



St. Patrick's Church

Broad Green/Cowley Drive Woodingdean BN2 6TB



Our Lady of Lourdes

Whiteway Lane Rottingdean

St. Patrick's Newsletter

Fr Benny O'Shea (01273) 302903 **Email office:** rottingdean@abdiocese.org.uk

Mobile : Mgr Benedict O'Shea 07884 171710; Deacons:- Rev Neil Mercer 07801 706167

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

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

MASS is streamed live this week: 09.30 Tues, Thurs;

Vigil Mass Saturday 6.30 pm ; Sunday Mass: 10.30 am

St Patrick's – Mass on Sunday 15th August 9.00 am

Assumption of the Blessed Virgin Mary

Welcome to the thirty-sixth “apart but together” e-newsletter (15th August 2021)

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

On Winning

Barbara Bond

The Almighty has done great things for me Luke 1

This is the second time this year that I have sent my musings from a remote campsite – the same one even! The summer has been different in so many ways – lots of very liquid sunshine, and an Olympics with no crowds.

I watch the Olympics with a combination of awe and frustration. The last time the London Marathon was run, I gave a Shiatsu treatment to some of the charity runners at the end.

Their stories of the training they put in, and the motivation for taking on such a feat were so inspiring. The Olympic athletes take this to another level, and yet they can be so hard on themselves – and so can we.

Yet the emerging role models from Japan have been those who have forced us to give a gentle human face even to these “superhuman” sportsmen and women. Perhaps the prize is the chance to use your talent for the good of all.

Gentleness is much misunderstood in our culture, sometimes being confused with weakness. In Galatians, St Paul lists it amongst the fruits of the Spirit.

Taking a tender and kind approach is not always the easy way. The kind of gentleness God calls us to, is the capacity to go beyond what we are, to be moved, and to be ready and willing to accept the Spirit into our lives. True gentleness comes from this, and it does enable us to grow.

***Let Mary's soul be in us
to glorify the Lord;
let her spirit be in us
that we may rejoice
in God our Saviour.***

St Ambrose

The words of Elizabeth, “Blessed is she who believed that the promise made her by the Lord would be fulfilled” offer a reminder that Mary, who describes herself as “lowly”, is a powerful role model for us. The words of the Magnificat emphasise that her being chosen is simply another sign of God's desire that the poor, the weak, the marginalized, the exploited and discriminated-against in this world, should be the special recipients of God's love and care.



The newsletter appears fortnightly. For the next issue, please send contributions by 27th August to Barbara Bond: bond_barbara@ymail.com

Emergency Food Crisis Appeal



CAFOD has launched an emergency appeal for families facing extreme food shortages in Ethiopia's Tigray region, South Sudan and north-east Nigeria.

Families across these three countries face extreme hunger because of a deadly combination of Covid, climate change and protracted conflict, creating a humanitarian emergency.

What is the situation in South Sudan?

In July, South Sudan marked 10 years of independence, but the years of continued conflict and violence, and the impact of the climate crisis – drought, floods and a locust plague – have severely restricted people's ability to grow food.

The situation for many families has become much bleaker as Covid restrictions have devastated the informal economy of daily wage earners. The UN estimates that 60 per cent of the 12 million population now face dangerous levels of hunger.

Local Church partners are doing all that they can to reach families with food and water, peace-building messages and support to return to farming.

We no longer have the 'luxury' of dealing with one crisis at a time.

We have committed £500,000 of your generous donations. Working together, we need your further support to get food and clean water to hundreds of thousands of people.

A recent report from the United Nations says 155 million people faced acute hunger in 2020 – an increase of 20 million people from 2019 – and that hunger is expected to increase in 23 global hotspots.

"With extreme hunger an increasing and more visible threat than the virus, children go out on the streets to beg for food, despite the danger of the disease spreading. Day and night outside my priest house, people are asking for something to 'quench their hunger'. It is the poorest, the old, women and children who are paying the price."

Fr James Oyey Latansio, one of CAFOD's long-term partners

What is the situation in Ethiopia's Tigray region?

On 4 November 2020, armed conflict broke out between the Regional and the Federal government in northern Ethiopia, in the Tigray region. According to UN estimates, this brutal conflict has left 2 million displaced, and 5.2 million people in need of assistance – over 90% of the population of Tigray.

We have received reports of sexual and gender-based violence, torture and killing of civilians, farms ransacked, grain stores and livestock pillaged, fruit trees cut down, and wells and boreholes destroyed.

Families have been forced to flee their farms and homesteads, leaving behind all that they own. Last year's November/December harvest has already been lost, and there is little hope they can prepare and start planting for the next season.

Your donation today will allow us to support the emergency response of the Church in Ethiopia – getting food parcels to vulnerable families and nutrition support to pregnant mothers and children under five years of age. It will also allow us to provide essential counselling for those traumatised by the war.

What is the situation in north-east Nigeria?

Eleven years ago, a violent conflict began here. A Nigerian militant-Islamist group called Boko Haram unleashed a reign of terror on communities, attacking public places, kidnapping women and girls, destroying crops and stealing livestock. Boko Haram attacks have closed markets, and some farming communities haven't been able to farm for several years.

The UN Development Programme (UNDP) reports that people who make it out of insurgent-controlled areas are malnourished, and that the insecurity has led to a decline in farming, food production and market trading, leaving households destitute. More than 13 million people live in areas affected by conflict, of whom nearly 9 million need humanitarian aid.

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

"What we are waiting for is what he promised: the new heavens and new earth, the place where righteousness will be at home. So then, my friends, while you are waiting, do your best to live lives without spot or stain so that he will find you at peace." 2 Peter 3: 13-14

Friday 6th August 2021 – Our first parish walk and what a day to choose! The wind was howling and the skies threatening, but we gathered at Happy Valley in Woodingdean and set off. 7 ladies and a dog – Charlie, the only male present!

We climbed up from the park in the full face of the wind on to the hill, and soon reached



Fitzherbert School — John Leach

the track that goes round past Woodingdean Primary School, The Nuffield Hospital and the Woodingdean Burial Grounds. Most of us remember before the Nuffield was built that it was the site of Fitzherbert School. Fondly remembered by former pupils.

We were glad to turn round down the valley where it was more sheltered. We strolled past corn fields and grass fodder fields, horses grazing and then we were at Bulstrode Farm, passing cattle barns and the new Farm House.

We then headed to St. Wulfran's Church in Ovingdean where we rested and partook of refreshment! It was very sunny and warm by then so we were very blessed.

There are some interesting gravestones in the church yard – Magnus Volks, The Kemp family, and, especially poignant I always think, the

grave of 12 year old Keith Lyon. He was murdered on the path between Ovingdean and Woodingdean. There was a tremendous police hunt [see left] — this was in the 1960's — which I recall as a teenager in Brighton. Sadly, I think no one has ever been charged with his murder.



www.theargus.co.uk

Refreshed and restored, we climbed back up the narrow lane from Ovingdean to Woodingdean and

then back to our starting point.

A lovely, refreshing walk with great views and amazingly, no rain! Good company with plenty of laughs. Many thanks to those who supported the walk. Hopefully, we will have another one in the Autumn.

It was the feast of the Transfiguration: 'After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light.'

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

1. Some men are born mediocre, some men achieve mediocrity, and some men have mediocrity thrust upon them. 2. A sheep in sheep's clothing. (*Of Clement Attlee*)
3. The 't' is silent, as in 'Harlow'. (*To Jean Harlow, who had been mispronouncing her first name, Margot*)
4. Lord Birkenhead is very clever but sometimes his brains go to his head. 5. I wasn't even in the Index. (*on John Major's autobiography*).
6. Reports that say that something hasn't happened are always interesting to me, because as we know, there are known knowns; there are things we know we know. We also know there are known unknowns; that is to say we know there are some things we do not know. But there are also unknown unknowns— the ones we don't know we don't know.

"The God of gods, the Lord, has spoken and summoned the earth, from the rising of the sun to its setting. Out of Sion's perfect beauty he shines. Our God comes, he keeps silence no longer." Psalm 50

Community News – St Patrick’s

Resumption of Church Meetings face to face?

St Patrick’s will soon have the discussion we are having in *Churches Together in Woodingdean* re monthly meetings in person rather than on Zoom. I don’t think the time is right for this unless participants go through various hoops to isolate and show their current vaccination and Covid negative status.

The number of new cases suggests that the level of virus circulating is about 30-fold higher than it was at the same time last year. Vaccination has reduced number of deaths but they are about 8 times higher than August 2020.

Churches Together are interested in having visits to churches in Woodingdean facilitated for those passing when the churches are open. Currently revising the “Prayer Pop In” posters. Any thoughts for St Patrick’s?

7 days to 13th August:		
	Deaths	Cases
2021	623	199,738
2020	86	6,793

Holiday Travel in COVID Times: Northern Ireland

Early in the year, with vaccination on 10 January, we thought by summer we would be able to travel and have a holiday. Our only booking was for a University reunion in Portugal in September – but that has been postponed for yet another year.

The prospect of travelling to N Ireland (NI) was less attractive when community tensions, rioting and intimidation followed the imposition of the Johnson border in the Irish Sea. Then there were the problems with food – though only of British firms sending from mainland to NI. There is a generalised problem with lack of HGV drivers due to Brexit.

In August 2020 we flew to Edinburgh and found Gatwick airport to be a ghost town. This year Gatwick north car park was busy so we knew the terminal would be. It took quite a lot of time queueing to be allowed to do our own check-in at the automatic bag drop. Security checks and flight boarding with passenger distancing were slow. On board EasyJet we were delighted to find not all seats were occupied.

We took the risk of travelling to N. Ireland because airports, planes, tourist attractions, buses, taxis, churches, public toilets, shops and all indoor venues except restaurants required face masks and many requested you do not attend if you have been in contact with anyone who has tested positive for COVID recently.

There is however, an element of luck in whether one catches the disease. It is not of benefit to do so: antibody production via the disease is much lower than via vaccination. Vaccination substantially reduces, but does not eliminate the chances of catching or passing on the disease.

Irene Green



Celtic Cross

Slugs and snails This year I have had more and repeated losses and damage to plants by slugs and snails than I can ever remember!

My final test will be what I call the moat effect i.e. putting valued plants in pots in large trays full of water. The plant pot can be set on stones or brick to keep it out of water.

Slugs and snails do not choose to travel in water so the island plant may survive. I’ve done this once before and it worked. Irene Green

St Wulfran’s Flower Festival

We were given Trinity Sunday and the arrangement is supposed to be a shamrock shape with Irish colours. Use your imagination!!!! The Trinity reference is the story of St Patrick using a shamrock leaf to explain the Trinity.

Bernadette Skinner



St Patrick’s flower arrangement

“My soul proclaims the greatness of the Lord, and my spirit rejoices in God my Saviour; since he has looked with favour on the lowliness of his servant.” Luke 1: 46-48

Natural resources: N Ireland has always had a lower population density than other parts of the UK, leading to unparalleled nature reserves, coasts, bog, mountains and Areas of Outstanding Natural Beauty. In Co Fermanagh, thirty years ago they decided to maintain a bog area which is now a tourist attraction; it preserves the natural habitat for plants and animals and serves as a carbon dioxide sink. Marble Arch cave area is a UNESCO world heritage site (though in the 1960s the Queens Caving club were doing exploratory caving in wet and muddy limestone caves). We walked the Cuilcagh board walk again <https://cuilcaghlakelands.org/>



Strangford Lough - Whiterock

For those who have followed *Game of Thrones*, N Ireland is strewn with film sites ranging from castle ruins, churches, stately home outbuildings and striking countryside. Most of the north coast in Antrim and Derry is owned by the National Trust, but there is the right to roam. Trip Advisor input from the public gave vital help with our journey planning and parking where there are huge numbers of tourists.



Devenish island from boat

Anything in the shops?

British food shops like M&S and Sainsburys have empty shelves and

freezers in N Ireland. They have been speaking to the government about this. The Westminster government had no intention of implementing an internal UK border in the Irish sea. This is euphemistically referred to as wishing to have “a light touch”, even though a Brexit deal on the Irish sea border was negotiated, agreed to, signed by Britain and is legally binding.



Carrick a rede Rope Bridge, N Antrim

Political tensions

There has been much more visual display by Protestant Unionists wishing to preserve supremacy than for previous decades. Every town has streets decorated with Union Jacks, banners about King Billy's (William of Orange) defeat of James II and in places the pavement kerbstones have been painted red, white and blue!

There have been usual Orange order marches, leading to Covid numbers being the highest in the UK. The marches are concentrated from 12th July to 12th August. We kept away from sensitive areas of Belfast. Our airport taxi driver passing Short Strand told us he was born there, his mother's house had been burned to expel her, but she had returned in later years.

On the NI side, these British stores are now looking to the south of Ireland (EU) for supplies. New routes for EU imports and travel have been set up with the Republic of Ireland so that ferries from Roscoff, St Malo, Dunkirk and most from Cherbourg in France trade with Cork, Rosslare and Dublin. It is difficult to get specialist products and building materials in the North of Ireland (as it is here) but independent shops are well supplied with food and other

consumables. NI is in the EU customs union and single market. There are good harvests in prospect without the problems faced by mainland UK farmers post-Brexit.



Crumlin Road Jail

“I will take you from the nations, and gather you from all the countries, and bring you into your own land. I will sprinkle clean water upon you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you.” Ezek 36: 24-25

National Oceanography Centre: Climate Change and the Oceans

9th August 2021: The Intergovernmental Panel on Climate Change (IPCC) has released its next report.

National Oceanography Centre scientists Prof Stephanie Henson and Dr Catia Domingues were lead authors on the report, which assesses the physical-science basis of climate change.

It provides the latest assessment of scientific knowledge about the warming of the planet, the impacts on climate systems, and projections for future warming.

The headline findings of the report show that there is no longer any doubt that **human activities are causing climate change with recent changes in the climate being widespread, rapid, intensifying and unprecedented in thousands of years.**

In fact, human-driven changes occurring in the ocean

- Human activities have resulted in the Arctic warming at more than twice the global rate over the last 50 years.
- The Arctic is projected to be practically ice-free in summer at least once before 2050.
- By the end of the century, coastal areas may experience extreme sea levels that previously occurred only every 100 years.
- Without immediate, rapid and global reductions in greenhouse gas emissions, limiting warming to 1.5°C will be impossible.

now, such as melting ice sheets, sea level rise, ocean warming and acidification are likely irreversible for thousands of years, even if emissions were stopped tomorrow.

Whether your passion is combatting the climate crisis, conserving & protecting ocean life, or equipping the next generation of marine scientists, a gift to NOC allows you to have a direct impact on world-leading ocean research and innovation — from the coast to the deepest ocean.

<https://noc.ac.uk/about-us/giving/donate>

Prof Stephanie Henson, Principal Scientist in Marine Biogeochemistry at the National Oceanography Centre, said: “This report provides the scientific evidence of human-induced climate change, how it will impact all aspects of our oceans, atmosphere and land, and the implications for reaching the Paris Agreement target of limiting global warming to 1.5°C.”

“I hope the report will spur further climate action commitments at an international level at the upcoming UN Climate Change Conference in Glasgow. I was privileged to be a lead author on the chapter dealing with the ocean carbon cycle and climate feedbacks. This assessed the evidence of how human activities are altering the ways the oceans absorb and store CO₂ from the atmosphere.



“The evidence suggests that the biological carbon pump is an important component of the ocean carbon cycle, but there is really large uncertainty around how it will respond to ongoing climate change, and how that will feed back to atmospheric CO₂ levels. The observational and modelling work we’re doing at the NOC will hopefully start to fill some of these knowledge gaps over the coming years.”



Underwater gliders, deployed from RRS Discovery, have contributed to global research on the ocean carbon cycle. (Photo credit Filipa Carvalho as part of the GOCART Project)

“A new heart I will give you, and a new spirit I will put within you; and I will take out of your flesh the heart of stone and give you a heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes, and be careful to observe my ordinances.” Ezek 36: 26-27

Postcards from Madeira & Skiathos

Maureen Buni



I feel so lucky and blessed to have recently enjoyed my visits to Madeira and Skiathos.



The islands are so different, with panoramic coastal walks in Madeira or the lovely beach in Skiathos.



Yes the paperwork is a trial for Covid regulations, but our travel experience was certainly worth it!



Kanji

Bernadette Skinner



Our sponsored girl, Malini, has completed her studies successfully and has moved on to a state school. Her teachers are very hopeful for her to get a good job to rise out of the poverty she has known. She thanks her sponsors (us) for all the help.

**The
Kanji
Project**

We now have a young boy, Arun (see left) and have been sent his Bio Data, the Indian term for his profile. The information tells us his father is a cook at functions. Veronica, one of the charity's trustees, says function cooks work incredibly hard preparing food for hundreds of people at weddings and other celebrations usually just using wood fires but they earn a pittance and even less now celebrations in India are curtailed.

Two of the trustees, Veronica and Pam, hope to come to Mass with us on the 29th to meet and thank us for our support. They aren't Catholics so please make them welcome and help them.

"The just will flourish like the palm-tree, and grow like a Lebanon cedar. Planted in the house of the Lord, they will flourish in the courts of our God, still bearing fruit when they are old, still full of sap, still green, to proclaim that the Lord is just. In him, my rock, there is no wrong." Ps 92

The hungry he has filled with good things, the rich sent empty away Luke 1:53 (quoting Psalm 107:9)

In a sense, this season in the garden is like the crest of a wave as it begins to slide away from its peak. Everything looks the same, but the bindweed has stopped growing at a mile a minute, leaves are mostly well established but not yet looking tired, and the roses are coming round to their second flowering.

The prominent features are the butterflies, and I have been logging into the Garden Butterfly Survey online, to register Whites, Peacock, Holly Blue, Gatekeeper, Speckled Wood and Painted Lady. The latter is a long-distance migrant, “spreading northwards from the desert fringes of North Africa, the Middle East, and central Asia.” (<https://butterfly-conservation.org>). The big hedge lavender bushes (a brilliant purchase from Irene about three years ago) which flower in late summer were the Painted Lady’s chosen flower-food.



Seaford Head featured in my photography again, when Barbara and I made an early morning visit to Tidemills and were nearly blown flat by a severe south-westerly wind. The Channel looked steely green and unfriendly, and our bird spotting haul was very low – as I saw it, they could easily fly one way, but they would have to walk back.

Yesterday I was seated in the back garden trying to sort out my thoughts when a very strange apparition flew past my feet. The Resident Frog had abandoned the Pocket Pond and literally flew across the rose bed, turned left on to the grass, hurtled into the long

grass area, and plunged into the deep mixed hedge on the back boundary. I was inclined to criticise such an excessive display of energy when into view came the cause of it — Grass Snake!

Round the apple tree it came, purposeful and unhurried as a battlecruiser pursuing an unarmed merchantman; sinuous, graceful and astonishing but deeply threatening. It too was not bothering to stay concealed: glorious in its power, it still had only death on its mind. Despite the airborne zig-zagging of the frog, the snake never deviated, lifting its head above the grass like a periscope, but I suspect it was using its sense of smell.



I went back indoors, my thoughts well and truly sorted. If I were a betting man, I would not have put money on the frog.

**O everlasting essence of things
beyond space and time, and yet within
them;
you transcend yet pervade all things:
manifest yourself to us, who feel after
you, seeking you in the shadows of our
ignorance.
Stretch forth your hand to help us, for
we cannot come to you without your aid.
Reveal yourself to us, for we seek
nothing but you;
through Jesus Christ our Lord. Amen.
John Scotus Eriugena (c.810-c.877)**

Trivia answers (from p.3)

1. Joseph Heller (1923-99) *Catch-22*, 1961. **2. Winston Churchill** (1874-1965) *Lord Home The Way the Wind Blows* 1976. **3. Margot Asquith** (1864-1945) *Great Tom*, T.S. Matthews 1973. **4. Margot Asquith** (1864-1945) *The Listener* 11th June 1953. **5. Edwina Currie** (1946-) in *The Times* 28.9.2002. **6. Donald Rumsfeld** (1932-2021) *News Briefing* Feb 2002. It won The Plain English Campaign’s *Foot in Mouth Award*

“When I see the heavens, the work of your hands, the moon and the stars which you arranged, what is man that you should keep him in mind, mortal man that you care for him?” Psalm 8