



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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Live streaming of Mass from Our Lady of Lourdes:

Fr Benny continues to say MASS which is streamed live : 09.30 on Mondays, Tuesdays, Thursdays and Fridays, preceded by Adoration at 08.30; 18.30 Saturday evening and 10.30 Sunday.

<https://www.youtube.com/channel/UCc4VXBr3EOa43nCxxzB-Edw>

Welcome to the eleventh "apart but together" e-newsletter (15th August 2020)

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

Gentleness

Barbara Bond

The Almighty has done great things for me Luke 1

Over the past few months I have noticed that people have become very aware of their habits in relation to health and wellbeing. Indeed, whilst diligently completing the Zoe app questionnaire (Covid-19 research), I was asked about my weight and diet. "How rude," I thought, "even my doctor doesn't know my weight!". This particular study didn't ask about my activity levels, but it did allow me to comment about what working as a nurse does to your ability to eat properly – if you get the chance to eat at all!



I have also become aware that responses to this, like extreme diet and exercise regimes, or even 'fat-shaming', lack a quality that I feel is fundamental – gentleness. Gentleness is much misunderstood in our culture, sometimes being confused with weakness. By contrast, 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 Holy Spirit into our lives. True gentleness comes from this, and it enables us to grow.

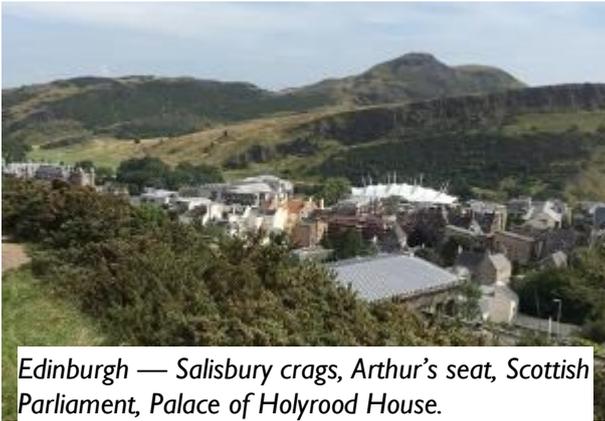
The words of Elizabeth, "Blessed is she who believed that the promise made her by the Lord would be fulfilled", offer a reminder that Mary, who describes herself as *lowly*, is a powerful role model

for us. The words of the Magnificat highlight 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.

"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)

Mass at St Patrick's has now resumed: Sunday at 9.00am, in the enclosed garden for the foreseeable future. Please bring your own chair or blanket to sit on!

Send me your thoughts about life, parish and Coronavirus. Next issue out 29th August (Beheading of St John the Baptist). Send short pieces (about 300 words) before Friday 28th August, to: bond_barbara@ymail.com



Edinburgh — Salisbury crags, Arthur's seat, Scottish Parliament, Palace of Holyrood House.

We decided to go away at the start of August because Michael's hospital irradiation was complete, and in Edinburgh the family had returned from a week in the Highlands but still had some holiday time before school resumed.

Son Peter is among other things head of sciences in St Thomas of Aquin's Catholic school in the centre of Edinburgh (20% Catholic). He has been working since lockdown and involved in the build up to the safe return to the classroom.

The next month will reveal whether back to school will increase coronavirus infections – of great concern to all including daughter-in-law Morag who is a GP partner in a fairly affluent Edinburgh practice. Four patients got COVID

and recovered. There are currently 3 confirmed COVID cases in the city. However, the build-up of other health problems is taking its toll on all staff – as well as patients, who are getting impatient.



Temperature in Scotland never got above 24C, mostly 19-21C, very pleasant for trips out and nice walking – cycle paths, parks, city, garden centres, beaches, botanic gardens and even Dunbar coastal walk. There is a lot of gardening and cooking associated with our regular trips to Edinburgh. We made no outings to the gym or to restaurants, but did buy amazing fish and meat to use. We didn't go on public transport but Michael did finally go into shops. I found shop

assistants everywhere amazingly helpful and knowledgeable and so happy to do their job in these difficult times.

Granddaughter Rebecca whose "Nat 5" results came out last week spent an afternoon with her dad at Ruth Hink's cookery school <https://www.cocoablack.com/chocolate-pastry-school/half-day-classes/> doing amazing things with chocolate. You take home what you make. Other participants doing French Patisserie were on holiday so couldn't take home and use what they made - but gave them to us!



Flying Easyjet recently

We intended to 'stay put' for months or years as needed during the pandemic and keep 'shielding', but changed our mind at the end of July. We booked flights to Edinburgh, though we normally go by train.

The short-stay car park at Gatwick South terminal could be booked for long stay - it was convenient for us using our own car to get to the airport. There are NO FLIGHTS leaving Gatwick South terminal!!! The terminal is a ghost town where people access the Gatwick train station and the connection to the north terminal. Passengers in Gatwick North were relatively young – no oldies like us. From arrival I wore not only a face mask (obligatory throughout airport and on the flight) but also covered my head with a silk scarf (so I could remove it on arrival and hug grandchildren who wanted the biggest hug).

We joked with the man who looks at your boarding pass and passport before allowing us to proceed to check-in. On the return journey, in Edinburgh airport, the checker asked us to lower face masks for passport inspection. On the flight there was minimal service of food and drink – few people wanted anything. The aircraft was 90% full. Seated as normal. Retrieving luggage was the usual scrum.

On our journey to Scotland, Michael and I wore extra clothing which we removed when outside Edinburgh airport – weather wasn't hot then and it was late evening. On the way back we changed into fresh clothes before getting into our car at Gatwick, and – as after going into any shop – when we get home we shower and all clothes are quarantined or washed.

For 'safe' flying discussion, see: <https://www.erinbromage.com/post/flying-in-the-age-of-covid-19>

"To be near God is my happiness. I have made the Lord God my refuge. I will tell of all your works at the gates of the city of Sion." Psalm 73

Apostleship of the Sea and Stella Maris

In his prayer intention for this month of August, Pope Francis (in a video message, 11th August) urges prayers for seafarers and those working in the maritime world. Pope Francis invites prayers for those “who work and live from the sea, among them sailors, fishermen and their families ... The life of sailors or fishermen and their families is very difficult ... Sometimes they are victims of forced labour or are left behind in distant ports ... The competition of industrial fishing and the problem of pollution make their work even more complicated ... Without the people of the sea, many parts of the world would starve ...

From an article by **Robin Gomes**

<https://www.vaticannews.va/en/pope/news/2020-08/pope-francis-prayer-intention-august-2020-video-message.html>

Let us pray for all those who work and live from the sea, among them sailors, fishermen and their families”.

Apostleship of the Sea

This is the third time in less than two months that the Holy Father has addressed the issue of maritime workers. On June 12, he sent a video message to the Catholic Church’s Apostleship of the Sea (AOS), in which he thanked the maritime workers and fisherfolk for their important contribution to feeding the people of the world.

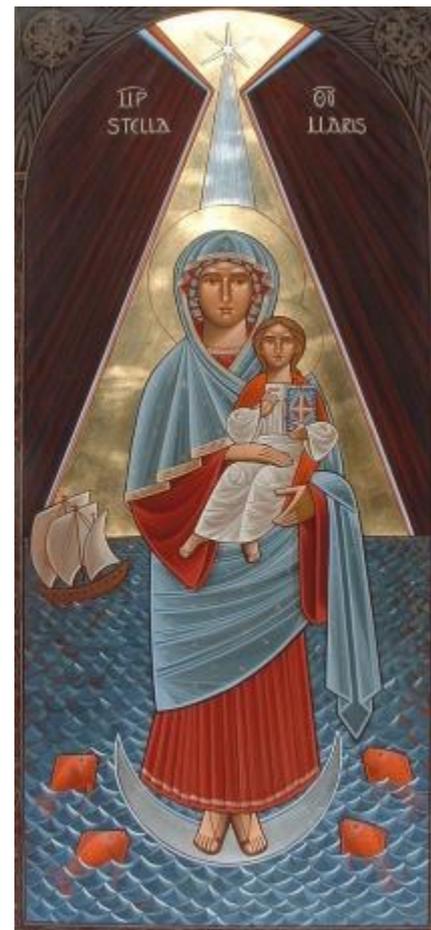
One of the sponsors of Sea Sunday is the Apostleship of the Sea, set up in 1920, which provides hospitality and pastoral care to seafarers, fishers and their families regardless of their nationality, creed, race or culture. It is the largest ship-visiting network in the world, and provides counsel and support to people of the sea in 334 ports with 227 port chaplains in 59 countries.

Go to <https://www.apostleshipofthesea.org.uk/> if you wish to make a donation.

The Apostleship of the Sea uses temporary buildings, caravans, even disused containers in the docks to provide 24-hour information and access to telephones or the internet. These facilities enable seafarers to communicate with their families, despite their extremely limited time in port. In many ports around the world, Stella Maris works in seafarers’ centres in partnership with other Christian Churches.

The maritime world

The ocean is a highly dangerous workplace. Between 2011 and 2020, 745 seafarers died and 8,611 were injured. In some areas, ships have been the targets of sea pirates. Other hazards for maritime workers are abandonment in distant ports, forced labour, death, injury and the pollution of the sea. 3 billion people depend on marine and coastal biodiversity for their livelihood. 200 million people are employed by the fishing industry. The market value of ocean biodiversity accounts for some 5 per cent of the world’s GDP.



Remembering the hardship they face, especially during the Covid-19 pandemic, the Pope encouraged seafarers in their work, assuring them they are not alone or forgotten.

Stella Maris

The Apostleship of the Sea has established seafarers’ centres and hostels around the world, especially in port areas, called Stella Maris Centres, in honour of its patron, Stella Maris (Star of the Sea), one of the many titles honouring Our Lady. Many seafarers have come to know the Apostleship of the Sea as Stella Maris.

“The waters saw you, O God; the waters saw you and were afraid. Even the depths shook with trembling. The clouds poured down with rain. The skies sent forth their voice. Your arrows flashed to and fro.”

Psalm 77: 17-18

Stella Maris in Southampton

A Visit to Southampton Barbara Bond

I was recently in Southampton for a family visit. As the 'normal' way of visiting people wasn't possible I found myself walking the *Titanic Trail* as part of getting together outdoors. I hadn't really thought before, about the enormity of the Titanic tragedy in terms of the impact on the city, touching the lives of so many families.

Close to the centre of the city is St Joseph's church, where the port's Stella Maris Centre is based. The Gatti Memorial is situated inside the church. The memorial is a plaque on an oak table, and is named after Luigi Gatti, the head of restaurants on board the Titanic. It is in memory of all the catering staff who went down with the ship. A table; the sharing of food; – we couldn't go in that day, but just being close to such simple yet powerful symbolism was really moving.

Then we went round the corner and there was the Stella Maris Seafarers' Centre. In England and Wales, Sea Sunday has been postponed from June until December, but the challenges facing seafarers are very real, magnified by the global pandemic.

No town was harder hit by the disaster on 15th April 1912 than Southampton. Of the 918 crew, only 213 survived; 539 of those who perished came from Southampton. Many local churches and graveyards have small memorials to those who died. The ship's mainly Italian and French restaurant workers and their manager, Luigi Gatti, all perished; many were employees from his own restaurants.



A brass plate (set into a table) in St Joseph's Roman Catholic Church in Bugle Street commemorates the restaurant staff of the Titanic. Many

were local men, but about sixty were Italians, and probably attended St Joseph's when they were in Southampton. Luigi Gatti 1875-1912 (body no. 313, recovered by the *Minia*, buried in Halifax, Nova Scotia) managed an a-la-carte restaurant on board the Titanic, having previously run two Ritz London restaurants at the Adelphi and in the Strand.

(Wikipedia) & (Facebook: SEE Southampton)

"Stella Maris has long been the favourite title by which people of the sea have called on Her in whose protection they have always trusted: the Blessed Virgin Mary. Her son, Jesus Christ, accompanied his disciples in their vessels, helped them in their work and calmed the storms. And so the Church accompanies seafarers, caring for the special spiritual needs of those who for various reasons live and work in the maritime world."

Pope St John Paul II

Sea Sunday Prayer

Holy Virgin Mary, sign of the maternal face of God

with filial confidence we turn to you in the current pandemic. Keep in your Immaculate Heart the seafarers, the fishermen and their families, who with their work are ensuring the human family has food and other basic needs.

Sign of the closeness of the Father

support seafarers in their trials and protect them from all dangers: isolation and severe physical and mental stress, long periods spent on board ships, distance from their family and friends, and from their own country, fear of contamination, piracy attacks and attempted attacks or armed robberies.

Sign of the mercy of the Son

help Stella Maris chaplains and volunteers to listen to the people of the sea, trying to respond to their material and spiritual needs, standing by their side, raising their concerns, upholding their labour rights and preventing discrimination.

Sign of the fruitfulness of the Spirit and advocate of seafarers

bring unscrupulous ship-owners, crewing agencies and managers back to the way of justice when they use the excuse of the pandemic to dismiss their obligations towards seafarers. Let us stand in solidarity with those who have lost their income.

Sign of consolation and sure hope

tenderly embrace coronavirus victims, especially the seafarers who have committed suicide.

Star of the Sea, pray for us. Amen!

"The crash of your thunders was in the whirlwind; your flashes lit up the world. The earth was moved and trembled. Your way was through the sea, your path through the mighty waters, yet your footprints went unseen." Psalm 77: 19-20

Community News

People, Plants and Jams fund raising

Irene Green

Please look at the website <https://www.ololandstp.org/> for all updates – including what is on the St Patrick's sale table this weekend.

See the website www.bootsalewalk.co.uk for Sunday 16th August Woodingdean Boot sale walk (24 sellers so far) and for Saturday 29th August Ovingdean event (17 sellers at this time).

St Patrick's are having the usual Sunday sale table after Mass each week, but no public sale in August outside the church. We hope to do some public fund raising in September. Bernadette will fund raise for Kanji at the Ovingdean event on 29th August.



Loneliness and shielding



Dark Green Fritillary
by Joanne (Beacon
Hill LNR Bulletin 30)

There are frequent posts on the Woodingdean community Facebook page about people who don't get to talk to others – some of these are living alone, some don't have social media. If people have suggestions/experience of things to do please let us know.

Could St Patrick's provide a once-a-week drop-in venue? Or people who would telephone and check on others once a week?

When we had our church outdoors fund raising in July, it was heartening to meet people who were delighted to see elements of normal life and some social chit chat going on within walking distance of their house!

Speedy Poets

Maureen James

Sigmund Freud, very clever man, once said, "Everywhere I go, a poet has got there before me".

CAUGHT SPEEDING

Entries in my diary
are stepping stones through time.

I jump from one to the other,
not daring to slow down

in case I lose my balance
and topple into chaos.

This is why we should cherish our poets at least as much as nurses and key workers, for being who they are because they can be no other.

Some years ago when I worked at St Dunstan's, I met a lady poet in her 90s, Marion Sharville, a brilliant raconteur and one of those elderly people still engaged

with life around her. She gave me one of the books she'd published and it reminds me of the way she had to struggle to write against the odds of looking after seven children, husband, house, garden... and no mod cons. She wrote funny, sad and thoughtful poems about the human condition, including marriage.

A famous American actress was once asked who she most admired in the entertainment industry. "Ginger Rogers", she replied. "She could do every thing Fred Astair did, but backwards and in heels!"

THE FALLEN IDOL

Auntie Maudie bought a hat
to wear at Sylvie's wedding.
Its beauty touched her ageing heart
and set her thoughts re-treading.

Memories came flooding back
of the day she'd married Fred.
Recapturing her girlish dreams
with beauty on her head.

They took their places on the left
and waited for the bride.
The smart creation trembled
as Auntie Maudie cried.

For years he'd been her idol
but now, alas, a fallen one.
For Uncle Fred should not have said
that he preferred her woollen one.

*"And I will lead the blind in a way that they know not; in paths that they have not known I will guide them.
I will turn the darkness before them into light, the rough places into level ground." Isaiah 42*

Novena to Saint Francis, for a world under threat



Nine brief reflections asking St Francis of Assisi to pray for us and our world, based on his beautiful *Canticle of the Sun*.

This novena is a song of penitence and praise, guiding us to

care for the earth and for our most vulnerable sisters and brothers, especially the Amazon peoples. They are currently under grave risk from coronavirus, given their fragile situation, often in remote locations far from government services.

Communities with whom we work are reporting a sharp increase in predatory attacks on land. People smugglers are also active and those being trafficked are in more danger than ever, having no access to healthcare.

The pandemic shows us that “we have not heard the cry of the poor and our seriously ill planet” warns Pope Francis, describing this as “a time to choose what matters and what passes away”. (*Urbi et Orbi*, 2020).

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

First Prayer: Sun

“We praise you, Lord, for all your creatures, especially for Brother Sun, who is the day through whom you give us light.” (St Francis of Assisi)

“I dream that this Amazon, so beautiful and diverse, a gift from God, this earth which gives life, our life, our mother, is not transformed into a desert.” (Fr. Henri de Roziers, Pastoral Land Commission, Brazil)

Creator God, we are nourished by your radiance. Forgive us for the harm we cause your earth, the heat and drought unleashed by climate change.

St Francis, you loved our sacred world, you praised God ceaselessly for his dazzling creation. May we learn from your example.

St Francis, pray for us.

Prayers for the Season of Creation

The season starts 1st September, the Day of Prayer for Creation, and ends 4th October, the Feast of St. Francis of Assisi, the patron saint of ecology beloved by many Christian denominations.

Inspired by *Laudato Si'*, Pope Francis has established 1st 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.

This World Day of Prayer falls at the beginning of the Season of Creation, which is a time to renew our relationship with our Creator and all creation through celebration, conversion, and commitment together. During the Season of Creation, we join our sisters and brothers in the ecumenical family in prayer and action for our common home.

<https://seasonofcreation.org/>



More conversations with Mum

Mary Barriff

Me: “Well, any news?”

Mum: “Not much, but Liam’s just got himself a new hunchback car.” (Liam’s her neighbour.)

At breakfast we’re eating shop-bought eggs:

Mum: “It’s hard to get those duty-free eggs now.” (She meant free-range from a local farmer.)

Mum: “I nearly bought one of those self-resembling cupboards in Lidl.”

Clive was telling Mum about a rabbit that suddenly ran out from a ditch under his feet:

Mum: “I bet you stood there memorised!”

“It was he who made the great lights, for his love endures for ever, the sun to rule in the day, for his love endures for ever, the moon and stars in the night, for his love endures for ever.” Psalm 136

Community News (2)

Moving Meditation Class at St Patrick's

Barbara Bond



I am delighted to say that the St Patrick's evening class will resume on TUESDAYS at 7.15. We will begin on August 25th and do the first couple of classes outside, weather permitting. No equipment is required. From September 2nd, initially for a 5 week course, there will also be a seated afternoon class, suitable for all abilities. In order to maintain appropriate distancing this class will be limited to 5 participants. It will be on WEDNESDAY afternoons 1.30 -2.30. No equipment required.

For both classes an electronic registration is needed – please contact me on bbshiatsu@gmail.com for information and forms. If you know someone who would like to join, but doesn't have access to IT, please ask them to call me on 07733 396891.

Fundraising for The Cavell Trust – Supporting Nurses and Carers

As a nurse I know that nurses NEVER put themselves first; caring for others is a value that runs through them like the letters in a stick of rock, but nurses have needs too... This year I have a landmark birthday: all plans are off, BUT if you want to turn all that clapping for carers into something real, here is your chance: a small donation to The Cavell Trust to sponsor me in my "Tryathlon", **and/or...**

Nominate a hard working nurse or carer you know, who lives in the Brighton, Lewes or Eastbourne area, to have a shiatsu treatment; contact me to book a slot, on bbshiatsu@gmail.com. The link below will make all clear.

https://www.10kforursesandmidwives.org/barbara-bond?fbclid=IwAR20AwRNhh_uuRnWCkmEaAtED5yttHYUufQNsmmA4GqB7zw0312419Aj39c

I will be doing this at Brighton Shiatsu Centre which is close to London Rd station. All donations go to The Cavell Trust.

The late John Steinbeck's widow on a visit to Japan called in to a bookshop, to enquire if they stocked any of her husband's books?

"Yes," they replied. "We have the very angry raisin!" (*The Grapes of Wrath*).

Thanks to Ted for these Snippets of Comedy!

From Maureen Buni:

"Hello Patrick, I would love to share this link with your newsletter parishioners. I have found the musical version of one of my favourite poems."

Dust if You Must

<https://youtu.be/QxWzGVayGOI>

Recommended!

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

1. I remember your name perfectly; but I just can't think of your face.
2. (When asked if Groucho were his real name) No, I'm breaking it in for a friend.
3. Colin is the sort of name you give your goldfish for a joke.
4. The bowler's Holding, the batsman's Willey.
5. 'What do you think of Beethoven?' – 'I love him, especially his poems.'
6. I don't have time to sit and write. When I think of a melody, I call my answering machine and sing it.

"If a man who was rich enough in this world's goods saw that one of his brothers was in need, but closed his heart to him, how could the love of God be living in him? My children, our love is not to be just words or mere talk, but something real and active." 1 John 3: 17-18

Afterthoughts

Nature Notes and Transports

Patrick Bond



Hobby
(Woodland Trust)

My trip to Suffolk for two nights' camping, last week, was a milestone on several levels. I have not gone camping with my eldest son since our epic cycle-camping tour of the Outer Hebrides in 1991; he was then 16. Like many men in middle years, he is just becoming tolerant of his father's multiple errors and life howlers, which is pleasant for me.

The other important aspect of the trip was that it was my first long excursion by car, and my first camping trip, for two years. Everything went well on the first day, and we met up in West Stow, a rural and remote place with a real Anglo-Saxon village, the River Lark Country Park, fishing lakes and heathland

nature reserves. On the campsite itself I saw a hobby, buzzards, kestrels, swallows and swifts, and lesser black-backed gulls. Hares and roe deer criss-crossed the field beyond the fence.

Two other aerial phenomena occupied our evening: a friendly Lockheed-Martin C-130J Super Hercules transport swooped and circled innumerable times, possibly admiring our



campsite, but possibly trying out various flightpaths into RAF Mildenhall, some eight miles away. It is powered by four Rolls-Royce AE 2100 D3 turboprops (for those passionate to know) and performs with some grace despite its unladen weight of 34,000 kilograms. As we found out, it can cruise at 300 feet without really much noise, considering.



Much noisier was the twin engine Bell Boeing V-22 Osprey, which deftly filled in the gaps when the Hercules was on a tea break.



The proximity of Mildenhall was exaggerated after dark, when, being a Wednesday, the mechanics fetched every jet out of its hangar and ran its engine at full revs (presumably for tuning purposes) for the next four hours. I was fitfully aware of this colossal din, being very tired; but the climax was being bounced out of a deep sleep by a Hercules passing about eight feet over the top of my tent at two o'clock in the morning. Well, it might not have been eight feet but it sounded like it.

Curiously, I didn't sleep very well after that – but then, first night in camp is never very good. The next day I staggered around Cavenham Heath nature reserve with my son, and we encountered a real "birder" with a



Stone Curlew (RSPB)

Spotting Scope, who pointed out the Stone Curlews sitting in the grass a quarter of a mile away. With my lowly x10 binoculars, all I could see was a pile of dried horse-manure, but he insisted that that was their favourite disguise. They also keep their heads lower than their shoulders when suspicious; I tried not to take it personally.

Well, it may have been the heat, or the lack of sleep, but I had some trouble appreciating this rarely-seen summer visitor, which was gathering in preparation for migration.

Trivia answers

1. William Archibald Spooner (1844-1930). 2. Groucho Marx (1890-1977). 3. Colin Firth (b. 1960). 4. Brian Johnston (1912-1994) Test Match commentator, Michael Holding (known as Whispering Death) bowling to Peter Willey in 1976 5. Ringo Starr (b. 1940). 6. Britney Spears (b. 1981), in Observer 9 January 2005.

Note: all previous editions of this newsletter are available on
https://www.ololandstp.org/st_-_patrick's-woodingdean

"Before ever a word is on my tongue, you know it, O Lord, through and through. Behind and before, you besiege me, your hand ever laid upon me. Too wonderful for me, this knowledge, too high, beyond my reach. O where can I go from your spirit, or where can I flee from your face?" Psalm 139