



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 fifteenth "apart but together" e-newsletter (18th October 2020)

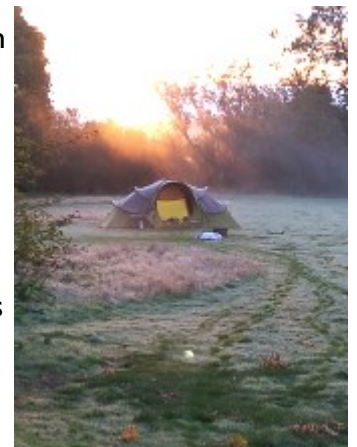
"Because where two or three have come together in my name, I am there among them." Matthew 18

Give back to God what belongs to God (*Matthew 22*)

Barbara Bond

I have just spent a week, thanks to corona virus, under canvas. The original plan was to be studying on a Greek Island, but instead I found myself camped in a field near Pett Level (between Hastings and Winchelsea). The first night there were 40 mph winds, and several nights it rained without stopping. I can report that, as I had the right kit and am relatively young and healthy, I could cope with the challenges.

I had the chance to be eating breakfast under the stars, with Mars setting in the western sky, and Venus and the Moon high in the east; to watch oystercatchers bob and run over the sand, hear the cries of curlew fill the air, and see the colours at sunset fill the wide sky.



You who turn storms into gentle winds

And troubled seas into tranquil waters

**You who make yams grow
And bananas blossom**

Wash our people with justice

Teach us with righteousness

Speak to us daily

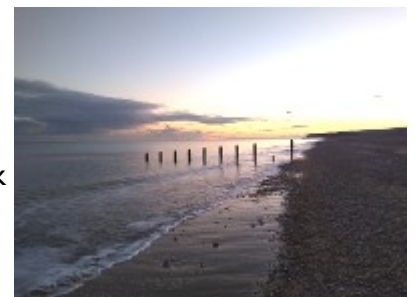
Strengthen us to serve you

Christian Conference of Asia

As we were indoors during the day, I also had the chance to dry my damp socks and towels on a village hall radiator, and to make cups of tea all day without firing up my camping stove.

My thoughts turned to people living in the open when it's not their choice: homeless people, those displaced by war or natural disaster, and other refugees.

We support St Anne's Day Centre and SVP, but beyond that sometimes we are called to speak out for social justice: what belongs to God.



"The King's good servant, but God's first" (St Thomas More).

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

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

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

Next issue out on 31st October. Send your thoughts about life, parish and Coronavirus: short pieces (about 300 words) before Friday 30th October to me, Barbara Bond: bond_barbara@ymail.com

Novena to Saint Francis, for a world under threat

Nine brief reflections asking St Francis of Assisi to pray for us and our world, based on his beautiful *Canticle of the Sun*. This novena is a song of penitence and praise, guiding us to care for the earth and for our most vulnerable sisters and brothers, especially the Amazon peoples. They are under grave risk from coronavirus, given their fragile situation, often in remote locations far from government services.

Communities with whom we work are reporting a sharp increase in predatory attacks on land. People smugglers are also active and those being trafficked are in more danger than ever, having no access to healthcare.

The pandemic shows us that "we have not heard the cry of the poor and our seriously ill planet" warns Pope Francis, describing this as "a time to choose what matters and what passes away". (*Urbi et Orbi*, 2020).

<https://cafod.org.uk/Pray/Prayer-resources/Novena-to-St-Francis>



Fifth prayer: Fire

"We praise you, Lord, for Brother Fire, through whom you light the night. He is beautiful, playful, robust, and strong." (St Francis of Assisi)

"The gift we have received is a fire, a burning love for God, and for our brothers and sisters." (Pope Francis, homily, 6 October 2019)

Creator God,
your flames blaze yet leave us whole.
But our fires destroy at reckless speed;
great forests fall beneath our feet.
Forgive us for our part in this.

St Francis, you loved wild places,
the trees and all their birds within.
May we protect each blade of grass,
be mindful of each breath of air.

St Francis, pray for us

Editorial Note: we will print one prayer of the Novena in each issue: the ninth will appear on 12th December... God willing! You can see a short, one minute video presentation for each prayer at:

<https://cafod.org.uk/Pray/Prayer-resources/Novena-to-St-Francis>

Visit to RHS garden at Wisley

Irene Green

We visited on Thursday this week to this place of excellence. I have been an RHS member for decades. The site has had many new areas developed over that time and is constantly changing (They are moving the veg garden and fruit demonstration sites). The biggest development since our last visit was in the siting of the entrance, the gift shop and magnificent garden centre. The garden is well worth a visit at any time, it is open year round. Autumn colour is magnificent. We walked around for four hours, so were well exercised too.

<https://gardentickets.rhs.org.uk/rhswi/sessions.aspx?>



"O all you works of the Lord, O bless the Lord... And you, all you breezes and winds, O bless the Lord. And you, fire and heat, O bless the Lord... And you, all plants of the earth, O bless the Lord." Daniel 3

Poor Clares move monastery – plus deceased nuns! Frances Low

A community of nuns in rural Wales

have just held a public auction of many of their monastery's belongings as they await an imminent move; they will exchange a rural lifestyle for city living.

The Poor Clare Colettine Community has been in Hawarden for ninety years but in the face of mounting bills to restore and maintain their property, they have discerned that the time is right to move. Thirteen sisters will be setting off from Wales over the summer to join four attached to a parish in Nottingham.

An extraordinary aspect of the move is that they are also planning to disinter the eighteen sisters in their cemetery for reburial in Nottingham. Mother Damian was adamant that that had to happen: "As a community we asked, 'Will we take the cemetery with us?'... and the reply was: 'Of course we will, we wouldn't dream of leaving them here!'"

What has this piece above got to do with me? Well, one of my oldest friends is a Poor Clare with those very sisters moving their monastery! She sent me an email recently, as this month is the 51st anniversary of her baptism at St. Peter's in Hove, with my mum as her sponsor! I have visited Ty Mam Duw (House of the Mother of God) many times and stayed in the guest house, attending the Offices of the day, and Mass with the sisters. Of course, they are 'enclosed' so our meetings were through a grille but it mattered not. News, memories and thoughts were easily exchanged – we go back a long way!

Ty Mam Duw has moved to Marian House in Nottingham, they are still little sisters, with a bigger community and new friends, trying to build something new together. They are still cloistered, still barefoot (socks in the winter!), still poor, still cheerful and still offering prayers for us all.

What do Poor Clares do?

"People know we pray! Specifically, we are asked what we do in the gaps marked common work on our 24-hour service report! Well, we work – together, as far

as possible. Clare says, *Let the sisters work diligently after the hour of Terce in a manner that does not extinguish prayer. We are like you and we love each others' company; we are all so different, and making caring and sisterly friendships in the humble and loving dimensions of our vows, is the work of a lifetime. We like to talk and sing and laugh and make things together. In the framework of our real poverty we want every sister to become not merely good or better, but the very best sort of person she can be, and we are encouraged to share the gifts the Lord has given us with each other.*"

So what is a 'usual' day?

"One of the most distinctive features of our day is that we go to bed twice every night, which has the slightly distressing corollary that we get up twice too. Why, one wonders, when morning appears with such impressive regularity, does it always take one by surprise...? The extra getting-up exercise is to enable us to sing Matins, the Church's Office of

Readings, with the mercy chaplet and possibly Adoration, between 23.00 hours and 00.45, We say the offices of the order throughout the day and do our work, eat, clean, etc.!!"

With grateful thanks to the wonderful sisters for all their prayers
— Frances Low



**We still believe, as one heart and mind,
We are a rainbow family, children of the
wounded, singing Saint Francis.
Children of Saint Clare, the lady with the
mirror under the Cross.**

**Children of Saint Colette, the pilgrim of
truth.**

**We belong to the family of the Roman
Catholic Church
in which there are no foreigners and no
strangers.**

**We are here for the Lord, and we are
here for you.**

**'May the Lord be with you always and
may you be with him always and in every
place'**

"O Lord, grant us salvation; O Lord, grant success. Blessed in the name of the Lord is he who comes. We bless you from the house of the Lord; the Lord God is our light." Psalm 118: 25-27

Community News

Eventbrite booking for Mass inside at St Patrick's

Irene Green

Keep the church website to hand: <https://www.ololandstp.org/> and to make a Mass booking at St Patricks for each Sunday, use the link <https://www.eventbrite.co.uk/e/st-patricks-sunday-mass-tickets-120007661145> We request you book if you want to attend Mass on Sunday at 9am at St Patrick's, indoors from now on. It is also possible for you to unbook yourself, or to get in touch with the organiser. If you know people who do not use internet and who want to attend contact Fr Benny, Irene or Bernadette. ololandstp@outlook.com berskin@hotmail.com icgreen@ntlworld.com

Last Sunday 11th October we had 10 people who had not booked come to church, which is challenging for stewards. We are still learning how to get the seating and distancing just right. You may see a tape measure being waved around! Please come early. If you book and are not there a couple of minutes before 9 you may lose your space.

VENTILATION: All windows and doors will be open to give fresh air movement inside the church. This week, we were going to have an air extractor fitted at St Patrick's to increase air movement inside the building. Replacing fresh air in the church every 10 minutes gives us a healthier environment for all users. Work has been delayed until first days of November for reasons of factory lockdown and difficulty in obtaining a component but more urgently because the engineer has had to self isolate. He discovered he had been in contact with a client who had tested positive for COVID 19. This is disappointing news but we hope the second date will work.

We will keep safe. Face, Hands, Space.

Church hire

The diocesan health and safety team have produced detailed guidelines re use of the church for Mass, by small groups, or use / hire by organisations like Slimming World. The guidelines focus almost entirely on keeping users safe from COVID-19. Approval has been given to St Patricks to hire to slimming world.

We have some ways to go to produce combined standard operating procedures which we all must understand and adhere to. This permission has taken three months – yes, 3! Discussions started in July, but national organisations and insurance companies were then unable to deal with numbers of enquiries. We hope we can get Slimming World group settled before the next lockdown.

Private outside groups are not allowed to hire the church, but we can apply for approval for organisations who can produce detailed risk assessments and insurance cover.

St Patrick's fund raising since June has tipped the £1,500 mark. We hope to have one more event in November. We have chutneys and other preserves, lavender and some Christmassy things. Ideas please, re home made cards, candles and anything else are welcome. berskin@hotmail.com

Diocesan annual volunteer forum

will take place online on Saturday 7th November

10 am	Finance
10.30 am	Safeguarding
11.30 am	Health and Safety
12.00 pm	Gift Aid

Covid Corner

EastSussexCountyCouncil@public.govdelivery.com for local coronavirus advice.

Libraries will open from Monday 19th October

<https://www.brighton-hove.gov.uk/your-brighton-hove-email-newsletter> to sign up for fortnightly newsletter

16th October Covid count

Covid in Brighton and Hove 724 active cases; Daily new cases in the UK 29,426

Active cases in the UK 363,468 — Rise in cases is linear not exponential

“Tremble, O earth, before the Lord, in the presence of the God of Jacob, who turns the rock into a pool, and flint into a spring of water.” Psalm 114 (113A): 7-8

I qualified as a state registered nurse in the 1960s and my first job, after leaving hospital, was to be the full-time living-in nurse at a holiday camp in Somerset.

On arrival I was led past rows of little chalets, the last one of which was my bedroom and consulting room combined. I started in mid season because the previous incumbent had fled without giving notice. I had not a clue what to expect but had the misplaced confidence of youth.

Which was just as well because one of my first jobs was to judge a Beautiful Baby contest. As it was raining the competition took place in an empty chalet which soon filled up with babies, toddlers and expectant mothers. I could just squeeze inside the door and as I couldn't move, had to try and spot a likely winner from there.

As far as I could see, the prettiest was a little tot at the back with a mass of beautiful curls so that's the one I chose. Mum forced her way through to the front for the prize and I finally saw the winner close up... and the most unattractive black eye under the curly mop. I tried to ignore the looks from the mothers filing out... Actually I didn't make many mistakes but I still feel guilty about that one.

There were other memorable events beside all the usual aches and pains – a cook cut through the web area between finger and thumb; a holidaymaker had a heart attack playing football; I was attacked by a member of staff and rescued by another; and to top everything, the local health inspectors were called in when we had a food poisoning epidemic during the Old Age Pensioners week.

The Camp Manager was a very worried man. But nobody died... and at the end of the season I left to start midwifery training.



School staff thanks and appreciation

Irene Green

On Wednesday 14th Oct. our daughter-in-law tweeted (see right) and I would like us all to think of the extra work and care by school teachers and other staff to make schooling possible and safe here too.

In Scotland, schools reopened on 10th August – yes, that is normal. Their autumn term is l-o-n-g. Teachers have been

stressed preparing for re-opening and this has not been reflected onto pupils. Teachers have covered for absent colleagues and are pretty worn out. Financial support for extra measures has not been great.

Morag's tweet has been liked by press, the medical establishment including those in public health, politicians and TV journalists, many of whose names you would recognise. It's gone viral, over 3,000 likes as I write on Friday evening. Morag is a GP in Edinburgh. When she married our son Peter she kept her maiden name since all her medical achievements were as Dr Reid. I encouraged her too!

Morag Reid @docmog

Please can we have a good news story about schools in Scotland? Almost half term and like many parents, I am relieved and full of gratitude to teachers and other staff. No fuss, no widespread disruption. Sporadic cases in Edinburgh dealt with smoothly, excellent communication.



Monthly Ecumenical Prayer Group – Monday 26 October at 8.00pm, 40 minutes on Zoom
Everyone is welcome, especially members of other local churches, and anyone is welcome to lead the Group if they want to – just let me know. Ignatian Meditation, Lectio Divina, and any other ideas around prayer welcome. Please feel free to join as and when you can, there is no commitment.
If you would like to join us please email me, Tracy Stickland tracy.stickland@gmail.com for a link.

“They are happy whose life is blameless, who follow God's law! They are happy who do his will, seeking him with all their hearts... I will thank you with an upright heart, as I learn your decrees. I will obey your statutes: do not ever forsake me.” Psalm 119: 1-2, 7-8

Healing and Hope

The Season of the Quince

Bernadette Skinner

In 2010 Irene started to plant fruit trees in the grounds at St Patrick's. The ground is awful with virtually no soil, and a pickaxe was used by husband Michael to dig the holes... Nevertheless compost was added and the trees were given a chance.

The following year quince, plum and crab apple were planted. All are struggling except the quince which has thrived and produces masses of fruit. However... what do we do with it? A kind Woodingdean lady had already given us a different variety of quince and we'd made jelly, jam and chutney for our sale table.

Now we had more fruit. A lot more and the birds were attacking it. So, more jam, jelly and chutney and still we had loads. What to do? In the end I put a help-yourself box outside our house, which was emptied very quickly by those who appreciate the fruit. Another box went to the DBC community shop in Warren Road, and a big bag went to a delighted St Wulfran's parishioner so our quince were ecumenical.

Quince belong to the apple and pear family but can't be eaten raw. Marmalade comes from *marmelo*, the Portuguese word for quince. It's a fruit full of pectin so can be added to fruits with less, to help setting. Add it to apple pies, chicken dishes, make a sauce for pork, even infuse it in gin for a digestive tippie. Leave a bowl of them on the sideboard for a wonderful autumnal smell. All in all a wonderful addition to St Patrick's.



From the Plant & Jam Sale

Maureen Buni

My lovely Cosmos, very small plants a few months ago when I bought them. Greatly admired.



My plants have grown & provided a lovely colour in the garden.



The jam was very much appreciated by my husband. He remarked, "Just as good as my mother used to make!!" As I said to Bernadette, he never said that to me! But then, who would argue with a man & his mother!!

Keep safe everyone. Best wishes to you all.



Trivia Interlude – Various: Who said, or wrote: – (see p.7 for answers)

1. Well, if I called the wrong number, why did you answer the phone?
2. I left the room with silent dignity, but caught my foot in the mat.
3. Something nasty in the woodshed.
4. A neurosis is a secret you don't know you're keeping.
5. Insanity is hereditary. You can get it from your children.

"The fear of the Lord is holy, abiding for ever. The decrees of the Lord are truth, and all of them just. They are more to be desired than gold, than the purest of gold, and sweeter are they than honey, than honey from the comb." Psalm 19 (18): 10-11

Afterthoughts

Seeking Serenity

Patrick Bond

In God alone is my soul at rest; my salvation comes from him Ps 62:2

As the days shorten rapidly, this side of the autumn equinox, it would be easy to be overtaken by gloom and worry. And as our national response to the Coronavirus gets more confused and confusing, mainly because we still don't know enough, it is easy for spirits (mine, at least) to become dismayed.

However, *The Lord is my light and my salvation... There is one thing I ask of the Lord, only this do I desire: to live in the house of the Lord all the days of my life, to gaze on the beauty of the Lord, to seek him in his holy Temple.* Ps 27:1,4

I don't have a Temple, but the back garden, mysteriously, is the place where my spirits are quietened, so that I can listen properly. The sheer abundance of nature never fails to trick me into keeping still, long enough to listen with my heart.



On a day of not-exactly grey, not-exactly cold, not-exactly gloomy skies, I study my back garden. The Virginia Creeper growing all over the garage has flushed into every tone of lemon, apricot, and wine-red. The leaves on the cherry are turning between orange and bronze, while the apple tree is vibrating with a shimmer of weather-beaten copper. Bindweed retains its obstinate blue-green, though many leaves have gone to yellow; but even now, in mid-October, its large pale bellflowers reflect the matt-white sky, though the huge visiting bumble bees which came all through September have disappeared.

In amongst the brilliant red lava-flows of the Creeper, where it festoons down my neighbour's dark cypress hedge (more a battlement, two storeys high), a certain small bird leaps back and forth feasting on the tiny black Virginia Creeper berries. It moves with a silvery flash, emerging from the recesses of the evergreen branches to peck energetically at the berries, then disappearing instantly. This is the Blackcap, normally detected by its beautiful, warbling song; and at this time of year, by its piercing *phweet*. The male has a steel-grey mantle on neck and breast, light underparts, and a distinctive black pudding-bowl toupee which sits exactly above the eyes. The female has a rufous brown cap.



I am fascinated by this little apparition, and in that moment of wonder I am in a sacred place, listening with my heart.

And this word: *Thou shalt not be overcome*, was said full clearly and full mightily, for assuredness and comfort against all tribulations that may come.

God said not: *Thou shalt not be tempested, thou shalt not be travailed, thou shalt not be afflicted;* but He said: *Thou shalt not be overcome*.

Mother Julian of Norwich, 1342-1420

Trivia answers

1. James Thurber (1894-1961) *New Yorker* cartoon caption, 5 June 1937. **2. George Grossmith** (1847-1912) and **Weedon Grossmith** (1854-1919) *The Diary of a Nobody* (1894). **3. Stella Gibbons** (1902-1989) *Cold Comfort Farm* (1932). **4. Kenneth Tynan** (1927-1980) *Life of Kenneth Tynan* by Kathleen Tynan (1987). **5. Sam Levenson** (1911-1980) *You Can Say That Again, Sam!* (1975)

***"The law of the Lord is perfect, it revives the soul. The rule of the Lord is to be trusted, it gives wisdom to the simple. The precepts of the Lord are right, they gladden the heart. The command of the Lord is clear, it gives light to the eyes"* Psalm 19 (18): 8-9**