



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 twelfth "apart but together" e-newsletter (29th August 2020)

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

Mass at St Patrick's on Sunday at 9.00am, in the enclosed garden (as long as the weather permits).

Please bring your own chair or blanket to sit on!

Planning for wet/cold weather... Socially distanced Mass booking coming soon... When Sunday morning weather becomes too cold or wet, we will return to Mass indoors at St Patrick's.

The church will ensure social distancing inside. Currently there are 16 chairs on the wooden floor, formerly there were 60. Seating is available in the back – one near door, one near keyboard, one in middle of pew. Couples, families and bubbles can sit together of course, so that increases our capacity.

We don't want people coming to church and finding that they aren't allowed inside because of numbers, so will employ some kind of booking system. It may be Eventbrite (which you open online and select Mass location and time and you get a 'free ticket').

We will make arrangements for those who cannot cope with technology!

Kanji Project Fundraising

Bernadette Skinner

Amen I say to you, in so far as you did this to one of the least of these brothers and sisters of mine, you did it to me
Matthew 25: 39

Ovingdean is holding a **Boot Sale Ramble** from **10 - 3pm on Saturday 29th August** and we will have a stall in our front garden selling items for Kanji <http://www.bootsalewalk.co.uk/>

We live at 42 Ainsworth Ave, Ovingdean.

We will be selling mainly preserves made from garden and foraged fruits. Jams include blackberry and apple, mulberry and apple, raspberry, loganberry, plum, fig and a few jars of blackcurrant, strawberry and some chutneys. There will be random items – plants and Indian products.

All profits will go to the Kanji Project.



Send me your thoughts about life, parish and Coronavirus. Next issue out 12th September. Send short pieces (about 300 words) before Friday 11th September, to me, Barbara Bond: bond_barbara@ymail.com

"If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me" Matthew 16

This week, August 31st is the feast of St Aidan. Aidan was an Irish monk who went from Iona to establish a monastery on the Island of Lindisfarne. He was, according to St Bede, a man of great gentleness and moderation and his wisdom had a great influence on Christianity in the North of England.

One Holy Week, with a group of other pilgrims of all ages, I carried a cross from Haddington near Edinburgh, along the coast to Lindisfarne. We arrived on Good Friday and walked barefoot across the causeway to the Island at low tide. The experience of journeying with a cross that takes two of you to carry; over fields and beaches, up hills and through shopping centres, was an interesting one. At times it was Chaucerian! It always needed cooperation and patience and above all an intuitive attention to each other.

This was something I volunteered for, but it made me reflect on those



crosses we have to take up that we would rather not. I so often see that the sharing of the burden makes such a difference. It is easy to lose sight of doing this – to try and plod through without “bothering” others. *“Leave all your worries with him, because he cares for you”* (1 Peter 5) we are reminded. St Paul also emphasises supporting one another; *“Bear one another’s burdens, and so fulfil the law of Christ.”* (Galatians 6:2). May we always seek to lighten the load for each other.

The Prayer of St Aidan

**Leave me alone with God as much as may be.
As the tide draws the waters close in upon the shore,
make me an island, set apart,
alone with you, God, holy to you.**

**Then with the turning of the tide
prepare me to carry your presence to the busy world beyond,
the world that rushes in on me
till the waters come again and fold me back to you.**

St Aidan (d. 651) a native of Ireland, was a monk on Iona. When the Christian King Oswald returned from exile on Iona to his kingdom of Northumbria, he invited the monks to provide missionaries to instruct his people in Christianity. Aidan was consecrated bishop and sent with a group of Irish monks to begin this task.

He established a monastery on the island of Lindisfarne which became the centre of a major missionary effort. The monastery also became a valuable centre of learning and an important training ground for the education of English boys who would continue the work of evangelisation.

From Lindisfarne Aidan journeyed throughout Northumberland, usually on foot, and working closely with King Oswald who found him to be a wise adviser and a good personal friend. After Oswald’s death in 642, Aidan continued this work under his successor, Oswin. According to Bede, Aidan was a man of great gentleness and moderation, outstanding for his energetic missionary work.

*“Truly, God is my salvation, I trust, I shall not fear. For the Lord is my strength, my song, he is my saviour.
With joy you will draw water from the wells of salvation. Give thanks to the Lord, give praise to his name!”*

Isaiah 12

World Humanitarian Day 2020 (August 19th)

On World Humanitarian Day 2020, Caritas Internationalis draws attention to the role of local communities as actors of immediate solidarity and calls for greater support to local civil society organisations, especially faith-based ones, which around the world are supporting, helping and empowering local communities.



Every year on August 19th – the day when in 2003 a bomb attack on the Canal Hotel in Baghdad killed 22 people, including the UN chief humanitarian work in Iraq, Sergio Vieira de Mello –

World Humanitarian Day recognises the work of those who promote the dignity, the protection and the welfare of vulnerable people around the world.

In 2020, this day is celebrated in the context of the globalised COVID-19 pandemic and shortly after the Lebanon explosion which will remain engraved in the minds of the international community. At this historic moment, the international humanitarian system is being tested like never before, and humanitarian missions at the global level are bringing help to about 1 in 45 persons around the world.

“On this day, the international community recalls the generosity of heart of thousands of humanitarian workers, of the poor and above all the survivors of the disasters who, in hope, aspire to live in dignity.”

– **Aloysius John**, Secretary General of Caritas Internationalis. Caritas Internationalis is the second largest civil society catholic network and is present in almost all countries across the world. It is a confederation of 162 members.

Local communities are first responders

An important part of the work of Caritas Internationalis is to foster the empowerment of local communities, including through humanitarian aid. *“At a time when disasters are getting to be more and more complex and sufferings are high, the first support is given by local communities, which are better placed to bring appropriate help to the affected.”*

Caritas, through local communities, is engaged in motivating and mobilising community members to bring support and help to those who are vulnerable, and also to build awareness around the danger of COVID-19 showing how to avoid contamination.

Caritas Internationalis urges governments and the international aid community to:

- **allocate local funds** especially for the empowerment of local civil society organisations and their basic structures;
- **allocate special funds** for the empowerment of local communities to enable them to take the appropriate action at times of disasters;
- **ensure the protection** of humanitarian workers as well as the protection of the interests of local communities.

Caritas Prayer

**Lord God, you are the source of all good things,
And You hear the cry of the poor and the afflicted,**

**Help us to see the face of your Son in all the victims of
both natural and man-made disasters,**

**Like the Good Samaritan, may we never turn away
from our suffering brothers and sisters, but be
compassionate to them,**

**Like the widow who gave all she had to survive, may
we always be ready to share who we are and what we
have,**

**Bless and protect all Caritas workers and volunteers
wherever they are helping to save lives, sometimes by
putting their own lives in danger,**

**Welcome into your Kingdom all who have died and
console their families,**

**We ask all this through Christ our Lord,
who hears the cry of the poor and the oppressed.
Amen.**

“Raise a song and sound the timbrel, the sweet-sounding harp and the lute... A voice I did not know said to me: ‘I freed your shoulder from the burden; your hands were freed from the load. You called in distress and I saved you.’” Psalm 81

Community News

Families, Food Bank, Fund Raising and Zooms

Irene Green

Woodingdean Wilderness Group is holding its first Annual General Meeting: Wednesday 9th September 7-8pm via Zoom. Ranger Paul Gorringe from Brighton and Hove City Council will be talking about why our urban fringe conservation project is so important. If you would like to attend this meeting via Zoom (friendly on-line video conferencing) please email Clare for more details: woodingdeanwilderness@outlook.com. (If you are not able to attend via Zoom but would like to still feel involved, please call Clare 07786031941)



Weekly Parish Zoom get togethers will continue – can people suggest days and times which suit them best, Irene has been selecting Tuesdays and Wednesdays mainly.

Churches together in Woodingdean meet on the first Saturday of each month. On Sept 5th 9am we meet at the Baptist venue which will be determined nearer the time, because it is weather dependent. Contact icgreen@ntlworld.com or bradfordmargaret7@gmail.com for more details a couple of days beforehand.

Woodingdean food bank is running from the Holy Cross Church. You can contact Phil(lipa) Parsons about any aspect phil.holycross.woodingdean@gmail.com. They would like donations of food, money, your help to allocate and deliver food. Importantly they need volunteers to phone people to ask what they are short of. There is also need for a second team in case one of the team members gets COVID symptoms and they all have to isolate.

You can see how Holy Cross took this over from the Java Cafe by selecting the link below and play the video - go straight to 1h 27 mins to find the start of Phil's discussion on the food bank: https://www.facebook.com/watch/live/?v=317680596269682&ref=watch_permalink

Fund Raising Sunday Sale table at St Patrick's will continue each Sunday until the end of September. If you have excess fruit or vegetables please bring. Or consider cooking something to sell and share. Thank you all for great support, the stall is generating valuable funds.



Back to School After COVID-19 Lockdown - A webinar for parents Wednesday 2nd September 2020. This webinar, run by Family Psychotherapist, Chiara Santin is for parents and carers who are looking for practical strategies on supporting their children as they go back to school. Chiara Santin is a Family Psychotherapist with 20 years' experience. https://www.familytherapyservicesrainbow.org/2020/08/19/back-to-school-after-covid-19-lockdown/?fbclid=IwAR0Ssdyn3urExlftURgVeh0NVbYOzyZKQZICPvTT-K8qJJPz_MbV3xLcRY

Dementia – Healthy Ageing Conversations – Tips and Tricks

Irene Green

<https://www.facebook.com/events/762159417933563>

This week's conversation was 38 minutes with Prof Sube Banerjee who used to be at the Brighton and Sussex Medical school and we've seen him there. He is now Dean of Health Sciences at Plymouth, and is an expert on dementia. He has managed to get this subject onto the medical school curriculum – students visit a dementia patient and their carer, and learn first-hand about the condition and treatment throughout their course. There are 850,000 dementia patients in the UK. Prof Banerjee spoke about risks and measures to decrease susceptibility (see Facebook link above).

In primary and secondary education do everything you can to “grow your brain” and increase cognitive reserve. There are risks from alcohol use e.g. if people consume 21 units a week, risk from traumatic head injury (footballers, sports people, accidents) and from air pollution. There are other risks associated with the usual suspects – smoking, obesity, diabetes and loss of hearing. Prof Banerjee was not so keen on brain training apps or speeding up the rate at which you do crossword puzzles, he favoured social interaction, exercise, learning new and different things, being inquisitive, listening to music. Let's go for it!

“My heart is ready, O God, my heart is ready. I will sing, I will sing your praise. Awake my soul, awake lyre and harp, I will awake the dawn.” Psalm 57

Apostleship of the Sea and Stella Maris

Message from Martin Foley, Chief Executive Officer, Stella Maris (Apostleship of the Sea):

No doubt you saw the news last week of the devastating explosion in the port of Beirut. In response, Stella Maris is reaching out to offer support to families of deceased seafarers. We ask you to please join us in prayer for those seafarers who died or were injured in the explosion. Please also pray for the repose of the souls of three seafarers who reportedly died of suffocation in a cargo tank, at Batangas, southwest Luzon, Philippines, earlier this month.

This is a very uncertain time for seafarers, fishers and their families. Covid-19 has left hundreds of thousands of seafarers stranded on their ships, unable to return home, with other seafarers unable to join their ships to start working.

Thanks to your generosity, Stella Maris is here for them.

<https://www.apostleshipofthesea.org.uk/donate-now>



Crew Transfer Crisis: seven crew members finally go home

After 14 long months away from their families in the Philippines, seven crew members from the APL Norway (container ship) were finally able to start their journey home. Some of the crew have young children;



many of them are young themselves, and have been separated from their parents and siblings.

To celebrate the occasion,

Port Chaplain Julian Wong packed the crew some goodie bags for their journey, including chocolate and treats, copies of the *Stella Maris* magazine, and packs of prayer cards.

With an estimated 600,000 seafarers currently caught up in the crew change crisis, it is fantastic to see some crew changes happening, but there is still much more to be done.

Gardening, Irish Famine Quaker Pots

Irene Green

I am enjoying the BBC2 6.30pm gardening programmes with Diarmuid Gavin from his home in Ireland: Title "Gardening Together With ...". Diarmuid used to be the bad boy of the Chelsea flower show – as a live presenter with Alan Titchmarsh he was difficult to find and showed up at the last minute!

The present programme involves travel of his team to Irish gardens, north and south. I watched some episodes on iPlayer including one designing the garden of a very grand 1840s Kerry farmhouse – the design had to feature a Quaker famine pot. I haven't seen these in real life but since my husband is an Irish Quaker I know the story that it was Quakers who set about feeding the starving Irish during the 1845 potato famine. The Quakers – under 3,000 in total – were merchants and had the means of getting large pots made, and of bringing in funds from round the world! Quakers believe in social justice and fed anyone, unlike some Christian organisations who needed the starving papists to convert (religion) in order to get food. *A historic account of unknown authenticity can be found at <http://www.irishfaminepots.com/history/>*

"Let us give thanks to the Father, who has qualified us to share in the inheritance of the saints in light. He has delivered us from the dominion of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins." Colossians 1

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>

Second prayer: Night sky

“We praise you, Lord, for Sister Moon and the Stars, in the heavens you have made them bright, precious and fair.” (*St Francis of Assisi*)

“We want the forest to remain quiet, the sky to remain clear, the evening darkness to really fall, and for the stars to be seen.”

(*Davi Kopenawa, spokesperson for the Yanomami people of Brazil*)

Creator God, your night sky offers rest and stillness, yet we flood our cities with light. Forgive us for our wasteful ways.

Brother Francis, you chose poverty not plenty, walking lightly on the earth. May we follow in your path, and reduce the trace we leave.

St Francis, pray for us.

St Augustine (Feast Day 28th August) writes about his mother, St Monica (27th August)

“There was another great gift which you had given to your good servant in whose womb you created me, O God, my Mercy. Whenever she could, she used to act the part of the peacemaker between souls in conflict over some quarrel. When misunderstanding is rife and hatred raw and undigested, it often gives vent, in the presence of a friend, to spite against an absent enemy. But if one woman launched a bitter tirade against another in my mother’s hearing, she never repeated to either what the other had said, except for such things as were likely to reconcile them.

I should not regard this as especially virtuous, were it not for the fact that I know from bitter experience that a great many people, infected by this sin as though it were some horrible, widespread contagion, not only report to one disputant what the other has said, but even add words that were never spoken.

And yet a man who loves his own kind ought not to be satisfied merely to refrain from exciting or increasing enmity between other men by the evil that he speaks: he should do his best to put an end to their quarrels by kind words. This was my mother’s way, learned in the school of her heart, where you were her secret teacher.”

Augustine of Hippo (354-430) Confessions, Bk 9 Ch 9. [Perhaps we should make her Patron Saint of the Internet? - Ed.]

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

1. (when asked how he could play so well when he was loaded): I practise when I’m loaded.
2. I play all my country and western music backwards. Your lover returns, your dog comes back to life, and you cease to be an alcoholic.
3. If anyone has conducted a Beethoven performance, and then doesn’t have to go to an osteopath, then there’s something wrong.
4. I don’t like my music, but what is my opinion against that of millions of others?

“Serve one another in works of love, since the whole of the Law is summarised in a single command: Love your neighbour as yourself.” *Galatians 5: 13-14*

Community News (2)

What I have learned in lockdown

Patrick Elliott

What I have learned in lockdown is, if the Lord called for my soul I am not ready. We always feel we have more time! With the lockdown we sure miss confession. Trust, that the priest becomes our Lord, is one of the greatest gifts our Lord gives us, but like other things I am guilty of, is doing things my way making them shorter. This lockdown is a wake-up call to me, to us all, that we need to get real about our faith. If you picture yourself talking to the loving Lord I know how, embarrassed, I would bow my head in shame, would be lost for words for now too many times in my life.



Of course, I bow my head because I have no excuses for not reaching out and loving our lord 24/7 and loving my neighbour as myself, these are two of the greatest commandments of God's law. Of course when I measure my actions, thoughts and decisions I know I have fallen short far short. Of course, I do have loads of things to help me – pray: doing the Rosary daily, go to Mass or because of lockdown switch on the TV on to YouTube, ask the priest for help, do the Divine Mercy.

Jesus said to Saint Faustina when he appeared to her in a dream why this message is urgent: You will prepare the world for the final coming (Diary 429), and at the hour of three o'clock you can obtain

anything to yourself and others; beg Jesus at this hour (3 pm) to have mercy on poor souls who are about to die and on their way to eternal damnation; no greater act of mercy can we pray for. It's only since the lockdown that I found out how much Saint Faustina suffered before her death in 1938.

Other help is read the Bible or follow the daily Mass readings on your phone on silent of course. Or pray the way God taught us, Our Father, who art in heaven.

Father help me to have greater trust, that you will bless me as I open myself to you. Father thank you for your touch this day and your constant knowledge and love of me I ask you today to heal me and thus open me up to you with all my brothers and sisters of the world. Please pray for me a sinner and I will pray for you.



HENS AGAIN

We've kept hens for about 34 years. When the last old girl died off we had a break, as visiting the family and grandchildren meant we had to ask someone else to look after the girls. Ted built a very solid hen house which withstood the years and the hurricane, but was eventually showing signs of wood rot. It has taken him 4 days to dismantle!

Our Covid-19 project has been to re-establish the hen run and house. As we also have a fox den in the garden our pen is oak posts with wire deep into the ground and completely covered with wire as well.



Bernadette and Ted



The posts need renewing and oak posts are like gold dust at the moment. We decided to buy a hen house. There's a waiting list but our house is on order. WHEN all is up and running we will buy some hens. We may have our own eggs again by Christmas! With all the money we are spending on this project we could buy eggs every week for the rest of our lives... but it's just not the same.

"Learn to live and move in the spirit... The spirit yields a harvest of love, joy, peace, patience, kindness, generosity, forbearance, gentleness, faith, courtesy, temperateness, purity. Since we live by the spirit, let the spirit be our rule of life." Galatians 5: 16, 22-23, 25

Afterthoughts

Angels in the Undergrowth

Patrick Bond

The long hot spell in July and August never really broke, here in Lewes: no dramatic thunder, no deluges. Instead, on Wednesday last week, a gradual darkening came on during the morning, the south west sky filled with heavy clouds, and after a while a soft rain began, which fell steadily. The dry ground, parched flowers, rose bushes and apple tree, and herbs – mint, thyme, wild strawberry, sage, rosemary – all *turned* in some mysterious way, opening up as the atmosphere became charged with moisture.

From the parched, aching silence of days of remorseless high temperatures reaching over 30 degrees Centigrade, there was a transformation – a long-awaited blessing as raindrops touched the face of the garden. Rain fell all day, restoring balance and harmony in growing cells, earth organisms, insects and birds. And here was the true astonishment: even though springtime had long passed, with its wild singing at dawn and dusk, the birds were singing a daytime carol of thanksgiving. Sparrows!



We are honoured this year, in our crowded and slightly wild garden, to be the haunt of a flock of house sparrows – some two or three dozen – and have been dazzled by their energetic flits, launches and landings, pecking about in grassy edges, and their shivering splashes in the circular bird bath. – All of it usually accompanied by constant chirping and chattering, as sparrows do. Yet now they were not chattering but singing, individual birds speaking and sparkling out like jewels sewn into the veil of rain. I flung open the windows to listen to this daytime chorus, a salutation of wonder, a revelation.

Comic Corner, courtesy of Ted, and (the cartoon) Irene...

From a Catholic elementary school test: children's answers to questions on the Old and New Testament:

1. "In the first book of the bible, Guinnessis, God got tired of creating the world so he took the Sabbath off."
2. "Adam and Eve were created from an apple tree. Noah's wife was Joan of Ark. Noah built an ark and the animals came on in pears."
3. "Moses led the Jews to the Red Sea where they made unleavened bread which is bread without any ingredients."
4. "St Paul cavorted to Christianity, he preached Holy Acrimony, which is another name for marriage."



"But all the blueberries...the wholegrains...
the skimmed milk...the decaffeinated coffee...
the brocolli...you mean it's all been for nothing?"

Trivia answers

1. Zoot Sims, tenor sax, Big Band soloist (1925-1985). 2. Linda Smith, comedian (1958-2006). 3. Sir Simon Rattle, conductor (b. 1955). 4. Frederick Loewe (1904-1988) co-wrote with Alan Jay Lerner, 'My Fair Lady' and 'Camelot'; notorious for not liking his own music

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

"He shall endure like the sun and the moon from age to age. He shall descend like rain on the meadow, like raindrops on the earth. In his days justice shall flourish and peace till the moon fails." Psalm 72