



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/UCc4VXBr3EOa43nCxzB-Edw>

Welcome to the fourteenth "apart but together" e-newsletter (3rd October 2020)

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

In the presence of the angels, I will bless you O lord (Psalm 138)

Barbara Bond

When I was a teenager there was a new TV series called "Angels" which told the stories of a group of student nurses. Apparently it was the Z Cars of nursing! Even 45 years later that stereotype is alive and well, and in the past six months possibly more so, as the weekly applause illustrated.

Of course people whose job is to work in the service of others are no different from anyone else, but the Feast on 29th September of the Archangels Michael, Raphael and Gabriel gave me pause to reflect.

The idea of angels takes me back to childhood; I am sure that all us of could share stories of nativity angels and guardian angels! The walls of most art galleries have images of angels dating back to early Christian times and since 1998, Anthony Gormley's Angel of the North, believed to be the largest sculpture of an angel in the world, has stood in a very public embrace. Even Robbie Williams has something to say on the subject!

So I wondered, what does that mean to me in my day to day life.....



Tobias & the Angel c. 1470



St Michael (Medieval woodcut)

Michael, the leader of the Heavenly Host: do I defend what is right and always seek to be just?

Gabriel, the messenger: how often do I really think about what I am bringing to people I meet, in the busyness of normal life?

Raphael, the Healer: do I strive to leave peace and calm in my wake, or do I just get on with what needs to be done?

More than this, how much do I look for and recognise these things in others...the reflection of God in my brothers and sisters?

PLEASE SEE THE OLOL/ST PAT'S NEWSLETTER FOR MASS & PARISH INFORMATION, AND COVID-19 ARRANGEMENTS:

<https://www.ololandstp.org/>

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

Next issue out on 17th October. Send your thoughts about life, parish and Coronavirus: short pieces (about 300 words) before Friday 16th October to me, Barbara Bond: bond_barbara@ymail.com

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 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>

Fourth prayer: Water

“We praise you, Lord, for Sister Water, so useful, humble, precious and pure.” (St Francis of Assisi)

“Now they even want to take our rivers, which have been ours forever.” (Rusbel Castornoque, Kukama people, Peruvian Amazon)

Creator God, from your gift of water flows all life, yet we pollute your clear springs. Forgive us, as the earth cries out.

St Francis, you drank deeply from Christ’s living water. May we, like you, live simply and prize the good things of the earth.

St Francis, pray for us.

Editorial Note: we will print one prayer of the Novena in each issue: the ninth will appear on 12th December... God willing! You can see a short, one minute video presentation for each prayer at: <https://cafod.org.uk/Pray/Prayer-resources/Novena-to-St-Francis>



“Rivers Run Black In Peruvian Amazon After Multiple Oil Spills – Thousands With No Fresh Water” 4th March 2016
[www.alexanderhiggins.com]



STELLA MARIS
SUPPORTING SEAFARERS AND FISHERS
AROUND THE WORLD

Global seafarers’ charity Stella Maris (formerly known as Apostleship of the Sea) has launched a new logo, marking the start of its Centenary Year and commemorating World Maritime Day today (2nd October 2020).

Stella Maris is 100 years old. It supports seafarers, fishers and their families all over the world.

You can register for their celebration Mass on

Sunday 4th October at 15.00 <https://www.stellamaris.org.uk/centenarymass>

“By the rivers of Babylon, there we sat and wept, remembering Zion.” Psalm 137: 1

Mother's Pride!

Mary Barriff

Growing up, I always loved horses and was lucky enough to have a pony when we lived in London. I kept him in a field next to Douglas House, a stately home near Richmond.

I rode on Ham Common and even jumped the odd 'fence' made from anything I could find discarded around the place. It was great fun.

Years later, when my parents had moved to Ireland, Clive, myself and our two children spent many holidays there. Of course the children were into ponies so we took them to the local riding school which was also a racing stables. It was run by a real character, Jimmy Doyle.

One day we turned up to go riding when Jimmy said, "Your mother tells me you were a show jumper." I looked at him in dismay, then at my mother. "How could you!" I thought.



An avenue of lime trees on Ham Common



NOT Mary Barriff... pinterest.com

"Er, well, not..."

"Now," he said, "I have a horse here who'll jump anything. I'll stick a saddle on him for you and there's jumps in the ring so you can jump to your heart's content."

Next thing a massive thoroughbred was led out and Jimmy gave me a 'leg up' into the saddle. I followed him to the ring, all the while looking down from a very great height and not at all happy. The jumps were very (too) professional-looking. Well, I thought, the horse will have to do the work and I'll just cling on, if I can.

So, I headed him for the first jump and closed my eyes as I felt myself soar through the air. Phew, that was close. I headed for the next jump, same thing. I actually managed to do a clear round without falling off or looking down. I was relieved and went back to where Jimmy, Clive and my mother were standing.

"Sure, you did fine," he said, clearly being kind.

He knew I wasn't a show jumper.

I knew I wasn't a show jumper.

But my mother just stood there and BEAMED!



NOT Mary Barriff... Wing and a Prayer: Vintage 1970s Show Jumping at Hickstead. Etsy.com

So Christmas shopping is going to be weird this year

Irene Green

Instead of boosting Amazon's profits you could ask friends and family for a voucher for a local business that might be struggling. Bookshops, restaurants, takeaways, salons, corner shops, farm shops, cinemas, craft stores, local artists, markets, florists, hopefully we can support them so they will be here next year.

Just a Thought

Barbara Bond

In my workplace we care for very vulnerable people and we have not stopped doing home visits at all. I have been told that due to all the PPE (personal protective equipment) we get through, our bill for disposing of clinical waste has doubled, to £1,000 per month!

"Pay your sacrifice of thanksgiving to God, and render him your votive offerings. Call on me in the day of your distress. I will free you and you shall honour me." Psalm 50: 14-15

A Harvest like No Other, October 8th-11th

Barbara Bond

“God, who called you out of darkness into his own marvellous light.” 1 Peter 2:9

This Harvest, we are launching a series of online events around Family Fast Day, from 8th–11th October. This is a Harvest like no other, as many families face chronic food shortages, malnutrition and poverty as the result of coronavirus. With your support, we can help people all over the world rebuild their lives.

This year the appeals are online – links to the activities, including a Fast Day Mass from St Mary’s Cathedral, Wrexham on Friday 6th October at 6pm, are at: <https://cafod.org.uk/Fundraise/Family-Fast-Day>
During the pandemic CAFOD has:

- supported over 45,000 people accessing better healthcare
- supported 82,000 people with Covid-19 education
- provided 30,000 people with PPE, sanitising equipment and tests
- and supported 1126 health care workers.

CAFOD have also been working to mitigate the effects of the poverty that the virus has intensified, by supporting farmers and by providing cash grants.

This year I will be basing my donation not on fasting but on a snapshot of my hygiene and PPE use, for example: every time I wash my hands, use a mask or sanitiser, use formal PPE, or keep my distance from someone . I suspect I am doing these things many times per day! If you choose to do this please let me know...

God, you call us out of darkness.

May we hear your voice in the cry of our brothers and sisters in crisis.

As you walk alongside us always, may we walk beside one another listening and responding in love.

Shine the light of your compassion through us, dispelling chaos, fear and despair.

Breathe hope and courage into all our hearts as we work together to rebuild once more.

Strengthen us, Lord, and keep us steadfast.

Bring healing and comfort to all and lead us renewed into your marvellous light.

We ask this through Christ our Lord, Amen.

That ‘agricultural’ smell over Woodingdean - it might not be what you think

Two weeks ago people opened their doors to the most disgusting smell. After a day or so the Woodingdean Community Facebook group ceased its normal posts about lost cats and uncollected dog poo, to complain about the pervasive smell. The discussion then divided into two groups: “There are fields around, it is ‘rural’, this is natural, this is where food comes from, do you eat food? – deal with it” and comments on the very unusual smell, its sickening effect, “can’t go out, can’t hang out clothes, why is the farmer doing this now, this is the worst ever”.

When I came to live in Woodingdean I thought this is very convenient for the university, it has great sea views, it is away from touristy Brighton – I didn’t think I had moved to the countryside. I grew up on a farm, I knew what well rotted manure smelt like, and this didn’t fit. I commented that there were unusual volatile organic compounds in the air. I thought if that came out of an animal – what was it eating or drinking?

Apparently the fields are being sprayed with human excrement. There were two farmers spraying different fields so the smell varied depending on location. There had been no rain for weeks, it was warm and there was a northerly wind: any of these conditions meant it was unacceptable for farmers to muck spread near an urban area. In recent years one has seen low piles of sewage solids from Southern Water, covered in black heavy duty polythene, in fields along the Falmer Rd. I didn’t know that this non-sterilised sludge could contain not only sewage related elements but also industrial waste. Here are the official guidelines - not good news. <https://www.gov.uk/government/publications/sewage-sludge-in-agriculture-code-of-practice/sewage-sludge-in-agriculture-code-of-practice-for-england-wales-and-northern-ireland>

“They are happy, whose strength is in you, in whose hearts are the roads to Sion. As they go through the Bitter Valley they make it a place of springs, the autumn rain covers it with blessings. They walk with ever growing strength, they will see the God of gods in Sion.” Psalm 84: 7-8

Community News

Eventbrite booking for Mass inside at St Patrick's

Irene Green

Keep the church website to hand: <https://www.ololandstp.org/>

and to make a Mass booking at St Patricks for each Sunday, use the link <https://www.eventbrite.co.uk/e/st-patricks-sunday-mass-tickets-120007661145> If Eventbrite isn't working try it another time. If all else fails get in touch with the church office ololandstp@outlook.com to ensure your name can be added to list of Sunday's attendees. Remember to say how many people are coming with you!

The church seating is extremely well spaced and people will be spread out on benches in the sanctuary. Please give your name to the steward so it can be ticked off the list. You must be masked, you must sanitise your hands. We go in the front door and leave by the kitchen door when advised by stewards. There is as much one way traffic as possible to prevent people getting close.

All windows and doors will be open to give fresh air movement inside the church.

St Patrick's have been studying how to improve air movement during COVID and afterwards and are in the process of having an extractor system fitted to accelerate fresh air entry and removal (no recirculation). This is currently a favoured way of reducing droplets, especially very small virus containing aerosols. We will keep safe. Face, Hands, Space.

Stewards Needed for St Patrick's Sunday Mass

We have 5 stewards at the moment, but need about 12. Some of us would like time off and flexibility because of age. Stewards should not be members of vulnerable groups such as people over 65 years old. Anyone having chronic conditions or living with vulnerable persons can make their own judgment about what's best for them. So basically we have officially no stewards at present!! Duties – come early to church, check on seating, open windows, be ready to check off names of people who have booked, show them to their seat. Keep back anyone who hasn't booked until you see if there are unused spaces. Direct people to Holy Communion, congregation not to show initiative!!!

Let Bernadette know if you can volunteer 01273 309118
berskin@hotmail.com

From Ted... On Getting Older

"Bishop Desmond Tutu, wonderful man, once said of his senior years, that he realises he is nearer the Departure lounge than the Arrivals!

... But this does give more time to think of the thereafter, though this usually means, when you have gone upstairs, remembering what you were there-after!

And due to life's unpredictability he does not even buy green bananas any more!!"

Covid Corner

The Southeast is remarkably 'lucky' at present - the number of COVID positive people is low compared to numbers in the NE and Yorkshire, NW and Midlands. COVID testing has been and is inadequate, to put it mildly, so drawing charts and graphs based on it is showing only an approximation of what's happening. I don't think that hospitals and care homes are included in the daily cases (not checked that).

Interestingly the COVID symptoms App shows that instead of the number of COVID positive people being over 7,000 new cases each day in the UK right now, it is in fact 20,964 yesterday, real numbers per day. Anyway, low case numbers is the only good news which will help the economy and prevent further job loss.

More COVID cases equals more deaths, perfect correlation. Can send graphs (husband found best data and wrestled with Excel graphics). Info on numbers and spread of virus, that we use at home <https://www.worldometers.info/coronavirus/#countries> Good data for different countries. Click on UK for UK data. The real number of new cases was far higher in March/April because very few tests were done. <https://www.ft.com/content/a2901ce8-5eb7-4633-b89c-cbdf5b386938> The Financial Times has good data. <https://ourworldindata.org/coronavirus/country/united-kingdom?country=~GBR>

"One day within your courts is better than a thousand elsewhere. The threshold of the house of God I prefer to the dwellings of the wicked." Psalm 84:11

Imagine you were born in 1900.

When you're 14, World War I begins and ends when you're 18 with 22 million dead.

Then a global pandemic, the Spanish Flu appears, killing 50 million people. And you're alive and 20 years old.

When you're 29 you survive the global economic crisis that started with the collapse of the New York Stock Exchange, causing inflation, unemployment and famine. And when you're 33 years old the Nazis come to power.

When you're 39, World War II begins, and ends when you're 45 years old with a 60 million dead. In the Holocaust 6 million Jews die.

When you're 52, the Korean War begins. And when you're 64, the Vietnam War begins. It ends when you're 75.

A child born in 1985 thinks his grandparents have no idea how difficult life is, but they have survived several wars and catastrophes.

My parents were born in 1903 and 1908 in Ireland when it was a colony of Britain. My father (one of four in a Methodist family) saw his elder brother and sister emigrate to US in 1913. During the war there was no movement of civilians across the Atlantic. In 1921 Ireland was divided, the rich north was retained by Britain, the republic of Ireland – the Free State – was impoverished. My father went to the US in 1926 and was there through the depression with his siblings. He returned to Ireland to set up home in the north and to get married to my Catholic mother in 1933.

Today we have all the comforts in a new world, amid a new pandemic. But we complain because we need to wear masks. We complain because we must stay confined to our homes where we have food, electricity, running water, wifi, even Netflix! None of that existed back in the day. But humanity survived those circumstances and never lost their joy of living.

A small change in our perspective can generate miracles. We should be thankful that we are alive. We should do everything we need to do to protect and help each other.

It's All in the Mind!

Mary Barriff

Years ago I bought an oval dish at a car boot sale. I liked the look of it – clearly old, with its crackle glaze and rather quaint floral pattern surrounding a large, elaborate inscription that I couldn't quite understand. The writing was, maybe, italic and perhaps in a foreign language. Who knew?

One day when I was sorting out the cupboard I took out the dish to examine it more closely. Yes, it definitely said 'Apres Atrium Umsgate'. Anyone could see it was in a foreign language, maybe even Latin, but 'Umsgate' sounded German to me. I looked over to where Clive was sitting reading the newspaper. He had spent some time in Germany and might know where Umsgate was.

"Clive, have you ever heard of a place called Umsgate?" "No, why?"

"Well, it says on this dish 'Apres Atrium Umgate' and I thought perhaps Umsgate was a place in Germany that you had heard of."

"No, never heard of it. Let me see the dish." I handed it over.

Clive studied the dish thoughtfully, then looked at me. "What did you say it said?" I sighed, 'Apres Atrium Umgate!'

"Well," said Clive, giving me a look, "It says 'A Present from Ramsgate' "!!

GOOD NEWS

Grab 'n' Go Table 17-18th October

On the church website home page <https://www.ololandstp.org/> scroll down to the fund raising...

It's food you can pre-order – see order form online with list and prices. Pre-order and pay by Sat/Sun 10th/11th October. Food can also be delivered to St Patrick's on Sunday morning 18th October. Contact: jonathanandjosesharp@virginmedia.com

"It was the Lord who made the heavens, his are majesty and state and power, and splendour in his holy place. Give the Lord, you families of peoples, give the Lord glory and power, give the Lord the glory of his name." Psalm 96:6-8

Healing and Hope

The Healing Gifts

Patrick Elliott

Reflection

But as for you, man of God, you must shun all this. Rather, pursue righteousness, godliness, faith, love, fortitude, and gentleness. ... 1 Tim 6.11

As men and women of god, we need to ask for the healing gifts and pray that the fruits of the holy spirit will be evident in our lives. The gift we have received as gift we must give as gift and this will bring healing to others.

Prayer

Dear Lord Jesus, please help us to apply these wise words of St. Paul to our life. Heal us of any anxiety and deliver us from worry.



The Hour of Great Mercy

A devotion most dear to our Lord is the veneration of His Passion at the very hour that recalls His death on the Cross.

Throughout the Passion and death of our Lord Jesus the very kingdom of God was opened to us.

What love should fill our hearts and how willingly we should respond to the request of our Lord, who said to Saint Faustina,

“At three o'clock implore My mercy, especially for sinners, and if only for a brief moment immerse yourself in My passion, particularly in My abandonment at the moment of agony... This is the hour of great mercy for the whole world...

At this hour I will refuse nothing to the soul that makes a request of Me in virtue of My Passion”

(Diary 1320). <https://www.saint-faustina.org/>



Sail Cargo South East – Community Supported Shipping

Gallant has returned to Newhaven, September 2020. The 36m Dutch built

schooner, Gallant, is transporting our fifth sail-powered delivery to Sussex from Porto.

We are pleased to announce that we have shipped 1,700 litres of organic Portuguese olive oil into

Newhaven. In the face of climate breakdown, we're proud to be part of a global movement promoting sail cargo as a close-to-zero-carbon alternative to conventional polluting oil powered transport.

<https://sailboatproject.org/sail-cargo-se/>

The New Hen Pen Bernadette & Ted

Our Covid-19 project is progressing. The hen house, ordered through Middle Farm, arrived as a flat pack. Then our paid helper Charlie arrived with the enormous oak posts, metal stakes and all the necessary bits and bobs. This pen was going to be higher than the previous one so more wire netting had to be put in place to link the new netting roof to the chain link sides. Sewing with wire is not easy! We borrowed a 6ft neighbour to help put the roof netting in place and are now at the stage of levelling the ground and filling in any weak spots that Mr Fox would be bound to find.

Soon we will get to the nice part.....choosing the hens.



St Patrick's have received a very generous legacy from the estate of the late and beloved parishioners Don and Kath Young. We will commemorate them in the church that they worked ceaselessly to support.

“Had your law not been my delight, I would have died in my affliction. I will never forget your precepts, for with them you give me life.” Psalm 119: 92-93 (XII Lamed)

Afterthoughts

Reasons to Be Cheerful (part 4?)

Patrick Bond

It is good to give thanks to the Lord, to make music to your name, O Most High, to proclaim your loving mercy in the morning and your truth in the watches of the night Psalm 92: 2-3

The sunny, beautiful days of September have given way to dark, tempestuous skies and unpredictable deluges, as October comes in. The pandemic too has made a transition, not part of a reassuring cycle of fruition, seedtime, and rebirth, but one that gives no guarantee that we will return to what we have known before. The coronavirus has its own timetable and we are coping as best we may. Apart from ash dieback, melting of the ice, and the alarming creakiness of my bodily goods and chattels, I am in fine spirits... Maybe.

And yet, and yet... "It is good to proclaim your love in the morning and your truth in the watches of the night". Our editor has requested that we "make this a very positive edition ...uplifting stories you would like to share – skills you have learned, kindnesses, observations, things that made you smile". So here goes.

Recently I called in at the corner shop to pick up my newspaper, as I do every morning. On paying for a few grocery items, I realised that the total cost was under the threshold of £5 for card payments. I was about to add something to bring the total up when Pakaj, who is a man of wisdom and a friend of the mornings, waved away my worry with a small gesture of his hand and a half-shake of his head. It was a tiny moment in an inconsequential transaction... but it meant a lot to me.

There was the cheque for £15 which arrived out of the blue, from the poetry journal *Scintilla*, which last year published one of my poems. I did not expect a payment, but on the compliments slip were the words, "We wish it could be more". Poetry publications always operate on the edge of bankruptcy, so this policy is about more than "payment".

There was the anaesthetist, last year, who shared a joke with me as I lay ready for the knee ligament repair, about to be sedated: he said that he was now going to put me to sleep, adding, "perchance to dream". I picked up the Hamlet reference, and protested that this quote was a bit dodgy, as the hero goes on to say in his famous soliloquy, "Ay, there's the rub, for in that sleep of death what dreams may come..." We were all laughing our socks off as I slipped into unconsciousness.

The chiffchaff who turned up in my last Afterthought has persisted in visiting our back garden, and has turned into the Master of the Birdbath and all its surrounding territories; so much so, that I went out to the garage the other day and he took umbrage, dive-bombing my head in a fine display of braggadochio. For a bird smaller than a blue tit, he has some nerve. He now has a Following, consisting of two other chiffchaffs with whom he does not quarrel, and a fourth with whom he has wild, high-speed confrontations, weaving and bobbing along the contours of trees and bushes, catching the sun in his burnished green-gold-olive plumage. Chiffchaffs fly like demented moths, but with an ability to hang in mid-air like humming birds now and then.

And there was the male blackcap with two females, enjoying the sociable pleasures of the birdbath amongst the swarms of sparrows, blue tits, and a robin or two. These are, for me, the occasions of praise, the evidence of God's love, and His truth which remains true in the watches of the night, especially when the darkness of night spills into my day.



Black-headed and Herring Gulls, Seaford

When we dote upon the perfections and beauties of some one creature, we do not love that too much, but other things too little. Never was any thing in this world loved too much, but many things have been loved in a false way, and all in too short a measure. *Thomas Traherne, 1637-1674*

"Your deeds, O Lord, have made me glad; for the work of your hands I shout with joy. O Lord, how great are your works! How deep are your designs!" Psalm 92: 5-6