



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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Our Lady of Lourdes Church is now open for worship: see <https://www.ololandstp.org/>

MASS is streamed live; this coming week: 09.30 on Tues 31st, Thurs 2nd, Fri 3rd; Divine Mercy/

Private Prayer Fri 10-10.30. **Vigil Mass Saturday 6.30 pm ; Sunday Mass: 10.30 am**

St Patrick's – Mass on Sunday 29th August 9.00 am

22nd Sunday of Ordinary Time

Welcome to the thirty-seventh “apart but together” e-newsletter (29th August 2021)

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

On Following the Rules

Barbara Bond

Observe these laws and customs that you may have life
(Deuteronomy 4)

This week I returned to the swimming pool for the first time in several weeks. It was my first really tangible experience of life after the restrictions – no more one-way systems or socially distanced swims. At work I am still donning all the gear – my fetching PPE – before I walk up someone's garden path and politely decline the cup of coffee they have been offering me for months.

The other day I was commiserating with a colleague who is not going home to visit his family in the West Country, because the area is so full of visitors. We began to discuss our experiences of difficult family relationships in the pandemic – difficulties that have arisen in the light of different points of view, all thrown in to sharp relief by the coronavirus.

I am pretty certain that within our teams there is a spectrum of beliefs and approaches – there certainly is in the people we work with. Our conclusion was that in our working lives, everything we do is underpinned by a profound respect – for each other and for our patients.



**Let nothing trouble you
Let nothing frighten you
The one who has God lacks
nothing
God alone suffices
St Teresa of Avila**

Thinking about the words from today's Gospel, “It is from men's hearts that evil intentions emerge,” is quite challenging. I like to also ponder the words of Meister Eckhart, “Everything will be from God and in God and be God”. Of course, trying to live your life in a God-centred way is the ultimate challenge.

The newsletter appears fortnightly. For the next issue, please send contributions by Friday 10th September to Barbara Bond: bond_barbara@ymail.com

Haiti Earthquake Appeal

A devastating magnitude 7.2 earthquake struck Haiti on Saturday 14 August at around 8.30am local time.

As the search continues through the rubble, the current death toll is more than 1,200 people and up to 6,000 people are injured. Buildings have collapsed, including an estimated 10,000 homes, churches, schools and hospitals. The southern peninsula is a remote area of the island, and fears are now growing that tropical storm Grace will add



further to the urgent humanitarian needs of vulnerable people.

"The needs of the population are immense. There is an absolute demand for food, water, tents, hygiene kits and first aid."



Many churches have been damaged by the earthquake. In Les Cayes, damage was caused to the residence of Cardinal Chibly Langlois (President of the Haitian Bishops' Conference). The Cardinal was injured, and a priest staying in the bishop's residence was killed.

Saturday's earthquake was stronger than that in 2010 which killed more than 200,000 people.

What is the current situation in Haiti?

The Haitian government has declared a state of emergency for a month. The earthquake could not have come at a worse time for Haiti, which is still recovering from hurricane Matthew which struck the country in 2016.

Colliding with this dire humanitarian situation is political instability after the assassination of President Jovenel Moise on 7 July. On top of this, the coronavirus pandemic is greatly worsening the already fragile humanitarian situation. More than 4.4 million people are in need of basic aid for survival – food, water, tents, tarpaulins, blankets and hygiene kits.

Your generosity means that CAFOD has already pledged £50,000 to local Church partners on the frontline of the humanitarian response. Your support will allow them to reach more people.

The earthquake struck the southern peninsula of the country, centred five miles from the town of Petit Trou de Nippes, and about 80 miles west of the capital, Port-au-Prince. This area, including two cities, Les Cayes and Jeremie, is some of the most remote on the island, with poor infrastructure.

<https://cafod.org.uk/donations/>

How are CAFOD and local experts responding to the earthquake?

We are working with local Church organisations, Caritas, the Jesuit Migrants and Refugees Service, the religious congregations and sister agency CRS, to provide urgent humanitarian aid for families.

Local aid workers are carrying out rapid assessments of the scale of the damage and the immediate needs of people.

Director of Caritas Haiti, Father Jean-Herve Francois, has told CAFOD: "The entire Caritas Haiti network, especially the emergency team, is participating in aid operations in three affected departments. They have already reached there. The needs of the population are immense. There is an absolute demand for food, water, tents, hygiene kits and first aid."

"I have called to you, Lord; hasten to help me! Hear my voice when I cry to you... To you, Lord God, my eyes are turned: in you I take refuge; spare my soul!" Psalm 141

The Guildford SVP has a caravan based in Bognor Regis and they send needy families to it for a holiday each year. All school holidays are booked but parishioners can book a holiday for themselves or their families. There are vacancies on 9th and 16th October. The week's cost is £250. The caravan has 6 berths, one double en-suite, lounge with flat screen TV.



The details are on the caravan site:

www.rivcentre.co.uk

If anyone is interested

please ring Laurence Kelly on 07788 963909 or Ray Hingerton on 07767 013629. The Our Lady of Lourdes Rottingdean SVP supports this caravan financially, and will pay for a family in need and recommended by the parish. Please contact Anne Knox on 01273 301252.

The SVP work is to listen, help, pray and be a friend to everyone. Blessed Frederick Ozaman said:

“Help honours (the receiver) when to the bread that nourishes, it adds the visit that consoles, the advice that enlightens, the friendly shake of the hand that lifts up the sinking courage; when it treats the poor man with respect not only as an equal but as a superior, since he is suffering what perhaps we are incapable of suffering; since he is the messenger of God to us, sent to prove our justice and our charity, and to save us by our works”.

Be mindful, O Lord, of your people here before you, and of those who are absent through age, sickness or infirmity. Care for the infants, guide the young, support the aged, encourage the faint-hearted, collect the scattered, and bring back the wandering to your fold. Travel with the voyagers, defend the widows, shield the orphans, deliver the captives, heal the sick. Succour all who are in tribulation, necessity or distress. Remember for good all those who love us, and those who hate us, and those who have desired us, unworthy as we are, to pray for them. And those whom we have forgotten, Lord, remember. Grant unto each according to your merciful loving-kindness, and your eternal love; through Jesus Christ our Lord. Amen.

Intercession at Great Complines, Liturgy of St John Chrysostom

New ways in a Pandemic Age

Irene Green

My brain hurts... I shouldn't complain, because I am not on the front line, working and drastically modifying work procedures because of the pandemic, but COVID has brought new ways of doing things, even to the retired.

The world learned how to function via Zoom or Teams; we now do only internet grocery shopping.

We learned how to play bridge online with people in other clubs in friendly competitive sessions, and can use three different online programmes.

We have been majoring in trying to store our photos, which have been digitised. Our home movies have gone from Super 8 reels, to VHS to CD and now .mp4 files.

We have several computers, all ageing together and are replacing their operating systems as high as they can take. Recently we bought a new one. When you use software like “Migration Assistant” every 5 years, it is challenging.

For safety we have more than one bank account and ISA holder. This year one of each of these decided it was closing down and that we had to move our accounts.

Each of these closures took up months of communication.

This is not how I hoped to spend my retirement!

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

1. I believe what I said yesterday. I don't know what I said, but I know what I think... and I assume it's what I said.
2. An original idea. That can't be too hard. The library must be full of them.
3. I hope you have not been leading a double life, pretending to be wicked and being really good all the time. That would be hypocrisy.
4. He combines the manners of a Marquis with the morals of a Methodist.
5. We are so very 'umble.
6. She had a penetrating sort of laugh. Rather like a train going into a tunnel.
7. It's hard to be funny when you have to be clean.

“With all my voice I cry to the Lord, with all my voice I entreat the Lord. I pour out my trouble before him; I tell him all my distress while my spirit faints within me.” Psalm 142

For sale: If interested in any of the following please contact Irene: icgreen@ntlworld.com.

Any funds raised will go to St Patrick’s or its charities.

Children’s car seats (2) (for bigger children), 3 bike helmets, child’s bicycle (guessing under 10 years old), football, Fisher Price Little People garage. The following are free to take away: crossword puzzles for all ages, toy cars and trucks, railway track. Games : Connect 4 (travel and large size), Subbuteo, Othello, Solitaire and rubber stamp collection in box.

Seasonal gardening: the final crop in our garden is damson, the tree is laden. Damson is picked before the wasps decide they love it and move in. Similarly figs are ripening and it is a race between me and birds every day to find the newly ripened. I have divided Japanese anemones and oriental poppies. Good time to take cuttings.

Please keep on providing jam jars and one pint milk cartons to St Patrick’s

Sale Table: this Sunday, 29th August, we will have usual sale table at St Patrick’s. Not commenting on whether Mass will be inside or out, more likely inside because Fr Benny is away.

Weekly parish zooms and weekly communication from St Patrick’s will continue from September. There are lots of diocesan and other sessions running before Christmas, will try and list those next time.

Kanji

Bank holiday weekend Sunday Mass 29th August:

St Patrick’s are having Kanji committee visitors to tell us about this year’s concerns and where funds are needed and used. You may donate to the Kanji project on Sunday.



Can anyone watch the news?

It is heart-breaking watching the coverage from Afghanistan over the last weeks. One can donate to relevant charities like UNHCR. On the government website there is a link about helping in various ways:

<https://www.gov.uk/help-refugees>

The local info on donation of clothing and other essentials for refugees is:

<https://www.brighton-hove.gov.uk/content/life-events-and-communities/migrants-asylum-seekers-and-refugees/how-help-refugees-brighton>

COVID: Update re virus levels on Zoe App COVID symptom study

<https://www.youtube.com/watch?v=GuYiVvDtOI0>

Virus levels in the UK are rising steadily, which is disappointing when it is summer and there are good levels of UV. Rises are likely due to removal of all safety measures by government in England, though rest of UK has retained some simple rules. The UK still tops most of the charts for virus level per 100,000 people and deaths.

Crowds mean Covid and there have been many large events organised. Covid is going up in teenage children as expected with return to school in Scotland (mid August). There is an expected rise in COVID among those who are vaccinated – the antibody levels are decreasing after 5-6 months for both AstraZeneca and Pfizer vaccines. Israel’s Covid levels in the most highly vaccinated country are attributed to lowered vaccine efficacy, though the decline is gradual and vaccination is still vital for one’s own health and to protect others.

“But you, O Lord, know my path... I cry to you, O Lord. I have said: ‘You are my refuge, all I have in the land of the living.’ Listen then to my cry for I am in the depths of distress.” Psalm 142

From the Archives: Cycle Camping in the Western Isles, 1991 — Patrick Bond

TUESDAY 30th JULY 1991 [Note: Jonathan was 16, Aidan 14, Thomas 8]

My diary:— "A fine, hot day: though the air here is always fresh. Ravishing views across the Sound of Mull from camp site at Fiunary, right on the water's edge. Beach dark stones. Cattle browsing further along.

09.30 ferry from Lochaline across to Fishnish, on Mull. Route: Tobermory to Dervaig to Salen and back to Fishnish. Around 50 miles. Stupendous achievement by all, especially Tom, in view of many steep hills, long gradients, fearsome series of uphill switchbacks out of Tobermory, and downhill, just before Dervaig.

Road to Tobermory a bit boring, though the verges are full of flowers: harebell, hawkweed, clover, eyebright, bedstraw, heather, fireweed, bugle, red loosestrife, and orchids and ferns in the higher forest banks. Tobermory packed with tourists. Many posh yachting types, English. Sharp hills out of Tobermory. Waterfalls and rapids just next to road. There are so many here! The mountains shine with silver threads of water. Many roadside rocky banks are dark with water dripping.



Very exhausting climbs, followed by long steep descent into Dervaig. Tom loves descending, though this one gave him a painful blister on left palm. No road signs back to Salen, road steeper than expected, all very tired, morale low. Last six miles to Fishnish like cycling through treacle. Home about 7.00 pm. Midges a fearsome problem on site: anything but a definite steady breeze and they come in clouds".

Aidan, diary entry: "The weather was very good. Hot and sunny. So we put a load of stuff in our panniers, eg. clothes, lunch etc. and caught the ferry to Mull. We ended up doing over 50 miles. We went through amazing countryside. And up hills that never ended (eg. 7 U-bends in a row, 100's of feet in one blow!) It was fairly hard work for the first day, but weather never ceased to be incredible. Got back very satisfied. Ate some food (so did the midges!)"

This was an extraordinary day's cycling. We were not travelling light: although the tents and sleeping bags were still at Fiunary, we had loaded up all our cooking gear, packets of dried food, paraffin and extra bottles of water, just to simulate what would come later (i.e. taking the tents with us), and see if we could manage it. The early part of the day was rather stressful, with flying ants taking to the wing in huge numbers as the farmers cut the hay alongside the road to Lochaline, in balmy, sunny weather: we cycled with teeth firmly shut, eyes asquint, and heads down, and still found ourselves plastered in them!

Another cause of stress was the traffic zooming around on the main road to Tobermory; it came in waves, as the big ferries docked at Craignure and disgorged day-trippers from Oban. I must admit to being infuriated by those car drivers who persisted in "shaving our legs" as they passed by. With the bikes heavily laden, wobbles are hard to correct; and of course Thomas could wobble even without any luggage.

The flowers on the roadside verges were amazing. There were many more species than I could identify, and they were everywhere in great profusion. Towering above us were hills and more distant mountains, whose every gulley was marked by dark lines of streams which glittered in the sunlight like a net of silver water cast over the rock. Alongside the steep uphill climb out of Tobermory was a river, dividing into several channels, running over rapids and falls: an enchanting sound of dripping, chuckling, roaring, tinkling.

The sun shone all day, and the light was clear beyond anything one is used to in the south: a feature difficult to describe, but as if everything were softly illuminated with its own light; even in the heat of the day, there was no haze or shimmer, just a luminous clarity.



"How great are God's riches! How deep are his wisdom and knowledge! Who can explain his decisions? Who can understand his ways?... For all things were created by him, and all things exist through him and for him.

To God be glory forever! Amen." Rom 11: 33-36

Stella Maris: Story of the “Malaviya Seven”



When the ship *Malaviya Seven* was detained in Scotland, the crew were abandoned without wages. They were unable to return home for nearly 18 months. Here, Captain Ashish tells his story.

I remember the first visit by the Stella Maris port chaplain, Rev Doug Douglas. I was wary of the whole situation, the detention and the stranding, but Doug was smiling, cheerful, and ever ready to help us out. He was always full of joy no matter the situation!

Over the months, he was a regular visitor, to the extent of three to four visits a week. It was not only Doug who was helping us out – he would get his friends to accompany him! There was no dearth of people to talk to. Each visitor wanted to help us in their own way. There were weekly visits to parts of Scotland in Doug’s minivan, and ship visitor John Murray also took us out. There was always a sense of excitement amongst the crew about these visits.

From material support to moral support, Stella Maris was always there. I remember a situation when the diesel was running short and we had to cut down the running hours. Doug was always thinking one step ahead: places where we could get burners to cook food, heaters to keep us warm, were already lined up.

Whenever the crew was demoralised, there would be a new thing organised for us. We had regular outings – a horse riding event (courtesy of Stella Maris ship visitor Pam Millar), an archery event (ship visitor Pam and her husband Keith), badminton evenings at the local club (Pam and Keith), and several other outings to museums, art gallery, visits to churches and also to the charity ceilidhs.



The port chaplain brought in the local Indian community to help us out. Having local Indians on board regularly and talking to them helped us a lot. The crew was graciously invited to their homes or to movies at the local theatre.

One of the highlights was a visit to the local Football Club where we were given a guided tour of the stadium and boardroom. One of my most memorable visits from Doug was on Diwali, one of our most important festivals. He was wearing a bright red pullover, one suited to Christmas Day. We of course made fun of him but he took it all in good spirits.

When the battle became longer and no end was in sight, Doug used to keep us updated and tell us to keep our chins up. Through him, we were visited by the local MP for Aberdeen, and local media were kept informed. Bishop Hugh blessed the vessel and crew; and Bishop Robson, Stella Maris Bishop Promoter, paid us a visit, as did the senior management of Stella Maris, Mr. Martin Foley and Euan McArthur.

Although we were stranded and away from home for a long time, we were not alone. There was an implied assurance that as long as Stella Maris was present, justice would be served. I would like to end this by saying that had it not been for the Stella Maris team, the crew condition would have been far different in the end.

The bond between the Stella Maris port chaplain and the crew of *Malaviya Seven* has been so strong that crew made it a point to get together to meet the Port chaplain Doug on his visit to India.

<https://www.stellamaris.org.uk/donate>



“How many are my foes, O Lord! How many are rising up against me! How many are saying about me: ‘There is no help for him in God’. But you, Lord, are a shield about me, my glory, who lift up my head. I cry aloud to the Lord. He answers from his holy mountain.” Psalm 3

CAFOD prays for the people of Afghanistan



We are shocked and gravely concerned by the Taliban takeover of the capital Kabul and apparent control over the vast majority of Afghanistan.

The situation in Afghanistan is highly complex with decades of conflict that have taken a terrible toll on Afghan people, resulting in deaths, injuries and pushing families further into poverty.

CAFOD started working in Afghanistan in the late 1980s and a core

part of our work has been to prioritise women's rights, and support Afghani organisations committed to improving the lives of vulnerable and marginalised people, supporting them to earn a living.

The UN estimates that 80% of the Afghans forced to flee since the end of May are women and children now in desperate need of humanitarian aid – the basics of life: shelter, food, and clean water.

It is a rapidly changing and uncertain situation. We are doing everything possible to ensure the immediate wellbeing of local partners and the communities they serve.

Donations to our General Emergency Fund will enable us to act promptly when plans have been confirmed. <https://cafod.org.uk/donations>

Please continue to keep the people of Afghanistan in your thoughts and prayers.



A Prayer for Help

Almighty God, in our distress and grief, help us to remember that you love us.

We do not understand why this great disaster has happened, but help us to trust you.

Loving Lord, for those who have died, give them eternal rest; for those who are bereaved, comfort and console them; for those who are hurt, heal and strengthen them.

Lord God, enable us to help our suffering brothers and sisters in whatever way we can. Heavenly Father, be with us now and always. Amen.

(Diana Ng-Sutherland, CAFOD)

Faith in Action Day 11th September: REGISTER NOW



Join us for an online day of talk and prayer to learn more about this year's climate talks, Pope Francis' call to action and how people in the Amazon region are leading the fight to care for our common home.

The countdown is on.

In a few months, the UK will host the largest gathering

of world leaders ever to take place on British soil: the 'COP26' climate talks. Our government has a vital role to play in leading global efforts to tackle the climate crisis.

But as citizens of the host nation and as people of faith, we have an important role to play too.

This is the time to come together, build a community and act.

Do not miss our Faith in Action Day 2021, on Saturday 11 September, 11am—4pm.

<https://cafod.org.uk/News/Events/Faith-in-Action-Day-2021>



“Open to me the gates of holiness: I will enter and give thanks. This is the Lord's own gate, where the just may enter. I will thank you for you have answered, and you are my saviour. The stone which the builders rejected has become the corner stone. This is the work of the Lord.” Psalm 118



Red Admiral on Hemp Agrimony

It comes down from the Father of all light... James 1: 17

I am sitting outside as the afternoon sun burns my head one minute, then disappears into a cool brooding gloom. A strong north-easterly wind keeps gusting through the ash and sycamore trees on Love Lane, behind our house: it makes a giant sighing noise – a threat, or hint, of gales to come.

Within a few feet of me, blue tits keep flitting on to the feeders. Some are flashes of brilliant azure in flight, but when they land the sunlight makes their yellow-green chests glow like gold. Some of the younger great tits are dazzling too, their grey, white and black patterns recalling the zigzag camouflage of warships in the Great War.

The robins, however, keep their appearances short and humble: they are deep into their annual moulting, and their breasts are not red and bold but look more like sponge pudding, a blotchy effect like spotted dick. The shame of it seems to make them less aggressive at this time of year.

Butterflies keep tumbling into view, in the strong breeze. Mostly they are Small White, but a Speckled Wood (*right*) did me the courtesy of stopping for a moment. This allowed me to identify him, whereas in flight he is like a jet-propelled firework. A week ago, two Speckled Woods engaged in an aerial combat in the yard. This aerobatic display consisted of a tight circling formation, opposite each other, like the hands of a demented clock going round and round at crazy speeds. They came slowly towards me, passed by my head at about a foot distance, and disappeared round the corner. The males defend their territory with vigour!

The big sliding doors on to our “patio” (our crumbling crazy-paving) are often left wide open in the nice weather, and large bumble-bees and red admiral butterflies make their way inside and have to be carefully shepherded out. Earlier in the year, a young blue tit came in and was making a great flutter against the glass. He had to be coaxed gently out, but he went willingly.



Yesterday however, the rather haughty woodpigeon who considers himself King Almighty of the flagstones under the bird feeders (and is willing to fight off all-comers, including the three-legged squirrel) hopped into the house and strolled through into the kitchen. I found him standing on the window-sill, pretty cool under the circumstances, looking down his nose at me as if to say, “Well, are you going

to open this window for me, or aren't you?”. I took the hint.

As I finished writing this, a loud humming and bumbling sound made me look round, and there was a shining Rose Chafer beetle (*Cetonia aurata*), its brilliant metallic green wing-cases almost fluorescent, and shimmering gold where the sun caught it. It was an unexpected miracle.



www.wildlifetrusts.org

**While I sleep, O Lord, let my heart not cease to worship you; let my sleep be permeated by your presence, while creation keeps watch, singing psalms with the angels, and taking up my soul into its paeon of praise.
Gregory of Nazianzus (329-389)**



www.aphotofauna.com

Trivia answers (from p.3)

1. Donald Rumsfeld (1932-2021) Pentagon Press Briefing 21 Feb 2002.
2. Stephen Fry (1957-) *The Liar* (1991).
3. Oscar Wilde (1854-1900) *The Importance of Being Earnest* (1895).
4. W.S. Gilbert (1836-1911) *Ruddigore* 1887.
5. Charles Dickens (1812-1870) Uriah Heep in *David Copperfield* 1850.
6. P.G. Wodehouse (1881-1975) *The Inimitable Jeeves* (1923).
7. Mae West (1892-1980) *The Wit and Wisdom of Mae West* Joseph Weintraub 1967

“Let us give thanks to the God and Father of our Lord Jesus Christ, the merciful Father, the God from whom all help comes! He helps us in all our troubles, so that we are able to help those who have all kinds of troubles, using the same help that we ourselves have received from God.” 2 Cor 1: 3-4