



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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MASS at Our Lady of Lourdes is streamed live: for full details see <https://www.ololandstp.org/>

Vigil Mass Saturday 6.30 pm; Sunday Mass: 10.30 am

St Patrick's - Mass: Sunday 8th May at 9 am: Good Shepherd Sunday (Vocations Sunday)

Welcome to the 53rd St Patrick's e-newsletter (8th May 2022)

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

On Being On the Journey

Barbara Bond

They will never be lost John 10

One of my favourite places is the village of Beddgelert in Snowdonia. The very first time I visited, my son was a small, *Thomas the Tank Engine* obsessed toddler, and we took a walk along the disused railway track that ran through the Aberglaslyn Gorge.

It was beautiful and the sound of the river below us added to the magic. After a while we came to a tunnel – we were fairly ill equipped, no torch! – but we could see daylight at the other end, so we reckoned it was safe.

As we progressed the tunnel took a very slight turn. We could no longer see light behind us or in front of us. I was suddenly aware of a tiny hand in mine and a little voice echoing in the darkness, "Hey Mum, I can't see you but I know you are there and we will be there in a minute".

Lord God, I have no idea where I am going.

I do not see the road ahead of me, I cannot know for certain where it will end.

I know that you will lead me by the right road, Though I may know nothing about it.

I will not fear, for you are ever with me, And you will never leave me to face my perils alone.

Thomas Merton

I was busy thinking about being an idiot when a couple of steps later, rays of warm sunshine began to reach in, and then we were greeted by the most wonderful vista of mountains, trees and sky, even the odd sheep.

If I reflect on my faith journey, perhaps I have spent a great deal of my time in that kink in the tunnel, trust and hope being the most important dimension in my spiritual life – the thing that keeps me keeping on keeping on... A prayer from the Northumbria community really resonates with me:

***We trust in God,
Living in the paradox of being purposefully lost,
Deliberately uncertain and resolutely confused.
Our hope is in God alone.***

I pray that Jesus' words from this weekend's readings will never be far away: "They will never be lost".



The newsletter is adapting to this post-lockdown time. The next deadline is 20th May, just before the Sixth Sunday of Eastertide. Please continue to send ideas and contributions to Barbara: bond_barbara@ymail.com

Disasters Emergency Committee



I wanted to say a **massive thank you** to the UK public for all you are doing to support people affected by the conflict in Ukraine.

£300 million has been raised for the DEC Ukraine Humanitarian Appeal. Your overwhelming generosity means that as well as providing urgent assistance now, we can help those affected by the conflict in the months and years to come.

In Ukraine: British Red Cross is providing first aid training and psychological support sessions in shelters as well as surgical training. Their teams are also providing temporary shelter, food, water and hygiene kits.

Save the Children is providing mobile health units, trauma kits, medicines and equipment like baby incubators, nutrition support and safe drinking water.

CAFOD is working with a local partner to deliver food via soup kitchens, supplying daily meals, weekly food baskets and preparing hot meals to people living in the metro and bomb shelters.

Concern Worldwide is helping people who have lost their livelihoods by giving families in Ukraine support in three monthly instalments and is funding local self-help and civil society groups to support communities.

Age International, through local partner HelpAge, will provide older people who have been unable to leave the country with food supplies, hygiene and sanitation kits and cash to meet their needs.

In Poland: International Rescue Committee is providing cash so that refugee families can safely meet their immediate needs.

Oxfam will be improving water and sanitation facilities for refugees, providing safe spaces and counselling for people suffering from trauma and supporting those who have experienced gender-based violence.

ActionAid, through local partners, will support women and girls who may be at risk of gender-based violence and trafficking by providing protection services. This is in addition to their work supporting refugees with food, water and hygiene items.

In Romania: World Vision will provide refugees in camps with food, hygiene and dignity kits, shelter and temporary sanitation.

Plan International will provide children and family support hubs to help those arriving at border sites and transit routes in Romania. They will also provide protection referrals, gender-based violence and child protection information and outreach, dignity kits and other essential items.

CARE International will be training volunteers on psychological first aid, supporting the establishment of arrival spaces and improving coordination to better respond to refugee needs. They will also improve access to accommodation, food and protection services for them.

In Hungary: Christian Aid, through local partners, is providing shelter, safe spaces for refugees to receive trauma care, access to information on rights, food and cash they can use to meet their needs.

In Moldova: Action Against Hunger is distributing food for refugees and host communities and providing nutrition support in refugee centres and border crossings.

This is just the start. Your donations are providing immediate relief where it's needed right now and as the situation continues to unfold in the months and years ahead.

Saleh Saheed (Chief Executive), 3rd May 2022



“None of us lives for himself only, none of us dies for himself only; if we live, it is for the Lord that we live, and if we die, it is for the Lord that we die. Whether we live or die, then, we belong to the Lord.” Rom 14: 7

Community News – St Patrick’s

MORE great value seedlings and PLANTS for sale:

Sunday 9.45am until 11.00 at St Patrick’s — Plant list:

- Japanese anemone (white or pink),
- oriental poppy (red),
- Buddleia dwarf purple,
- Canna (yellow and orange-red flower)
- Purple heuchera
- Peony (bowl of beauty)
- Scilla peruviana
- Winter Jasmine

Chives

Chocolate mint

Flat leaf parsley

Thai basil (slight aniseed),

sweet basil

lemon basil

Greek basil

Purple sprouting broccoli

Tomato - Gardener’s delight

Small seedlings of Costoluto fiorentino tomato

Ailsa Craig tomato

Lettuce varieties

Leeks

Sorrel – red veined

Swiss chard

- Calendula,

- cosmos,

- epimedium,

- ground cover,

- antirrhinum,

- feverfew,

- borage,

- Iresine (blood plant, red foliage)

- coleus,

- oak scented geranium

Variety of plant holders

Celebration of Fr Benny’s 50th anniversary of ordination
Saturday 11th June. Mass 12.00 followed by finger buffet.

“Bring Flowers of the Fairest” by Phil Coulter

For Sunday 1st May I rejected the Phil Coulter instrumental version of Bring Flowers of the Fairest, because the intro is too long. <https://www.youtube.com/watch?v=vkR4oKZa-v0>

Who is Phil Coulter?

https://en.wikipedia.org/wiki/Phil_Coulter

The search took me down memory lane because we overlapped at Queens University, where he was a student impresario studying French and music. He dominated music events in the student’s union. He was a Catholic, and his father was a (minority) police officer with the RUC (Royal Ulster Constabulary). He has had a very successful career and co-wrote *Puppet on a String* (for the older reader).

Fire regulations: Jane John and Irene are updating our Fire Regulations in accordance with the listing from the diocese. We want to update our list of Fire Wardens.

Can you confirm that you wish to continue being a fire warden and thank you so much to the new volunteers. It isn’t essential but we would like to have a listing with photos and names of the fire wardens.

LAST CALL... Rottingdean Village Fair will be very happy to have us again if we want to book a space for our plant stall on **Saturday August 6th**. I am a bit worried that we haven’t enough guaranteed helpers (I know no one can be 100% sure).

Please let Irene know now if you are around on that day, if you can help for a while, or provide plants and preserves which we will sell. icgreen@ntlworld.com

INVITED: The Diocese is running the second Season of Invited between Easter and Pentecost.

This week we had a must-see presentation from Ben Gray, of the Wellspring community.

<https://www.youtube.com/channel/UCJizUaujH32PD7V0AMpObQg>

I think this is the best talk I’ve heard. You can find the talks and transcripts on the diocesan website, but will have links emailed to you if you register.

Start here to register, read text, & see videos

<https://www.abdiocese.org.uk/invited>

Varndean Singing Together class at St Patrick’s. Starts on Monday 16th May (not 9th), 6.45-8.45 pm with a break for tea and a chat.

This is only 8 days away, so booking is required now.

Fee is either £25 (concessions) or £90. Tutor Hanna Burchill. To book your space, phone 01273 546602 or 07749 357321. The church will use all its fans, air conditioning, and doors open to keep the air moving and prevent airborne virus spread.

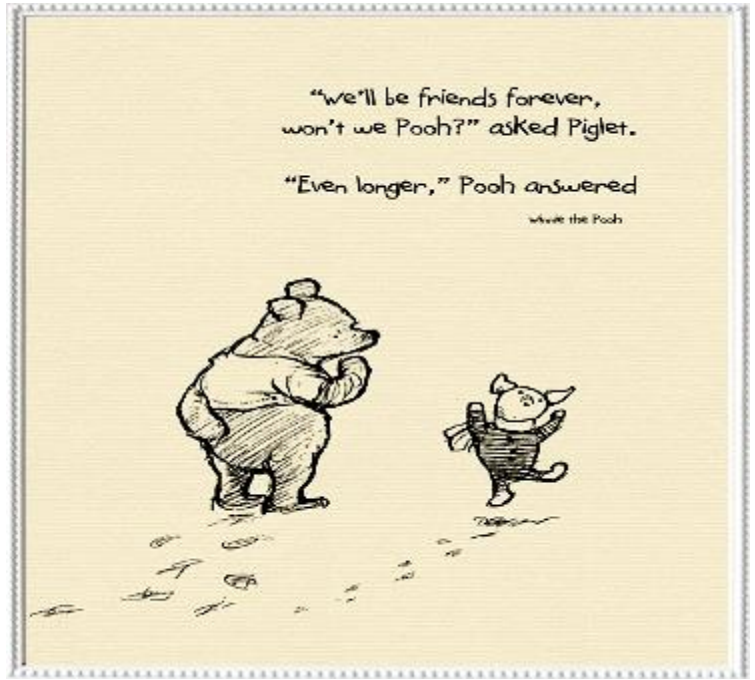
“For Christ died and rose to life in order to be the Lord of the living and of the dead.” Rom 14:9

It is a wonderful, marvellous thing to have friends. They support you, listen to you, comfort you, console you, in fact they do everything to help you in bad and good times.

I count myself very blessed to have lasting friendships. In particular, I have friends from Primary School and Secondary School I still keep in touch with and see!! We even say "How little you have changed" and we believe each other! We know all there is to know.

My friends from my Lourdes Convent days number about 12. We had always communicated at Christmas, birthdays but we had a fantastic school reunion about 15 years ago; so many made the effort to come.

It was as though we were back in class together! Some I had not seen since we left the 6th form came, and boy did we talk!. The noise was deafening. What a day!



Since then, my classmates from the 6th form (and earlier) have had reunion meals every year in Brighton. It is an annual highlight for all of us. We just talk and talk until the restaurant has had enough of us.

Then came Covid!! So we took to Zoom calls every month. It cheered us all up, particularly those who live alone. We still Zoom and have added another 'girl' to our list who moved to Australia about 50

years ago. She had not seen any of us since then. It was so lovely to hear her news, see where she lives. Hear about her family, and what she did after leaving school!!

Even from primary school, I regularly see 3 friends – one at cricket, and the others are part of the 'gang' who went on to the Convent.

We have all been on different paths and have had different experiences in life but we so enjoy our meetings. Going over past school days, the ups and the downs, and remembering other pupils, and the staff of course. The nuns!! Memories usually of fun times, but some sad.

Since coming to Rottingdean and then to St. Patrick's I have new(ish) friends!! More another time about that!

“This is my commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down his life for his friends.”

"Oil and perfume make the heart glad, and the sweetness of a friend comes from his earnest counsel."

"All you who have been baptized in Christ's name have put on the person of Christ; no more Jew or Gentile, no more slave and free man, no more male and female; you are all one person in Jesus Christ."

Gal 3:27-28

Ukraine Prayers, Prayer Chain, Thoughts on Violence

Prayer Chain for Ukraine: In recent newsletters I invited people to join our prayer circle for Ukraine so that every hour someone is holding everyone affected in their prayers. It is not intended that you spend a very long time, just that we know that there is an unbroken chain of prayer. We have a few gaps... please email me bond_barbara@ymail.com and I will add you to the rota. Barbara Bond

On Violence

The root of violence is the illusion of separation—from God, from Being itself, and from being one with everyone and everything.

When we don't know we are connected, we will invariably resort to some form of violence to get the dignity and power we lack.

Contemplation of the gospel message gradually trains us not to make so much of differences, but to return to who we are:

our True Selves in God

—which is always beyond any nationality, religion, skin color, gender, sexuality, or any other possible labels.

In fact, we finally can see that those are always and only commercial labels, covering the rich product underneath.

When we can become little enough, naked enough, and honest enough, then we will ironically find that we are more than enough.

At this place of poverty and freedom, we have nothing to prove and nothing to protect. Here we can connect with everything and everyone.

Everything belongs. This cuts violence at its very roots, before there is even a basis for fear or greed—the things that usually cause us to be angry, suspicious, and violent.

Fr Richard Rohr, 1st May 2022

A Prayer for Ukraine

Loving God,
We pray for the people of
Ukraine,
for all those suffering or
afraid,
that you will be close to them
and protect them.

We pray for world leaders,
for compassion, strength and
wisdom to guide their
choices.

We pray for the world
that in this moment of crisis,
we may reach out in solidarity
to our brothers and sisters in
need.

May we walk in your ways
so that peace and justice
become a reality for the
people of Ukraine
and for all the world. Amen



**Christ Jesus,
you wept at the death of
your friend, Lazarus.
Now your compassion wipes
the tears from our eyes.
May we find comfort in
reaching out to others
who feel lost and alone.
You are the
Resurrection and the Life.
All our hope is in you.**

Linda Jones/CAFOD

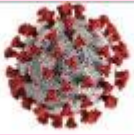
Time in Brighton (Ukraine)

Who is praying

05.00 (07.00)	Margaret Bradford
06.00 (08.00)	Bernadette
07.00 (09.00)	Eileen and Patrick
08.00 (10.00)	Frances
09.00 (11.00)	Anna & Eugeniusz
10.00 (12.00)	Alison Tighe
11.00 (13.00)	Patrick B.
Midday (14.00)	Maureen James
13.00 (15.00)	Sheila
14.00 (16.00)	Peter
15.00 (17.00)	Maureen Buni
16.00 (18.00)	
17.00 (19.00)	Pat Peers
18.00 (20.00)	Barbara
19.00 (21.00)	
20.00 (22.00)	
21.00 (23.00)	
22.00 (24.00)	Irene
During the night:	Hilary

“We too, all of us, have been baptized into a single body by the power of a single Spirit, Jews and Greeks, slaves and free men alike; we have all been given drink at a single source, the one Spirit.” 1 Cor 12:13

Covid Corner, Meditation on Death, Scam Warnings...



COVID Update: Best not to take eye off ball (or genomic sequencing!)

The world is still in a Coronavirus pandemic, but some countries may have transitioned to a new phase. China's zero covid policy is making life almost impossible for everyone there and worst for migrant workers and students. In the US, COVID cases are rising, and for the 6th May data I send a link which I can share because we subscribe to the New York times. <https://www.nytimes.com/interactive/2021/us/covid-cases.html?smid=url-share>

Scientists are trying to understand why variants such as Omicron and Delta are so successful, so they compare them to alpha, beta, gamma, mu and iota variants. They look at replication speed, resistance to antibodies and transmissibility. As vaccinations have changed the immune landscape, an immune evasive variant like omicron becomes more successful. With some variants, genomic sequencing of collected samples from around the world showed that variants like mu circulated for months before detection.

Real time surveillance is needed to give us the best warning system. In Britain, tracking systems are easing off or discontinuing, leading to fears that we're not doing enough.

As world population rises and global warming accelerates, proximity to animals also increases, and scientists are looking at where the next dangerous viruses could jump from animal to human. Coronavirus came from bats, HIV came from chimpanzees. The most concern for the future is for mousepox. "We're swimming in an ocean of virus diversity and we barely know about it," says Carl Zimmer in his book, *A Planet of Viruses*.

Death Transfigures our Separation

It is a strange and magical fact to be here, walking around in a body, to have a whole world within you and a world at your fingertips outside you. It is an immense privilege and it is incredible that humans manage to forget the miracle of being here. Rilke said: 'Being here is so much.' It is uncanny how social reality can deaden and numb us so that the mystical wonder of our lives goes totally unnoticed. We are here. We are wildly and dangerously free.

The more lonely side of being here is our separation in the world. When you live in a body you are separate from every other object and person. Many of our attempts to pray, to love and to create are secret attempts at transfiguring that separation in order to build bridges outwards so that others can reach us and we can reach them.

At death this physical separation is broken. The soul is released from its particular and exclusive location in this body. The soul then comes into a free and fluent universe of spiritual belonging.

John O'Donohue, *Anam Cara* Bantam Press 1997 p. 271



Bank Holiday and Bank scams

We have more than one bank account for safety. We were advised by one Bank about the latest scams:

- covid text scams – getting you to book and pay for PCR test;
- energy crisis scams relating to refunds or best deals.
- Ukraine crisis scams pretending to raise money and
- "impersonation" fraudsters posing as the bank's fraud team. We had a different one last Saturday night about 11pm. A text told us about "an attempt to withdraw money from our account – if it wasn't you then contact the bank support team via a link" **BEWARE OF ANY MENTION OF A LINK!**

We went through various procedures with the Bank, and Googling, to establish if this was a scam and did get to speak to a Bank person about midnight. It was a scam, and fortunately we did not and do not click on links from unknown sources. How much longer can we keep ahead of the fraudsters?

Irene Green



"The full content of divine nature lives in Christ, in his humanity, and you have been given full life in union with him." Col 2: 9, 10

Afterthought: Apple Blossom

Patrick Bond

And no one will ever steal them from me... John 10: 28

The air is still, in the garden, but with the wind in the north east it is cool, as it has been for many weeks now. We are waiting for rain. I have nearly emptied all four water butts of their precious rainwater. The new growth on the watered roses is rich in colour, somehow springy; the established roses, with deeper roots, are managing without watering, so far.

In sound, the air is similarly “springy”, with the chirrups of sparrows, the fruity, persistent fluting of blackbirds, the harsh outbursts of crows and magpies, and the frankly monotonous, repetitious conspiracy theories of the collared doves. Bumble bees come through the garden regularly, their orbs of drone many times bigger than their physical dimensions.

The little apple tree is festooned with white blossom – I have never seen it so loaded. There has been no rainy, squally weather to shake the petals down, and for two weeks the glorious scent of apple blossom has enveloped my head whenever I have stepped out of the back door. Much more faint are the hums and hesitations of the honeybees which are always at work within and around this tower of springtime beauty.



The birds in the garden are fewer in number – or so it seems to me. I wonder if the Avian flu is to blame. However, there are repeated appearances of fledgling blackbirds, blue tits, great tits, robins and dunnocks and sparrows. These fledglings are marked out by their inactivity, their ability to just sit on a branch or twig and gaze in

amazement at the busy life all around them; and to flutter their wings or utter little cheeps, just to make sure their parents notice them and bring food asap.

Their own efforts to find food look desultory and amateurish, but they soon acquire the laser focus of adults, a single-minded deployment of every skill bred into them through millions of years of adaptation and survival. Yet their beauty is rooted in how perfectly suited they are to our half-tamed, half-wild garden with its multiple micro-climates and environments. In truth it

is more like a woodland glade than the regimented, machine-friendly space which so many gardens are nowadays.

We hope that when we leave here, later this year, the new owner will respect the integrity of this vision of “nature” as God’s creation; we hope the bees, the hoverflies, the frogs, the small birds, even the fox, the grass snake, the mosquitoes, the ants and sparrowhawk and wren... will all still find a welcome here, and room to be themselves as God made them to be.



On the Notion of Eternity

***I think that maybe
I will be a little surer
of being a little nearer.***

***That’s all. Eternity
is in the understanding
that that little
is more than enough.***

R.S.Thomas

*(last poem in his sequence
“Crucifixion”)*

*Collected Later Poems,
Bloodaxe Books 2004 p.131*

“For when you were baptized, you were buried with Christ, and in baptism you were also raised with Christ through your faith in the active power of God who raised him from death.” Col 2: 12