



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

MASS is streamed live: 09.30 Mon, Tues, Thurs, Fri; Adoration/ Recitation of the Rosary at 09.10 — church open from 08.30 Tues, Thurs, Fri; **Vigil Mass Saturday 18.30**; **Sunday Mass: Pentecost 10.30**

Church open for Private Prayer: Tues, Fri: 10-10.30 (Divine Mercy/Private Prayer)

St Patrick's – Mass on Sunday 23rd May 9.00 am – Pentecost

RECEIVE THE HOLY SPIRIT!

Welcome to the thirtieth “apart but together” e-newsletter (23rd May 2021)

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

He breathed on them... (John 20)

Barbara Bond

Whilst I was away in the Forest of Dean, I spent some time sitting at the foot of some very tall trees – mixed native and plantation woods. In the high winds you could look up and see the unseen power making the branches far above dance and sway, appearing like a stormy ocean. Surprisingly, I felt quite safe where I was, cradled in the roots.

It occurred to me that breath really is of the moment – simple yet profound. Mostly it happens without us thinking of it, yet it sustains

St. Augustine's Prayer to the Holy Spirit

*Breathe in me, O Holy Spirit,
that my thoughts may all be holy.*

*Act in me, O Holy Spirit,
that my work, too, may be holy.*

*Draw my heart, O Holy Spirit,
that I love but what is holy.*

*Strengthen me, O Holy Spirit,
to defend all that is holy.*

*Guard me, then, O Holy Spirit,
that I always may be holy.*

Amen.

us. I find it a wonderful reminder in today's Gospel that Jesus breathed on the disciples.

Brian Pierce says, beautifully,

“the Spirit, like our breath, is a gift given anew in each and every moment”.

In the passage Jesus also blesses the disciples with Peace – not once but twice. Peace is quite a concept to grapple with. Meister Eckhart, a medieval mystic, says, “The one to whom God is thus present in all things... alone knows peace”. And he suggests that a life lived mindfully, fully present to the divine breath of God's Spirit, is a life that will radiate love to those with whom it comes into contact: “The love with which we love is the Holy Spirit”.



My view from the forest floor

The newsletter appears fortnightly. For the next issue, please send contributions by 4th June (Corpus Christi is 6th June) to Barbara Bond: bond_barbara@ymail.com

CAFOD: Coronavirus — Global Response



CAFOD's response in 35 countries

Since the start of the pandemic, your donations have meant that we can do the vital work needed to help communities survive lockdowns and prevent coronavirus.

This work depends on our network of local experts, volunteers and community carers. They are known, they are trusted, and they can get help to people, fast – even in the most remote places and difficult situations.

In the last few days, your incredible support has allowed us to extend our coronavirus response to India and help our Caritas family to deal with the surge of cases there. This work would not be possible without you.

Syria

The civil war in Syria has lasted 10 years and left an estimated 6.5 million people homeless inside the country. Now they face the threat of coronavirus when many cannot socially distance, access healthcare, or find clean water.

In north-west Syria we are working with local aid experts in unregistered displaced people's camps. – To construct Water, Hygiene and Sanitation facilities and distribute PPE to prevent the spread of the virus...

To distribute food baskets, hygiene, and dignity kits as well as emergency cash assistance to families affected by coronavirus...

To raise awareness of coronavirus by sharing health and prevention messages, adapted to the needs of specific groups – women and girls, people with disabilities, the elderly...



South Sudan

We are working with local church radio networks and aid experts to deliver vital hygiene messages via radio, in hard-to-reach areas.

Community groups are translating these messages into local languages so that they can be heard and understood by as many people as possible.

We are also working with women's groups to protect women of all ages from the risk of domestic violence during lockdown.

Asia and the Middle East

In the Middle East, our local experts are using your donations to continue their vital peacebuilding work and ensure that legal advice can be given online.

Volunteers and priests are delivering emergency food parcels to vulnerable families in the West Bank and we are also reaching out to Bedouin communities with health equipment and information.

Staff and volunteers are also already in vulnerable communities in Afghanistan, Sri Lanka and Cambodia. They are spreading essential health messages through village posters, socially-distanced visits to families and giving out PPE.

In Myanmar, local experts are working alongside health departments and the Church to provide safe places for people to quarantine themselves and to help set up track and trace systems.

In Bangladesh they've moved quickly to give cash to the poorest families – led by widows, or those living with disabilities - to buy life-saving food and PPE during the crisis.

£6 could buy a hygiene pack for a family

£33 can give a religious leader information about coronavirus

£260 can fund a 30-second radio advert sharing news about coronavirus

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

“Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, the body is dead because of sin but the Spirit is alive because of righteousness.” Rom 8: 9-10

My last pilgrimage overseas was to Knock in Ireland accompanied by my good friend, Sheila Cullen. Knock was the scene of an apparition of Our Lady (in 1879).

It was fantastic – the welcome and hospitality were second to none. We were a mixed group, all from Arundel and Brighton Diocese, and we all got on well and had so many laughs and memorable moments.



The Basilica at Knock was stunningly beautiful and very simple. Everything was thoughtfully planned to give us time to pray and to enjoy the serenity – it was not busy in March! We met delightful characters in the local countryside and were entertained by their tales of Knock and the ‘old rural’ life in Ireland.

We went to the centre for the Rosary Priest and to other monasteries. We heard mass every day which was very moving, and had convivial social evenings (!) with Irish singing, dancing and tales of the Knock apparitions and the healings that resulted.

Deo Gratias!

Comical Corner (courtesy of Ted Skinner)

From a Catholic Elementary School Test, the children’s answers to questions about the Old and New Testaments...

- ◆ In the first book of the Bible, Guinnesssis, God got tired of creating the world so he took the Sabbath off.
- ◆ Moses led the Jews to the Red Sea where they made unleavened bread which is bread without any ingredients.
- ◆ David was a Hebrew king who was skilled at playing the liar. He fought the Finkelsteins, a race of people who lived in biblical times.
- ◆ Solomon, one of David’s sons, had 300 wives and 700 porcupines.
- ◆ The people who followed the Lord were called the 12 decibels.
- ◆ St Paul cavorted to Christianity, he preached Holy Acrimony, which is another name for marriage.

For the Seven Gifts of the Spirit
Lord Jesus, as God’s Spirit came down and rested upon you, may the same Spirit rest upon us, bestowing his sevenfold gifts.

First, grant us the gift of understanding, by which your precepts may enlighten our minds.

Second, grant us counsel, by which we may follow in your footsteps on the path of righteousness.

Third, grant us courage, by which we may ward off the Enemy’s attacks.

Fourth, grant us knowledge, by which we can distinguish good from evil.

Fifth, grant us piety, by which we may acquire compassionate hearts.

Sixth, grant us fear, by which we may draw back from evil and submit to what is good.

Seventh, grant us wisdom, that we may taste fully the life-giving sweetness of your love.

Saint Bonaventura, 1217-74

Nationality

An Englishman, an Irishman and a Scotsman were asked in a survey what nationality they would like to have been born if they hadn’t been born the nationality they were.

‘If I hadn’t been born English,’ said The Englishman, ‘I would have liked to have been French.’

‘If I hadn’t been born Scottish,’ said The Scotsman, ‘I would have liked to have been Irish.’

‘If I hadn’t been born Irish,’ said The Irishman, ‘I would have been ashamed of myself.’

“And if the Spirit of him who raised Jesus from the dead dwells in you, then he who raised Christ Jesus from the dead will give life to your mortal bodies too through his Spirit dwelling in you.” Rom 8: 11

Small changes re Mass

From 17th May some small changes have been introduced re the Mass. We are required to know about local COVID conditions we can increase congregation size up to 50% of normal; we can sing outdoors as a congregation if we are well spaced; and there can be a procession before and after Mass.

We may need to plan what to do if someone in the congregation later tests positive for COVID. We still need to keep a full list of all present at Mass.

Fund raising

An enormous thank you to parishioners who helped raise £495 over two Sunday mornings at St Patrick’s selling plants preserves and other.

Next fund raising date for your diary is June 12th, Saturday morning, when we plan to sell plants, food, preserves and donated miscellaneous items.

Contactless giving, without wi-fi

Please study the diocesan link to see if St Patrick’s can adopt contactless giving.

<https://www.abdiocese.org.uk/administration-finance/fundraising-gift-aid>

CAFOD Cancel the Debt Campaign

I watched a Cafod webinar on campaigning to cancel the debt to poor countries – because of the pandemic. See the link (below) which gives much further information and help attain a more flexible approach. You may be of the opinion that all debts must be paid, but some are unreasonable.

<https://cafod.org.uk/Campaign/Cancel-the-debt>

We need private creditors to:

- Cancel the debts for low- and middle-income countries that request it to help them respond and recover from the pandemic.
- Play a full part in international processes including the G20’s Common Framework, granting requests for debt relief through this process.
- If countries can’t pay, don’t force them to by taking them to court.

Help with Recycling — Go Greener!**Patrick Elliott**

Brighton and Hove Council City Clean will no longer collect used batteries from people’s houses. Most people can take them to Tesco or Co-op supermarket, Woodingdean.

City Clean would love residents to take five and read what it says on the front of the recycling bin. Please ask your family, friends and neighbours to do the same.

City clean would ask all residents to take the tops off all plastic containers, crush flat, then replace the cap please. This will save space, make for fewer trips for the City Clean trucks, and will be greener all round. See our web site for updates and collection days just add your postcode.

<https://www.brighton-hove.gov.uk/rubbish-recycling-and-streets/recycling>

TerraCycle® is a highly-awarded and globally recognised recycling company that develops zero waste solutions for difficult-to-recycle waste streams (things the Council will not take). You can buy a recycling box (price includes cost of processing waste), or take waste to a Terracycle recycling collection point. The site below has lots of ways to recycle:

<https://zerowastebboxes.terracycle.co.uk/pages/how-it-works>

<https://help.terracycle.com/hc/en-us/articles/360044708711-What-is-a-Zero-Waste-Box->



aimtorecycle.co.uk

“All who are guided by the Spirit of God are children of God; for you did not receive a spirit of slavery to bring you back into fear, you received the Spirit of adoption. Whenever we cry out, ‘Abba, Father!’, that very Spirit is joining with our spirit to bear witness that we are children of God.” Rom 8: 14-16

A Memorial to Soldiers of the Indian Army, First World War

The Chattri

Mike Lewis

There was recently some comment in the press about soldiers from BAME backgrounds not receiving the recognition they deserved for their sacrifices in fighting for this country in the two world wars. Every time I return to Brighton and swing round the roundabout to drop down onto the eastbound A27, I see a sign to the Chattri, a monument to Indian soldiers associated with the town, so I thought I should finally visit it.

The monument sits in the Downs looking seawards over Brighton and Hove. It is a memorial (built in 1920) to those Indian soldiers who were hospitalised and died in Brighton during the First World War. The bodies of 53 Sikhs and Hindus were taken there for ritual cremation. Soldiers of the other major religious group, Muslim, were taken to a purpose-built burial ground near the Shah Jahan Mosque in Woking (Britain's first purpose-built Mosque, 1889, Grade One listed building).

“Chattri” means umbrella in Hindi, Punjabi and Urdu. That is reflected in its design but it also symbolises the protection offered to the memory of the dead. It is, typically for a South Downs site, a quiet if somewhat windswept site. The monument itself is elegant but looks dramatic outlined against the sky. There is also a stone memorial with a little over 50 names engraved thereon as being representative of those who were cremated there. There are benches for quiet contemplation and there is an air of peacefulness: you can sit looking through and around the monument over the city and out to sea.



Sikh soldiers, France 1914

That makes it a good, proper monument but it is when you read the information board that its significance becomes clear. The numbers are staggering. Over one and a half million Indian Army soldiers saw active service alongside British troops. Twelve thousand of them were hospitalised to Brighton from the western front and many of those would have died from their wounds. Those numbers are humbling and it is no wonder that there is concern that their sacrifice is not sufficiently recognised. There is an annual pilgrimage and memorial service in June, led by the Undivided Indian Ex-Services Association, who, with a local Sikh teacher, maintain the site. Amazingly, though unsurprisingly, that is believed to be the only ceremony of its kind in England.



Wounded Indian soldiers in the Dome 1915

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

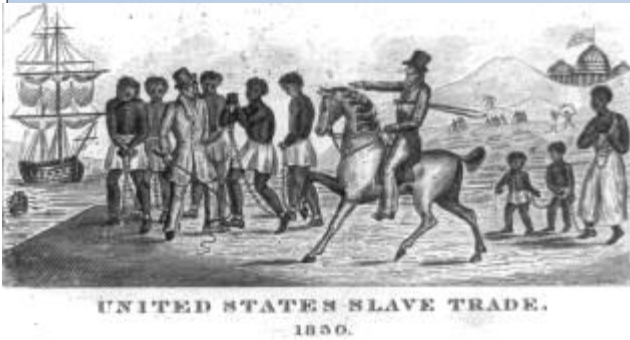
1. My spelling is Wobbly. It's good spelling, but it Wobbles, and the letters get in the wrong places.
2. Stars always spoke slowly, he had noticed. Listening to Warren Beatty being interviewed was like waiting for speech to finish being invented.
3. This is the sort of English up with which I will not put. 4. Don't swear, boy. It shows a lack of vocabulary.
5. A journalist is someone who possesses himself of a fantasy and lures the truth towards it.
6. When seagulls follow a trawler, it is because they think sardines will be thrown into the sea.

“And if we are children, then we are heirs, heirs of God and joint heirs with Christ, provided that we share his suffering, so as to share his glory.” Rom 8: 17

(Anti-Slavery Day was Sunday 18th October — This article was held back due to lack of space)

Black History Month

My husband Michael's great great uncle, Lefevre Cranstone, was a Quaker artist: https://en.wikipedia.org/wiki/Lefevre_James_Cranstone In 1859 he visited Virginia and Indiana and was horrified by the slave trade. On his return, he wrote a letter to his local newspaper. *[Irene can supply the full text as a Word file attachment for those interested in history.]* It shows the status quo in 1860. Political parties can change



dramatically. We are living through this right now in the UK. In 1859 it was the Republicans who were the party of progress, and the Democrats (Dixiecrats) who were very racist. Some excerpts from the Cranstone letter:

“The election of Mr. Lincoln as President of the United States is an event of great importance. Hitherto the Southern States by the threat of disunion have coerced the North into electing a pro-slavery President; but this time the threat has failed.”

There was ferocious censorship of anti-slavery views:

“All Republican papers, even of the mildest flavour, subscribed for by men in the South, are stopped at the post-office. All post-masters have the power of seizing newspapers they choose to think contain incendiary matter, and these irresponsible individuals are not slow in availing themselves of the power which the law has placed in their hands.”

Most significantly – and something we didn't know – he points out the preferential treatment the U.S. slave states gave to slave-owners: “The non-slaveholding farmers and mechanics, and working men of Virginia are oppressed and weighted down with taxation for the benefit of slave capitalists, merely because the latter have the political power, and choose to exercise its tyranny without mercy.”

“And whilst the owner of a slave over 12 years of age, and worth on a fair average 1200 dollars, is taxed for him the small pittance of 1 dollar 20 cents, the small merchant even with a capital as meager as 600 dollars, is made to pay the first year the onerous tax of 60 dollars, and after that an enormous percentage on his sales. And even the white laboring man is made to contribute a percentage of his hard earned wages in order that the privileged property of Virginian taskmasters may not be compelled to pay its just share to the public expense”.

Well that rings true today, in this blessed country of ours!!

He concedes that slaves in those states were, in general, better off than ‘free negroes’: “Ill-treatment of the slaves is an exception, not the rule. The master that abuses the power thus placed in his hands is amenable to the law of public opinion, and the public are not slow to stigmatize any wanton abuse of power. Unlike free negroes the slave is well fed, not hard worked, and in most cases indulgently treated.”

Next, he describes a slave auction: “But it is in the slave auction rooms where the horrors of the system are most palpable to the eye. No pen can adequately describe scenes so revolting to the mind of a stranger.” ... “In spite of what is so often said in contradiction to the parting of families, I was an eyewitness that such is the fact; several young children and their mothers being knocked down to different purchasers”.

We have an album of drawings by Lefevre Cranstone and some unique early photos of black slaves.



Universal History Archive/Universal Images Group/Getty Images

“Nevertheless, the Spirit too helps us in our weakness, for while we do not know how to pray as we ought, the Spirit personally joins in with unspoken groans; and he who searches hearts knows the mind of the Spirit because the Spirit is joining in on behalf of the saints in accordance with God's will.” Rom 8: 26-27

The Gifts



Redwing, Feb 2021 — Maureen Buni



Lavender Garden, May 2021 — Maureen Buni



Lambs, Southease, May 2021 — Patrick Bond



Sparrowhawk, April 2021 — Maureen Buni



Redshank, Tidemills March 2021 — Patrick Bond



Redshank, Tidemills March 2021 — Patrick Bond

“And indeed we were all baptised into one body in a single Spirit, whether Jews or Greeks, whether slaves or free, and we were all given the same Spirit to drink”. 1 Cor 12: 13

Afterthought

Watching and Walking in the Light

Patrick Bond



Seaford Head, sunset light

The frenzied atmosphere surrounding baby birds, which I noted in the last newsletter, has settled down now. The fledglings are no longer chasing their parents. They have lost their nest-fluffiness and look sleek, if rather small. Robin, goldfinch and dunnock forage busily. Sometimes they sit, far too trusting, as I walk close by the feeders, looking at me with curiosity while their parents cheep anxiously from the bushes.

And young starlings also sail in, like a flurry of large brown moths, always in threes and sixes, mob-handed, perching and peeping incessantly while their parents take beakful after beakful of suet-and-seed mix to their cavernous, open mouths. We watch, aghast, as they rampage through the half-coconuts and suet balls, but starlings are on the “red list” – their numbers are falling and they are endangered. They grow even faster than human babies, and won’t be needing this sort of food for long.

I have taken several birdwatching walks lately, trying to find peace of mind in this half-and-half-lockdown time of uncertainty. On a walk to the Windmill just above Lewes, one quiet afternoon, I



Kestrel hunting

spotted an aerial disturbance – a white bird making irregular darting circles around a smaller, brown bird. The binoculars revealed a big Herring Gull wheeling and bouncing down on to a female Kestrel, which remained relatively unmoved but slowly floated away from the gull.



Herring Gull

I have seen a Jackdaw doing the same to a Carrion Crow, which had perched on a television aerial. The smaller jackdaw attacked like a dive-bomber, but more resembled a black feathered yoyo, dropping repeatedly in a tightening curve, from height, on to the head of the crow and veering off at the last moment. After 30 or 40 of these attacks, the crow lost his cool and took off like a rocket in pursuit. I feared for the jackdaw as they vanished beyond my line of sight.

Two days ago, we visited Tidemills at seven in the evening, taking advantage of low but brilliant light from the setting sun, which threw everything – pebbles, broken flint walls, low scrubby bushes and old ironwork – into quite a harsh, flat perspective. The birds with the light behind them were extremely difficult to identify, but we made out stonechat, whitethroat, greenfinch and goldfinch.



Great Black-backed Gull

A great black-backed gull, severe iron-grey on the topside of its huge wings, patrolled the sea’s edge as the tide ebbed, then flew up and flexed its wings for our benefit, sitting on a lamp post.



Shelduck, birdguides.com

I caught just a glimpse of two large ducks overhead, and the binoculars caught a flash of black and white wings as they sank out of sight into a creek – shelduck.

Trivia answers

1. **A. A. Milne** (1882-1956) *Winnie-the-Pooh*, 1926.
2. **Ray Connolly** (1940-) *Shadows on a Wall* 1994.
3. **Winston Churchill** (1874-1965) Ernest Gowers *Plain Words* 1948.
4. **Alan Bennett** (1934-) *Forty Years On* 1969.
5. **Arnold Wesker** (1932-2016) *Journey into Journalism* 1977.
6. **Eric Cantona** (1966-) *at the end of a press conference on 31 March 1995*

“There are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord. There are varieties of activities, but the same God who activates all of them in everyone. To each person the manifestation of the Spirit is given for the general good.” 1 Cor 12: 4-7