



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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Welcome to the sixth "apart but together" e-newsletter (5th June 2020)

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

Live streaming of Mass from Our Lady of Lourdes:

During lockdown, Fr Benny continues to say MASS which is streamed live: 10.00 am on weekdays; 18.30 Saturday evening and 10.30 Sunday. There will be EVENING PRAYERS at 7.00pm daily Monday to Friday. Go to YouTube and search for 'OLOL Masses'

Sharing the Love

Barbara Bond

As the Father sent me so am I sending you (John 20)

Much is being said about the long term effects on mental health, for people who are working in health and social care, during the pandemic. For me, the hardest thing is that despite so much goodwill from many generous people, I can still feel powerless.

My way of coping is to take long restorative walks. I have become very protective of my solitude as the weeks have gone by, and more and more aware of the vibrant and abundant natural life around me. Above all I can really feel the wind and the warmth of the sun.

I never have a plan when I set out; I just go where my feet take me, knowing I will find what I need. I am blessed that wherever I end up there is peace and beauty. Often I am seeing the familiar with totally fresh eyes. A few weeks ago I found myself up at the Castle in Lewes: looking over the wall of the Bowling Green there was an



array of stunning irises, caught in the light of the rising sun – "Consider the lilies", they were saying to me, "do not worry about tomorrow, for tomorrow will worry about itself." (Matthew 6).

This has been a time when following one's calling has never been in sharper focus. We have truly become one body, all contributing whatever way we can and supporting one another.

So many people are doing things they would say they *didn't sign up for*. And The Holy Spirit blowing in our hearts can be a gentle flowing breeze or a wild, gusty wind. Our challenge is to ask, "Lord, in what direction is the breath of your Spirit leading me?"

The light of Pentecost fills us with love – a love to be shared.

**Gracious and holy Father
Give us wisdom to perceive you
Diligence to seek you
Patience to wait for you
Eyes to behold you
A heart to meditate on you
And a life to proclaim you
Through the power of the spirit
of your Son, Jesus Christ our Lord,
Amen**

– Thomas Aquinas

Please send me your thoughts about life under semi-lockdown. Next issue 12th Sunday in Ordinary Time, 21st June. Send before Friday 19th June (Sacred Heart of Jesus) to: bond_barbara@ymail.com.

The SVP in Rottingdean

Frances Low

'Go to the Poor: there you will find God'

This saying of St. Vincent De Paul, the SVP founder, is what the members of the SVP aim to do. Their formation is to see Christ in the Poor and to promote Social Justice.

The Our Lady of Lourdes, Rottingdean, conference was formed 40 years ago. Ann Knox was a founder member and today she still works hard as a Vice President.

The conference is small but their main commitment is to visit people in hospital, at home, in nursing homes – anywhere they are needed to listen and comfort. Many also take Holy Communion to those in need. They help with the local soup run and have a furniture scheme for people who cannot afford to furnish their accommodation. Recommendations for help come from charities, advice agencies and local parishes.



Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.
(Matthew 25: 40)

'Turning concern into action'

The local conferences have done just that by renting Tower House and providing lunches for isolated and lonely people, social activities, singing, a pop-up shop and a Dementia Café. The lunches are delicious and the food is purchased from Fareshare. People can be picked up by mini bus or can be brought by members. Volunteers serve the food and provide the entertainment! The Rottingdean

conference runs the lunches every other Wednesday, and Jacinta McCahill organises the Dementia Café on Tuesdays.

If any parishioners at St. Patrick's would like to come to lunch (once we are out of lock down!), they are most welcome and will be picked up at home and brought back. Ring Ann Knox on 01273 301252 for more information.

I volunteered to take over as Treasurer 2 years ago knowing little about the SVP and its work. I have been amazed and humbled by the workload the conference members undertake, and by how much they care for and know their clients. Everything done with cheerfulness. Please do ring Ann if you would like to get involved at any level of commitment.

We also support a series of projects for poor communities in India. The need there is quite overwhelming. Financially we rely on legacies, gifts and from fund raising activities.

'You will find out that charity is a heavy burden to carry, heavier than a kettle of soup and a full basket.

But you will keep your gentleness and your smile. It is not enough to give soup and bread. This the rich can do. You are the servants of the poor, always smiling and good humoured'.

The SVP message of care and kindness and generosity of spirit is as much needed today as it was in the past.



"Happy the man who considers the poor and the weak. The Lord will save him in the day of evil, will guard him, give him life, make him happy in the land... The Lord will help him on his bed of pain, he will bring him back from sickness to health." Psalm 41

CAFOD: Coronavirus Crisis Appeal

How is Coronavirus affecting vulnerable communities?

Families without enough to eat and without access to clean water, possibly living with HIV or other underlying health conditions will be particularly vulnerable to coronavirus.

The virus has now hit the Rohingya camps in Bangladesh's Cox's Bazar, which will be catastrophic for the thousands of families already struggling to access healthcare and sanitation.

What is CAFOD doing to help people survive the crisis?

We are expanding and adapting our programme work to prevent the spread and reduce the risk of coronavirus. Every step we take now, getting food and clean water to families, will prevent deaths and reduce suffering, ensuring the survival of communities.

Our valuable experts on the ground understand the challenges and needs in their respective communities. They are able to respond quickly and are already involved in activities that include:

- ◇ Delivering food to where it is needed most.
- ◇ Improving hygiene, handwashing and sanitation at the community and household level.
- ◇ Producing radio messages, posters and leaflets in local languages on risks and prevention.
- ◇ Training community volunteers to carry out awareness campaigns.

How can I help?

In order to continue protecting and improving the lives of those in poor communities, **your gifts are needed now more than ever**. Your essential support will help families survive.

[Donate to support the most vulnerable](https://cafod.org.uk/) (If this link does not work, use <https://cafod.org.uk/>)



A girl washes her hands with soap at a water pump in a refugee camp.

Unite against Coronavirus: sign our petition

We are living through the biggest public health crisis in a century. Across the UK, coronavirus is having a devastating impact on all of our daily lives, and many people have lost precious loved ones. But in many developing countries where poverty is widespread and healthcare systems are much more fragile, the effects are likely to be disastrous.

We must never forget that we are one global family, united in this struggle. Now is not the time to build barriers, but for the world to unite in love and compassion.

Out of love for our sisters and brothers overseas, sign our petition, asking the Prime Minister to ensure that the most vulnerable people are the priority in the UK's international efforts as well as at home:

Our sisters and brothers overseas do not have access to healthcare systems as brilliant as the NHS. I urge you to work together with other world leaders to:

- Make sure that any vaccine developed with UK public money is made available to everyone regardless of their income or where in the world they live.
- Provide urgent financial and technical support to help developing countries cope with this crisis.
- Cancel all debt payments by developing countries due in 2020 and 2021 so that countries can spend money on much needed healthcare rather than debt repayments.
- Put plans in place to rebuild a fairer, more just society after the crisis so that the world's most vulnerable people can live in dignity and to restore our common home for future generations.

[Unite against coronavirus](#)

“Keep me from the way of error, and teach me your law. I have chosen the way of truth, with your decrees before me. I bind myself to do your will; Lord do not disappoint me. I will run the way of your commands; you give freedom to my heart.” Psalm 119: 25-32 IV (Daleth)

People and Places

When I needed a neighbour...

Barbara Bond

In the middle of lockdown I visited a couple whose story made me reflect on everyday miracles of kindness. The husband was very sick, approaching the end of his life. He had spent a week in hospital and was haunted by the experience of being all alone, making him determined that whatever happened next he wanted to stay at home with his wife.

His wife took on this task with love and good humour but they had no family and the situation cut them off from the friends who would have been there in person to provide practical and emotional support.

Day by day the only people they saw were PPE'd professional carers – and me! After one visit, when her husband was sleeping most of the time, the wife came to the door with me and when, having got the requisite distance away, I took off my mask so I could smile at her, she said simply, "Thank you – seeing your face means so much to me."

I worried about this lady – none of the support I could normally put in place is currently possible. When her husband died it was during the night. I called her the next morning to check she was ok and she told me that her neighbours had been wonderful; they had taken her in and looked after her, gently guiding her through.



More laughs with Mum:

Mary Barriff

We're walking around Lidl and there's a computer mouse for sale.

Mum: "Do you know, those things are great."

Me (puzzled): "What do you mean?"

Mum: "Well, Teresa plugged one into her skirting board and she hasn't seen a mouse since!"

At Lidl again and there's a hotplate for sale.

Mum: "That's a great idea but where do you put your feet?"

Me (puzzled) "What are you talking about?"

Mum: "Well it says up there 'plate and foot warmer'."

Me: "Mum, it says plate and **food** warmer!"

We're in the car and talking about a recent death where the wake lasted a number of days:

Mum: "I don't agree with that at all. All that sitting around eating and drinking's no good for anyone and it doesn't do the corpse any good either."

More thoughts in a time of Coronavirus

Maureen James

Days of heat leave me longing for rain but there are a few consolations. It becomes a public duty to leave the grass alone, and to discover that plants do better without watering sometimes. A beautiful pale yellow iris has arisen from a rocky spot near the pond where it has been hiding for many years.

It is too hot to exercise with my YouTube lady or to cook/bake for hours in the kitchen [even though I was lucky enough to find flour and caster sugar in a shop yesterday.] This frees me up for more reading than I usually manage in the day – another pleasure too often left behind.

Learning to play online Scrabble with my No. 2 son in Exeter would be quite difficult in cool weather. But it nearly caused a mental breakdown yesterday, with a red hot iPad and No.1 son trying to explain it to me here in 28° of heat. We'll stick to Racing Demon in future which is a pleasure – because I usually win.

I do play the accordion to relax, (in any sort of weather) as it clears my mind of most irritations and worries. And I still accompany Fr Benny at Mass on YouTube occasionally - and wonder just how long it will be before we can celebrate and sing Mass together again.



"O Lord, my heart is not proud, nor haughty my eyes. I have not gone after things too great, nor marvels beyond me. Truly I have set my soul in silence and peace. As a child has rest in its mother's arms, even so my soul." Psalm 131

Discrimination is an ongoing problem for many different groups, and has come to the fore ‘big time’ this week in the U.S. But discrimination can be subtle, especially if it happens ‘under the radar’ for a majority of the people.

In N Ireland I was educated in a tiny Catholic primary school, but in the modest county town, Enniskillen, there were separate Protestant and Catholic schools for girls, and for boys. Discrimination thrives when you separate out strict homogeneous groups. Before I did my 11-plus exam, I knew already that I was unlikely to find a job in N. Ireland, whether or not I gained qualifications at secondary school and university. This was entirely because I was a Catholic. At university, I knew that Catholics did not hold certain posts, especially when state funded.



My parents were born in Ireland before partition, and had met when they were working in America, where 99% of my family reside. In the 1950s the IRA made cross-border sorties into N. Ireland to attack police stations. Every morning after such an IRA raid I was body searched by militia called B specials on the road to school. Catholics were unable to buy houses in N. Ireland, except in designated areas. This helped keep voting boundaries tight to ensure Unionist MPs were returned to Westminster.

It was a relief to go to America in the 1960s where I had an exchange visitor visa and worked at Stanford Research Institute (Silicon Valley, California). I found that people didn’t care whether I was Catholic or

Protestant. In America we observed discrimination against black people and Hispanics – though this was mercifully less in California than in middle America. Leadership of the type which unifies populations is lacking now – but at that time we saw the awesome work of Martin Luther King, whose death had a profound effect on me.

Prayer: Reverence for life

O heavenly Father,
protect and bless all things
that have breath;
guard them from all evil
and let them sleep in peace.
– Albert Schweitzer

When we came to England in 1970, we met some discrimination, but on the whole were very happy to find that people didn’t wish to know, and didn’t care, what religion we were. Current events show that, even when we don’t encounter it ourselves, we still have to work and pray for improvement for those who suffer discrimination, and are powerless.

I Know that Name... Patrick Vallance recollected by Irene Green

When I heard early this year that Patrick Vallance was the chief UK scientific officer, I thought – I know that name, our scientific worlds overlapped decades ago. But I was confused because Patrick is a medic not a scientist. Thirty years ago we were in a newly developing field which is very special. It draws together a breadth of expertise, from university inorganic chemists to hospital physicians. Patrick Vallance was a clinician, a vascular biologist – the basic phenomenon he was studying was the regulation of blood pressure via a constitutive enzyme (nitric oxide synthase) in the endothelial cells in the walls of blood vessels.

My scientific work was on inducible nitric oxide synthase, which produces thousand times more of a free radical, nitric oxide. Free radicals are extremely reactive and potentially damaging, but despite this, nitric oxide is an essential signalling molecule.

In my research group we were accustomed to studying cell function and signalling of novel proteins but had turned to studying cytokines. Cytokines are signalling molecules produced by the immune system. In people, when the immune system overreacts cytokines can be released in excess - this is called a cytokine storm which damages major organs and can be lethal.

In general, in my over forty years of laboratory based science research, clinicians were considered by pure scientists to be much poorer investigators, who jumped to conclusions too readily.

Patrick Vallance has continued his research career working for Glaxo Smith Kline. His attitude and experience sounds perfect for the upcoming vital process of re-purposing drugs for coronavirus symptom treatment or for development and manufacture of a possible vaccine. Acknowledging scientific and political mis-judgments openly will be vital in finding the right path to follow in combating pandemics in the future.

“Train me to observe your law, to keep it with my heart. Guide me in the path of your commands; for there is my delight. Bend my heart to your will and not to love of gain. Keep my eyes from what is false: by your word, give me life.” Psalm 119, 33-40

People and Places (2)

Brentmoor Heath

Helen Day

During the lockdown we have taken the chance to go walking every morning over on our local heathland, Brentmoor Heath. It has been a surprisingly enjoyable, calm and peaceful time. We wake up early to a cup of tea, Spanish lesson online and then start out. The first 20 minutes are usually trying to remember some of the Spanish we have just learnt!

Brentmoor Heath is an SSSI (Site of Special Scientific Interest). There is a 71 acre local nature reserve within the Heath, managed by the Surrey Wildlife Trust, as well as land used by the Ministry of Defence. As the name suggests, it is mainly heathland, but also contains woodland, acid grasslands and a few ponds. It's unique wildlife has



given it the SSSI status. Some of these are the Silver studded Blue Butterfly, Common Spotted Orchid (left) and a variety of birds including the Dartford Warbler, Woodlark, Woodcock, Stonechat and Nightjar. We even see the occasional Deer.

Towards the middle of May a wildfire broke out causing significant damage. The thick smoke from it passed over our home, and for a while caused worry, as the fire headed towards us. Fortunately the Fire Fighters put the blaze out! Social distancing is generally not a problem as the footpaths are wide enough in most places. We seem to see the same people out walking most days, even stopping now for the occasional chat. We are the only ones with face coverings though !

In the past week we've started seeing Slow worms, Moth Caterpillars and many juvenile birds. We have nearly covered 300 miles on the Heath and it won't be long before we have equalled the Camino de Santiago mileage that we walked.

We plan to continue with our walks and see the habitat through changing seasons and perhaps a few more special sightings.

Language Trivia Interlude: Who said: –

1. Don't swear, boy. It shows a lack of vocabulary.
2. This is the sort of English up with which I will not put.
3. Stars, Charlie had noticed before, always spoke slowly. Listening to Warren Beatty being interviewed was like waiting for speech to finish being invented.
4. My spelling is Wobbly. It's good spelling but it Wobbles, and the letters get in the wrong places.
5. The Norwegian language has been described as German spoken underwater.

Boot Sale Walk – Woodingdean Community next weekend

We are planning a socially distant sale table(s) outside St Patrick's as part of the Woodingdean Community "Boot Sale Walk" on the weekend of Saturday 13th and Sunday 14th March. We will have plants and preserves for sale. We will have a one way system, good signage and safe ways to give info and receive payment.

Come and see us

Saturday morning 13th June 10.00 to 12.00 and Sunday afternoon 14th June 14.00 to 15.30.

"Glorify the Lord with me. Together let us praise his name. I sought the Lord and he answered me; from all my terrors he set me free. Look towards him and be radiant; let your faces not be abashed." Psalm 34

Pentecost at Tidemills

Patrick Bond

Tidemills is a little inlet between Newhaven and Seaford, the site of a very early use of tidal power for milling grain (1770); the mill closed in 1883, but people still lived there until 1940. Now, it is a place of roofless flint walls, remnants of old industrial structures, and ghosts; and birds, a shingle beach, and the sea.

At Tidemills on Sunday last – Pentecost – as evening deepened and the shining sun fell towards the north-west horizon, we were immersed in bird song. Skylarks floated high and invisible, singing their long liquid trills. Wrens, many times louder than their size, launched burst after burst of trenchant, robust



Stonechat

fanfare. Whitethroat, dunnock, thrush and linnet fluted and whistled from the tops of bramble stems and thorn bushes. Sedge warblers, unseen except when they dashed from

one dark reed clump to another, scratched and rattled their song. Blackbird and herring gull were almost drowned out. Small groups of goldfinches twittered and lisped through their fluttering, jerky flight. I thought I heard a lapwing.

This gathering of voices was full of the authentic, urgent flow of nature. It bore the unique stamp of the fullness of creation, something that cannot be captured in photographs or written records:— sounds and voices. The bible so often asks us to listen – “Hear, O Israel”. I thought of the disciples, speaking in so many tongues, full of the fire of love, wholehearted as the birds; they were all witnessing to the love they had received from the Advocate or Paraclete – and He had warranted them as the carriers of that love to others.

St Paul says that all creation groans in travail, waiting for the sons of God to be revealed – perhaps this is the mystery of our transformation; that we become the ones who bring forgiveness, strength and love to others, so that they too may share in the glorious liberty of the children of God (Romans 8: 21).



Thrush and Whitethroat

A Little More Thought is Needed...

Bernadette Skinner

We've had good publicity during COVID about neighbours being thoughtful to neighbours...

Our neighbour in a wider sense is the young farmer Ben Carr. He has had a lot to put up with over the last few months. Many people have walked 'in the countryside'. Alas they have not kept the countryside code of staying on the footpaths. People walk all over his fields, through his animals, dogs running around, poo not picked up. Even picnics in his wheat field.

Yesterday I had a social distance catch up chat with our ranger Nick and he said they had difficulty at Stanmer Park with thoughtless people who were having Bar B Qs and lighting camp fires and became very aggressive when asked to put them out.

The Deans beach clean group are asking us to help tackle the rubbish problem left on our beaches especially after sunny weekends. Beach bins are overflowing and piled up rubbish is blowing around and into the sea. The reduced manpower of the council cleaners can't cope with the problem. We have been asked to form a small group and bring sacks so that the rubbish around the bins can at least be bagged.

Respect for others is still sadly lacking I'm afraid. We are a strange nation... so caring to some and so careless to others.

Language Trivia answers

1. Alan Bennett; 2. Winston Churchill;
3. Ray Connolly; 4. A.A. Milne; 5. Anon

“I think that what we suffer in this life can never be compared to the glory, as yet unrevealed, which is waiting for us. The whole creation is eagerly waiting for God to reveal his sons... From the beginning till now the entire creation, as we know, has been groaning in one great act of giving birth; and not only creation, but all of us who possess the first-fruits of the Spirit, we too groan inwardly as we wait for our bodies to be set free.” Romans 8: 18-19, 22-23.