



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 <https://www.ololandstp.org/> **Note: times not confirmed, please check**
 MASS is streamed live from Our Lady of Lourdes : 09.30 Mon, Tues, Thurs, Fri this week, preceded
 by Recitation of the Rosary; **Vigil Mass** Saturday 18.30 ; **Sunday Mass:** 6th Sunday of Easter 10.30
 Church open for Private Prayer: Tues, Fri: 10-10.30 (Divine Mercy on Friday)
St Patrick's – Mass on Sunday 9th May 9.00 am – "Love one another as I have loved you"

EASTER BLESSINGS, ALLELUIA!

Welcome to the twenty-ninth "apart but together" e-newsletter (9th May 2021)

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

On Loving

Barbara Bond

"Remain in my love" (John 15)

I was counting down the shifts until my much anticipated escape to a week under canvas in the Forest of Dean when I was brought back to reality in a really stark way. One of my recently retired colleagues was referred into our care.

We were all a bit shell shocked and the conversation turned to how many lives she had touched; she had even cared for some of the relatives of fellow team members and left an abiding memory of her care and compassion.

She is also endearingly scatty. I remember spending ages looking for a chart which she had accidentally locked into a cupboard and she is about the only person to whom you would respond to the situation by giving her a hug and checking she wasn't totally exhausted.



*Will you let me be your servant,
Let me be as Christ to you?
Pray that I might have the grace
To let you be my servant too.*

*We are pilgrims on the journey,
We are travellers on the road,
We are here to help each other,
Walk the mile and bear the load.*

*I will hold the Christ light for you,
In the night time of your fear,
I will hold my hand out to you,
Speak the peace you long to hear.*

David Haas

As we have not long marked Vocations Sunday, my thoughts turned to the calling to a life lived in the service of others. In today's Gospel Jesus says, "You did not choose me: no, I chose you; and I commissioned you to go out and to bear fruit, fruit that will last".

I suspect that we all know someone who stands out as a role model, of how to live with the commandment to "love one another" at the very core of who they are.

It is, I think, a pretty big ask – there are so many challenges. Maybe the only way to do it is one moment at a time.

The newsletter appears fortnightly. For the next issue, please send contributions by 21st May (just before Pentecost Sunday) to Barbara Bond: bond_barbara@ymail.com

CAFOD: Covid-19 in India – Deadly Second Wave



India is facing a devastating second wave of coronavirus. The country has confirmed more than 20 million cases and more than 200,000 deaths. This number may be only the tip of the iceberg.

The pandemic has put a strain on the medical infrastructure of the country, with hospitals unable to cope with the influx of patients.

CAFOD has already pledged £400,000 to our partners Caritas India. They will be distributing medical kits and setting up temporary treatment centres as well as providing PPE to frontline health workers. We are also helping families to provide home-based care for mild cases, raising awareness of the vaccine, and how to avoid further spread of the virus.

The Church is doing all that it can to reach vulnerable families.

Father Paul Moonjely, Executive Director of Caritas India, said in a letter to the Caritas family: "Our frontline health workers and volunteers are working round-the-clock to keep up with the pace of health measures – heart-breaking messages and haunting images highlight the formidable second wave of the coronavirus pandemic raging through the country.

"The Church in India has lost many of its faithful laity and religious brothers and sisters in their pursuit to serve the distressed population. There is a strong urgency to reach out to the strained and stranded population that has been dispossessed and isolated. We are faced with a massive challenge of preventing our healthcare system from further collapse until enough people can be vaccinated to significantly reduce the flow of patients."

*Lord God, loving Creator,
You fashioned us from clay,
And breathed life into us.
We are made and loved by
you.*

*The Spirit of God has made me,
And the breath of the Almighty
has given me life.*

*Heavenly Father,
Your Spirit fills us with hope
And lights the path to fullness
of life:*

*Hear us, as we cry out to you,
uncertain and afraid.*

*In your mercy, Lord,
Grant us the strength to
rebuild*

*When all seems lost,
And the courage to reach out
to those in pain.*

Prayer: Linda Jones/CAFOD

Caritas India are responding in some of the worst-hit areas:

Bihar, Karnataka, Maharashtra and Delhi.

Caritas India are working with the most vulnerable households and communities, helping them to survive this terrible crisis. "But it is clear this support must go beyond supply of oxygen, to things like making sure healthcare professionals have access to PPE, and vulnerable groups and households have access to clean water and food."

We are once more asking you to donate to

our Coronavirus Appeal if you can. We are only able to provide ongoing support to those worst affected by the coronavirus pandemic because of your generous donations. Father Paul Moonjely adds:

"The flood of new infections has already overwhelmed the healthcare system, leading us in to a helpless but not a hopeless situation. On behalf of the Catholic Church in India, may I make an earnest appeal to all the members of the Caritas fraternity across the globe:– to come together in solidarity, and encourage the community of faithful institutions and people of goodwill to contribute generously to this humanitarian call, and express our solidarity at this crucial moment."

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

"I give you a new commandment: that you love one another; you also must love one another just as I have loved you. By this everyone will know that you are my disciples, if you have love for one another."

John 13: 34-35

This is the first of three pilgrimages Derek and I have planned. It is 36 miles along the Thames from Windsor to Caversham, although we did about 42 after a diversion!

We did the Camino in 2017 as a specific Prayer Pilgrimage but this time we just want to see what happens, where we are led or what we learn. It may be to understand Mary better, we're not sure. We intend remembering everyone's needs of prayer as we walk along... We are not taking a list, so that it makes us really think about all the people in our lives and concentrate on their needs.

Fr Paul Turner gave a lovely Blessing on Saturday 24th 10.00 Mass at St Tarsisius including the Prayer of Our Lady of Caversham, already something we have now learned about!

Both feeling really excited about the prospect of the walk. Father's words about watching nature as we go along were so relevant to us. On the Camino Pilgrimage we constantly stopped to look at bugs, flowers etc. And I had to sit down so often or walk so slowly, that wildlife often came up to us!!



Monday 26th April: we took a taxi to Windsor Castle and started our Pilgrimage!

It's basically been flat walking along the Thames Path. Social distancing and masks required near the towns but otherwise all very peaceful, calm and contented.

We came across St Mary Magdalen Church where there was a piano happy to be played for a short while before carrying on.

There were several Swans calmly and peacefully nesting right by the pathway! The local

Communities had put up little fences and notices asking people to keep clear. What a delight that was.

We had beautiful views everyday, it's surprising how calming and peaceful walking miles can be. I think the overwhelming feeling was one of 'everything just lifting off our shoulders'... Everything worrying and stressful just dissipated and left us with only nature.



It was a tiring walk, peaceful and calm but also satisfying to achieve our goal. The weather behaved, and we had a much appreciated welcome at the The Shrine which is a purpose built chapel attached to the Church of Our Lady and St Anne's at Caversham, Reading.



A parishioner there kindly unlocked the Church and showed us round. It turns out that she's written a small booklet about it which she's going to send us.

There is a lot of speculation and rumour about the original location of the shrine; however, a recent discovery seems to suggest it was at a place called Deans Farm, which is now a housing estate not far from the current chapel.

Prayer to Our Lady of Caversham
All holy Mother of God,
who in the ages of faith did receive in this holy place
the veneration of our fathers,
pray for us that we may grow
in God's grace,
and may be led to the knowledge
and love of your Divine Son
who, with the Father and the Holy Spirit,
lives and reigns, world without end. Amen

"If you ask me anything in my name, I will do it. If you love me you will keep my commandments. I shall ask the Father, and he will give you another Paraclete to be with you for ever, the Spirit of truth..."

John 14: 14-17

St Patrick’s Sale Table this weekend after Sunday Mass 10 – 13.00 9th May 2021 –

Seedlings: Fiorentino beefsteak tomatoes, cherry tomatoes (several types), courgette rocket chives mint lettuce kale spinach oregano sage

Plants: Sweet William, cerinthe, oxalis, marigold, bedding pinks, primula, nicotiana lime, Ammi visnaga, cosmos, calendula, borage, antirrhinum

Pink Scented Geranium, scilla peruviana, Drosanthemum Hispidum (succulent shrublet), Yellow Daisy Euroyops (half hardy bush), Money Plant

Brachyglottis (Shrub with yellow flowers) silver grey leaves,

Dahlia, Allium, Cyclamen hederifolium, purple salvia, Cape fuchsia, Heuchera, Epimedium, Lily of the valley, Crocosmia, purple Heuchera, Iresine, Aloe vera, Salvia red cardinal, White Japanese anemone, scented climbing rose, tradescantia zebrine, diascia

Food: banana bread, blueberry and orange cake, rhubarb and almond cake, chocolate cake with peanut butter icing, cheese scones, Cornish chunkies, fruit scones, quiche vegetable dairy free, other...

Jam: fruit jams rhubarb, damson, blackcurrant, gooseberry, mulberry and apple, loganberry, blackberry and apple, redcurrant jelly (fruits all home grown!!). We also have Seville orange marmalade.

Bric a brac: jewellery, scarves, many decorative household knick knacks, boxed sets cups, mugs, puzzles, Lighting, picture frames, demijohns, art easels, piano stool, new stool, typewriter, amazing eclectic mix of interesting goods.

And freebies

Virus levels and common sense

In the UK, lockdown and most people’s common sense about protecting themselves and others from COVID has led to a great decrease in virus transmission in recent months <https://covid.joinzoe.com/data> and see the most recent: <https://covid.joinzoe.com/post/covid-under-control>

“Active cases” in Brighton and Hove is estimated to be 41, a rise from last week, but when data is low the confidence limits on it are very wide.

HOWEVER while numbers of cases are low and decreasing in some countries, world wide at this moment the number of people infected by coronavirus is the highest ever recorded since 2020.

This means the pandemic is peaking and not decreasing in other continents.

We have to live with this virus forever, the world is very interdependent and has to collaborate – “I’m alright Jack” won’t work. It doesn’t work anyway for those with a moral compass.



**Cupressus Bark: any use to anyone?
Irene**

It’s a bit odd— but we have this tall stump of a Cupressus in the garden - it was taking over, cut decades ago. The bark is peeling off as long strips, over a foot wide and about 8 feet long!

Not sure if it may be good for an insect hotel?



“Whoever holds to my commandments and keeps them is the one who loves me; and whoever loves me will be loved by my Father, and I shall love and reveal myself to that person. Anyone who loves me will keep my word, and will be loved by my Father, and we shall come and make a home in that person.” John 14: 21, 23

May we be full of Hope and Aspiration

Barbara Bond

I have been away on a Qi Gong camp! For me it was a pilgrim space to let nature recharge my batteries and reflect on – and let go of – some of the tough stuff from the past year.

We arrived at May Hill (in Gloucestershire) on May Day. One of our fellow campers had been up to the top to see the May Day sunrise.



We didn't make it up there for several more days but the panoramic view of Wales, Herefordshire, the Malverns, the Cotswolds, the Forest of Dean and the shiny snaking Severn was breathtaking.

An amazing cloudscape suggested it was raining everywhere except the top of our hill!

We have had every season: may-blossom drifting down in dappled sunshine became hailstones. A rainstorm of epic proportions was heralded by a bright eerie light and ended in a double rainbow. Our tents have even

been enamelled with frost.

Nature won't be held in check though, and we have shared the site with foxes and deer, blackcaps, meadow pipit and even a goshawk.

Cloud obscures this morning's sunrise but as the light grows so does the anticipation of another day full of nature's gifts.

Our group, by chance, was all women – it was indeed a very nurturing space. As we did our last Qi Gong session together, the goshawk came and hunted overhead, silver in the sunlight. I took great inspiration from the time – listening to the stories we wove around the fire. Together, in compassion, we can support each other on the journey.



Barbara's Pagoda Tent



Beechgrove: TV Gardening for Addicts

Irene Green

I am watching "Beechgrove" gardening programme on BBC iPlayer for 2020, and it is broadcast each week from BBC Scotland Thursdays 20.00 (yes I record it).

It is the Scottish equivalent of Gardener's World. It has four presenters including Chris Beardshaw. His garden high in the Cotswolds has conditions equivalent to those in Scotland, he says. I particularly like the reports from the Royal Botanic Gardens Edinburgh which I have visited at least 100 times in the last 20 years. For people who like carbon neutral activities you can follow the work from the gardens of Scone Palace.

I see the programme when in Scotland and have been to Gardening Scotland, which is the equivalent of the Hampton Court Flower show for Scotland.

This year the Beechgrove team are working on a huge variety of wild flower trials, including soil equivalent to turf, which has wild herbaceous perennials growing. I like their use of mesh on low, home made cloches, to keep harmful insects like cabbage white butterfly off brassicas. It also improves the quality of any crop.

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

1. Some circumstantial evidence is very strong, as when you find a trout in the milk.
2. Going to court is just an expensive habit.
3. (an attempt is made to write a cheque on a cow) – "Was the cow crossed?" "No, your worship, it was an open cow".
4. Die? My dear Doctor, that's the last thing I shall do!
5. (Recorded message on Australian tax helpline) If you understand English, press 1. If you do not understand English, press 2.
6. The Norwegian language has been described as German spoken underwater.

"As the Father has loved me, so have I loved you. Remain in my love. If you keep my commandments you will remain in my love, just as I have kept my Father's commandments and remain in his love." John 15: 9-10

Line of Duty – my interest in side issues

Readers of the *Tablet* may have been surprised last week to have, on the cover, a photo of actor Adrian Dunbar who plays chief superintendent Ted Hastings in the very popular “Line of Duty” series scrutinising and prosecuting fellow police officers. I am interested in peripherals e.g. the fact that Adrian Dunbar was born in N Ireland (should be obvious) and in the county town of Enniskillen where I went to school (even small county towns had 4 secondary schools, Catholic or Protestant of each sex).

The catch phrases used by Adrian Dunbar became much loved and commented upon in social media, but I remember all of them as being common parlance – an expression of surprise – in my youth. ‘Mother of God’, ‘In the name of God and his Holy Mother’, Jesus Mary and Joseph – were in daily use by Catholics and used to effect by the character Hastings.

Adrian Dunbar has also made a beautiful programme for Channel 5 of Coastal Ireland and recently hosted *Have I got News For You*. The writer Jed Mercurio was a former hospital A&E doctor. With Italian parents he would have been familiar with all the Catholic references especially to Mary.

Co-star in the series, Martin Compston, who has appeared in *Monarch of the Glen* among others, was being challenged on Twitter for comments on the Scottish elections this week. It was alleged from his home in the US, however he did publish a letter to Scottish address with associated powerful put down. Seems this trio would have been comfortable together, which makes work including acting much happier!

A Tale of Modern Woe: Michael Green’s account – for social media – of his transaction with HSBC brought out many horror stories from others – frustratingly time consuming; and can be very worrying for some. We have several bank accounts, this was a small one for a specific purpose.

- 1) The fight against fraud: An unusual but legitimate transfer from our #HSBC account got flagged up as a suspect fraudulent transaction
- 2) Fair enough, glad they are on the ball.
- 3) I got a text to phone the HSBC Fraud department
- 4) I phoned and spent 15 minutes on hold with a lady saying “Your call is important to us”
- 5) Gave up and we went for a walk
- 6) Came back and tried again. Spent 30 minutes on hold with “Your call is important to us”
- 7) Gave up and had dinner
- 8) Tried again, sitting down watching television for as long as it took.
- 9) Over 60 minutes of “Your call is important to us”
- 10) Eventually someone from the HSBC overseas call centre answered. Spoke quickly with a strong accent.
- 11) I am afraid that I am old and deaf. Nevertheless, we slowly made progress for about 20 minutes as I was asked and re-asked questions on some endless form
- 12) Then I accidentally pressed some button on my receiver and was cut off
- 13) Started again the next morning
- 14) Tried to log into our bank account to check details of the offending transaction. Discovered it had been suspended
- 15) Better progress at 0800, only 5 minutes of “Your call is important to us”
- 16) Unfortunately, I could not understand the overseas call centre agent at all. She was unable to speak slowly or clearly
- 17) After 10 minutes she lost patience with me and put me back in the “Your call is important to us” queue
- 18) After 15 minutes someone else answered
- 19) Over 20 minutes it was slowly established I would have to go to a branch in person with photo ID etc.
- 20) Drove to the branch. Manager was really helpful and ran the necessary checks
- 21) But then he had to phone through to authorise the transaction
- 22) The manager was given 24 minutes of “Your call is important to us”
- 23) Eventually someone answered and asked him questions for about 10 minutes
- 24) Then I was put on the line to answer questions. The lady was very difficult to understand and eventually I had to put the manager back on the phone to translate for me.
- 25) Eventually she agreed to reactivate the bank account and authorise the transaction.
- 26) Drove home
- 27) Next morning account was open again and the transaction had gone through. Total time over 5 hours
- 29) Final irony, the helpful branch which sorted it out is being closed this week

“This is my commandment, that you should love one another, as I have loved you. No one has greater love than to lay down his life for his friends. You are my friends if you do what I command you.” John 15: 12-13

“Off on the Road to...” – Pilgrimages Abroad Frances Low

I have been very fortunate to have been on some inspirational pilgrimages abroad – in the days when we could fly anywhere! I think three places have remained in my mind – full of joy and blessed memories.

Fatima in Portugal was an early pilgrimage for me. It is a Marian Shrine commemorating the appearance of Our Lady to three young children. It was a peaceful place forty years ago with devout pilgrims and wonderful services. We saw many older pilgrims approaching the site on their knees and prostrating themselves as a devotion to Mary. Many elderly women wore traditional dresses in those days! We visited the ancient city of Coimbra where one of the children then resided as a nun – Sister Lucia. We visited her convent and had tea but of course no visits as it is an enclosed order. She died in 2005 and was about 97 I think.



The highlight of my pilgrimages was the Holy Land one which I did in 1983! So long ago, when Israel was not so extreme politically. I travelled with an Anglican Group from Chichester – they were delightful and had been joined by other Anglicans. The Leader was a delightful, spiritual priest. We visited all the Holy sites in



Jerusalem, Bethlehem, Nazareth and wherever Jesus had travelled in Israel. We had mostly Palestinian guides and stayed in Arab-run hotels! Lovely food and great kindness. Prayer services every day, and an Orthodox Mass! I re-read my Holy Land Diary recently – here are some highlights:

Jerusalem – Dome of the Rock – ‘Marvellous blue mosaics around octagonal walls, and a fantastic golden dome. The third holiest place in Islam. The actual rock where Moses was asked to sacrifice his son, is inside the building, downstairs and can be viewed. Everything was ornate and beautiful – all for the glory of God.’

Garden of Gethsemane – ‘Lovely Church of the Agony of Jesus in the garden before He was betrayed by Judas. The church is guarded by Franciscans. We had an evening Prayer Walk – The Maundy Thursday Walk – from St. Mark’s Syrian Church (scene of the Last Supper), to Gethsemane. We walked the route that Jesus took, in silence, stopping only for prayers. Very moving.’

Church of the Holy Sepulchre – ‘At the Greek Orthodox Chapel we viewed the site of the Crucifixion. Lovely altar and a moving moment. I knelt with my cross at that spot. There were several other chapels inside run by Coptic, Syrian and Armenian orders.’

Capernaum – ‘On the shores of Lake Galilee and site of a magnificent old Synagogue. A beautiful spot surrounded by bougainvillea bushes. On to the Mount of Beatitudes to read the passage from the Bible. A wonderful spot and so easy to imagine it in Biblical times.’

Jericho – ‘Last day of the year with an unforgettable excursion by Cable Car to the Fortress of Masada with its enormous fortifications built by Herod for his troops. We walked down!! On to the Dead Sea for a bathe and then on to Qumran where the Dead Sea Scrolls were discovered. The ancient city of Jericho was surprisingly green with orchards of lemon, orange, papaya and banana trees. Palestinian refugee camps surrounded the city, and on the drive back we saw Bedouin groups tending their sheep in the Judean Hills.’



Caesarea Philippi – ‘The Epiphany – we saw the Source of the Jordan. We walked up to the site where Jesus made his speech to the disciples (Mathew 16: 13-19). We read the Bible and sang a hymn. The area was so peaceful and teeming with birds and animals. We drove on to the Golan Heights near the Syrian, Lebanon border areas. Littered with deserted, shelled villages, and still some Druz strongholds.’

This was a most memorable journey – we met so many good people and we all returned home inspired by the scenes, the prayers and the places of the Bible. Deo Gratias!

“When that day comes you will ask in my name; and I do not say that I shall ask the Father on your behalf, for the Father himself loves you because you have loved me, and believed that I came from God.” John 16: 26-27

Afterthought

The Work of the Garden

Patrick Bond

After the cherry tree two weeks ago, the apple tree has now come into blossom: bees are bewitched by its fragrant smell. They go from one flower cluster to the next, busy with the business of honey. I too am enchanted. I place my chair in the garden to write, and to breathe the heavenly smell. In this morning's sunshine I only need three warm layers and a jacket! In the front garden, planted last year, a Malus

'Profusion' (Crab Apple), is now covered in reddish-pink blossom.



The chief business of birds at the moment is baby birds. Blackbirds, robins, starlings and goldfinches are all suddenly accompanied by new, more fluffy, versions of themselves. These are fledglings: they have flown the nest, are equipped with very good wings but have little idea how to feed themselves. They mercilessly chase their parents, with beaks a-gape. The gape, enhanced by a vivid yellow colour inside, triggers a reflex in the adult – to chuck food in. It's unmissable. By contrast with the plump-looking fledglings, the parents are now scruffy, thin and harassed. Often they simply flee, with their child in hot pursuit.

The Arctic air-mass which has lingered through April, bringing frost almost every night in our garden, is slowly dispersing. I am taking full advantage of today's hot sun: tomorrow's forecast

includes rain and severe winds. I shall remember this spring for its strange, suspended growth. The cherry, and now the apple tree, have come into bloom very slowly, flourishing all day in the sun, then locked down and paralysed with cold through the icy nights. During days of bright sun and little wind, the blossoms have stood motionless in air so cold and clear that it seemed crystalline – like flowers in a still-life painting.

The revelation this week has been the incursion of a full-grown fox, a female I guess, which made a calm and deliberate circuit of the garden, twice, at about five o'clock one morning. She is quite familiar with this place, by her manner; she poked her nose into various



Feeders with various anti-squirrel measures and starling, perched on the coconut half

spots, sniffing and thinking, then padded on to the next point of interest, her paws placed delicately and with precision. Certain baffling events are now explained — the coconut half which blew down during the recent stormy night and was lying on the grass one minute, vanished the next.

I accept her visitation (within limits!) along with all the other rarely seen visitors and inhabitants of our garden — field mouse, rat, toad, frog, slowworm, grass snake, bat in due season, hedgehog in hope, mole, quail (once), sparrowhawk... Not forgetting the worms and fungi of the unseen kingdom underground. They, like the bees, have work to do here.



Trivia answers

1. Henry David Thoreau (1817-62) diary, 11th Nov 1850. 2. Keith Richards (1943-) Barbara Charone *Keith Richards* 1979. 3. A.P. Herbert (1890-1971) *Uncommon Law* 1935. 4. Lord Palmerston (1784-1865) E. Latham *Famous Sayings and their Authors* 1904. 5. Anon. *Quote of the Week* in Mail on Sunday 30th July 2000 6. Anon. *Cassell Dictionary of Humorous Quotations* 1999, ed. Nigel Rees

"I have given them the glory you have given to me, that they may be one as we are one, I in them and you in me, that they may be perfected in unity, so that the world may know that it was you who sent me, and that you have loved them just as you have loved me." John 17: 22-23