singing. The Dunnock, small and undistinguished, sits at the highest point of the cypress hedge, on a level with our first floor windows, and issues short bursts of intense warbling. Echoes come back from other dunnocks.



The Wren, smallest and loudest of all, conducts his own concert performance, four movements of a symphony that takes all of three seconds.



The Green Woodpecker, not called “Yaffle” for nothing, screams with inordinate laughter in the trees over by the allotments. Every year at this time he reminds us that he is still here and still counts. I have set aside an uncut mini-patch in our mini-lawn (humans are not really welcome here!) hoping that he will be tempted by the huge nests of red ants which have grown since I stopped mowing and stamping them down.

Goldfinches are making liquid yet prickly twittering all the time, talking to each other, keeping in touch. They sometimes make a squeaking click when on their own, just arrived and wondering who else is around.

Wood pigeons make their regular song, put into words by old Freddie Underwood, our Warrener (rabbit catcher) when I was a young apprentice in the Forestry Commission in the 1970s: “Oh my poor TOE, Su-sie...” He was embarrassed when he told me this bird-spell, as if he thought I might think his ancient knowledge too quaint and uneducated.

A pair of Carrion Crows are nesting near the house for the second year running, flying back and forth with long strands of dead grass and sticks in their beaks. Their low “craak” is uttered four times with a kind of ponderous haste and emphasis. They are beautiful in their black glossy wings with long “fingers” at the tips.

The Blackbirds sing at dawn and dusk. A pair making a nest in the Virginia Creeper (on the side of our garage) received a visit from two Magpies, who behaved like corrupt policemen barging into their home and demanding protection money. The blackbirds gave up on that nest, but are still feeding in the garden.



A scattering of small dark feathers by my chair, which I have put outside to make the most of this amazing spell of warm weather, reminds me that other predators are about. This is

possibly the work of a Sparrowhawk, who regularly swoops down across the feeders but often fails to snatch anyone.

As I finish, and prepare to go indoors again, the Dunnock is still issuing his proclamation, burst after burst of energy and resolve. A fillip in these sad times.

STOP PRESS: Tadpoles have been seen in our Pocket Pond. This is the third springtime of our very own water feature (all right, it's an old plastic crate...) and so far, the first real evidence that the creatures of the night and damp places rate it as a Real Pond.

[All pictures are from RSPB website]

‘On Prayer’

Moreover, the birds taking flight lift themselves up to heaven and instead of hands, spread out the cross of their wings, while saying something which may be supposed to be a prayer. What more then, of the obligation of prayer? Even the Lord himself prayed: to him be honour and power for ever and ever.

Tertullian

Office of Readings
Lent, Week 3 Thursday

“Cry out with joy to the Lord, all the earth. Serve the Lord with gladness. Come before him, singing for joy. Know that he, the Lord, is God. He made us, we belong to him, we are his people, the sheep of his flock. Go within his gates, giving thanks. Enter his courts with songs of praise.” Ps 100