



St. Patrick's Church

Broad Green/Cowley Drive Woodingdean BN2 6TB

St. Patrick's Newsletter



Our Lady of Lourdes

Whiteway Lane Rottingdean

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

MASS is streamed live: 09.30 on Mon, Tues, Thurs; 09.15 Fri; Church open for Adoration from 08.55 Mon and from 08.30 Tues, Thurs, 08.15 Fri; for Adoration or Divine Mercy/Private Prayer Tues 10-10.30, Fri 9.45-10.15.

Vigil Mass Saturday 6.30 pm ; Sunday Mass: 10.30 am followed by Blessing of Graves

St Patrick's – Mass on Sunday 7th November 9 am, 32nd Sunday in Ordinary Time

2nd collection: Retired Priests' Fund

Welcome to the 41st "apart but together" e-newsletter (7th November 2021)

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

On Giving What You Can

Barbara Bond

This poor widow has put in more than all (Mark 12)

Several weeks ago I went up to Cambridge to support some of the Half Marathon runners with a post-race shiatsu massage – and as it happened, a bit of last minute fancy dress construction.

I need to have a role at events like this because I find spectating very emotional! For various reasons I found myself at the last mile "cheer point" when the amazing pace runners for the 2-hour 30-minute runners were shepherding their group through.

It was an enormous "lump in the throat moment". These are often people taking on the challenge for a charity that has touched their lives. Their determination shines through, as well as the way in which the participants, often strangers at the beginning of the 13.5 miles, encourage and help each other. There were people half carrying their teammates, and one man even vaulted the barrier to massage the legs of a guy with severe cramp. Yes, a big tear did roll down my cheek.

The fancy dress construction resulted in one of our runners (my daughter, Kate) being interviewed for local radio. When I listened back to this interview what was even more moving was hearing one of the orange-wigged Dementia UK runners explaining how running enabled her to live well with her illness.

In this week's Gospel, as Jesus teaches about the real value of the poor widow's penny, I have been reflecting on that penny. Although His focus is on the Treasury, perhaps the true riches that we can share, and that can mean so much in the lives of others, are open hearted generosity of spirit, and compassion.

**Teach me, Lord Jesus, to be generous:
to serve You as You deserve;
to give, not counting the cost;
to fight, not heeding the wounds;
to toil, not asking for rest;
to labour, not seeking any reward,
save that of knowing
that we do Your will. Amen.**



The newsletter appears fortnightly. For the next issue, please send contributions by Friday 19th November to Barbara Bond: bond_barbara@ymail.com

Laudato Si' Action Platform

“Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light” (LS 246)

On 14 November, the World Day of Prayer for the Poor, the Laudato Si' Planning Guides will become available. This is the beginning of the Laudato Si' process. These guides will help you discern and implement your response to the Laudato Si' goals:

- Response to the cry of the earth
- Response to the cry of the poor
- Ecological Economics
- Adoption of Sustainable Lifestyles
- Ecological Education
- Ecological Spirituality
- Community Engagement & Participatory Action

You are warmly invited to use the resources as you discern the next steps in the journey ahead.

<https://laudatosiactionplatform.org>



Lord, when we listen with your ears, we hear: the bush grown more silent, the birdsong less vibrant, the stream's sluggish ripple.

Have mercy and open our ears.

Lord, when we look with your eyes we see: the soil depleted, the sky smudged, the oceans rubbished and the great currents slowed.

Have mercy and help us to see.

Lord, when we look with your eyes we see: the workers who struggle to get by, the women subjected to violence, the people who are excluded.

Have mercy and help us to see.

Lord, when we listen with your ears we hear: the sound of hungry children, the distress of the mentally ill, the silent pain of homeless women and men.

Have mercy and open our ears.

Send your Spirit upon us Lord: to renew our sight, to restore our hearing, and to reclaim your reign of justice for all people and peace for creation. AMEN

The Laudato Si' Action Platform is a space for institutions, communities, and families to learn and grow together as we journey towards full sustainability in the holistic spirit of integral ecology.

You are warmly invited to join this community. Your unique “culture, experience, involvements, and talents” are needed on our journey towards greater love for our Creator, each other, and the home we share. (LS 14)

The Laudato Si' Action Platform is a unique collaboration between the Vatican, an international coalition of Catholic organizations, and “all men and women of good will.” (LS 3) Taking a truly ground-up approach, it is rooted in the strengths and realities of communities around the world, empowering all to take “decisive action, here and now” as we journey towards a better future together. (LS 161)

Action is urgently needed. Our Creator called the human family to be the steward of creation, but we have neglected that call. Our hotter, dirtier, deader planet is driving up the risk of suffering. The most vulnerable suffer above all.

“Bring the whole human family together... for we know that things can change” (LS13)

Laudato Si' calls us toward **sustainability in the spirit of integral ecology.**

At this kairos moment, we are responding to the call for healing in our relationships with God, our neighbours, and the Earth itself. Through the Laudato Si' Action Platform, we are walking the “path to renewal” together (LS 202).

“We human beings are united as brothers and sisters on a wonderful pilgrimage” (LS 92)

“Your love, Lord, reaches to heaven; your truth to the skies. Your justice is like God's mountain, your judgments like the deep. To both man and beast you give protection. O Lord, how precious is your love.”

Psalm 36

Will new Covid cases soon reach 100,000 per day?

As well as the official Government figures on Covid, there are two other major studies: (1) The Zoe Covid symptom study, led by Kings College London, is ahead of all others in predicting the number of cases and in understanding the changes in symptoms of the current delta variant vs early 2020 coronavirus. If you want to join this study, you can find information at <https://covid.joinzoe.com/home3>. (There are advantages, especially re PCR testing.)

(2) The second major study comes from the Office for National Statistics. It measures Covid case numbers by selecting and testing a random sample of the population. This takes longer but picks up Covid positive cases with and without symptoms.

The Government publishes figures each day which are lower than the other studies: 37,629 new cases on November 4th. In contrast, the Zoe study estimated the number of new Covid cases on November 4th as 86,401.

The difference arises partially because people are not reporting results of lateral flow tests, or even PCR results on the appropriate app, website, or phone line. Also, the government haven't changed their advice on symptoms, so that insisting people only have a Covid test if they have appropriate symptoms can reduce apparent numbers by nearly 50%.

<https://www.youtube.com/watch?v=Hc7A1bVuSjU>

Masks to protect you from them

The parish newsletter last week emphasised that we should respect others and wear a mask in church. Thank you mask wearers. Luckily in this country there isn't huge discrimination against mask wearers as for example in the US, where mask wearing is often a political statement. Here I have seen it amusingly, but not totally accurately described as an IQ test!

Some people are exempt from mask wearing because they have health conditions. They can choose to be in the congregation, though take a risk. Visors do not replace a face mask. They are typically used in intensive care to protect the eyes of the doctor, nurse or other. Staff are always wearing a mask over their mouth and nose.

Although masks are largely to protect others from your exhaled virus laden droplets, most of us ordinary people also want a mask to protect us against germs of any sort from other people.

Disposable masks are a necessary evil, so last year we perused mask type, number of layers, fit to face, fit to bridge of the nose and how stifling they were to wear. In the Green household we like KN95 (FFP2) masks. Husband wears glasses all the time and finds that the metal strip on the nose makes the mask fit well to prevent steaming up of glasses.

We both want protection from others, so that we like the alleged 95% removal of particles of 3µm. This is much bigger than a virus, but viruses don't float around alone, they are in aerosol droplets.

We have worn these masks continuously for up to 8 hours when travelling, changing trains, going through station shops, waiting rooms etc. I used to buy these at £2 each at the chemist who no longer keeps them, so I have to buy online. The bad news about the high filtration masks is that they are disposable, not washable, and are costly, but we re-use with care for a few times...

The booster vaccine uptake is not sufficient to prevent unnecessary covid infection hospitalisation and death. The government is leaving it up to us to take care. That has never happened in the past when it came to ruling out smoking in public places or wearing seat belts, it will only happen when mandated.

The booster vaccine really works

The third dose of Pfizer/BioNTech vaccine reduced COVID-19-related hospitalization by 93%, severe COVID-19 disease by 92% and COVID-19-related death by 81%, compared with only two doses received at least five months prior. Read more, on this link from Israel: <https://bit.ly/2YgEpeS>

“My God, the sons of men find refuge in the shelter of your wings. They feast on the riches of your house; they drink from the stream of your delight. In you is the source of life, and in your light we see light.”

Psalm 36

Highgrove Visit

Bernadette Skinner

In early September we combined looking after our grandchildren while their mother was taken on her 40th birthday treat, with a couple of days 'holiday'.

I'm a great fan of Prince Charles and had long wanted to visit Highgrove House not far from where they live. I booked some months ahead for a 10am tour which is 2 hours long and estimated to be 10,000 steps. Security is tight but not prominent and no photos are allowed except in the car park area at the front of reception. Phones must be turned off.

Our guide was a local lady full of knowledge who obviously had lots to say about flora, fauna, history and 'the boss', Respect for him was paramount.

The nearest town is Tetbury but I didn't fancy staying there and found a local pub a mile from Highgrove... The Cat and Custard Pot. With a name like that, I just had to book it. We were told that 'the boys' used to walk across the fields to have a drink there. After our tour, followed by coffee and cake and the all important souvenir shop, we went to explore Malmesbury. Tetbury has traffic and tourists but Malmesbury seems to have escaped both although it is very beautiful and immersed in history.

Malmesbury is on a hill which was a perfect stronghold. It was wrested from the Britons by the Saxons and became the first Borough. Alfred's grandson, Aethelstan, the first king of England, is buried in the great abbey. The abbey was a famous centre of learning where the first organ was built.

Only a third of the abbey remains but it is a thriving place both for worship and community activities. In school holidays chairs are removed to allow skate boarding!!! I wonder who thought of that? There's an excellent shop and comfy chairs and sofas for coffees and light lunches, none of which takes away from the feeling that it's a church.

We enjoyed the feeling of the town so much we returned the following day to visit the abbey gardens and the museum.... and another all-important coffee before driving back to grandparent duties.



Highgrove elephants – made from an invasive Indonesian weed.

Our 2nd St Patrick's parish walk

Frances Low

This took place on 15th October. We walked from Woodingdean in good, sunny weather. Windy but...! To keep dry was an achievement!

Train me, God, to walk straight; then I'll follow your true path (Ps 86)

We walked from the car park on the Falmer Road along a well marked track leading round to Standean Bottom. Wonderful views over the fields and hills bathed in sunlight. All different shades of green. The trees turning red and gold. Plenty of sheep around enjoying their food!

We stopped for a few minutes at the bottom of the track near an old barn; part of the original Balsdean farm complex, now not used. It was good to reflect on the beauty of the land and how precious it is. A drink of water to help along the way as well! Turning south-west, we then ascended gradually (and slowly!) along the track with views of Bullock Hill and the remnants of sunflowers. En masse! It must have been lovely in summer with the flowers and lots of insects, birds – all enjoying a feast.

He covers the heavens with clouds; prepares rain for the earth; he makes grass grow on the hills. He gives to the beasts their food, and to the young ravens that cry (Psalm 147)

We returned to the car park just as heavy cloud came over so we had the best of the day. Only 6 of us but a friendly and enjoyable walk! Revived our spirits. Very many thanks to those intrepid walkers who accompanied me. There will be another one next year to mark Lent. Please look out for details!! We hope you will come and support these events.



“Begin a song to my God with tambourines, sing to my Lord with cymbals. Raise to him a new psalm; exalt him and call upon his name... I will sing to my God a new song.” Jud 16

Housekeeping St Patricks

We have extra **black recycling boxes** outside the kitchen at St Patrick’s, these were left over from the changeover to wheelie bins for recycling. We need one for glass, but don’t need the others. If you can use, please take away. I use boxes left over at our house to store tubers and roots frost free overwinter but they also have attractions for growing vegetables, herbs, ornamentals or storing stuff.

Thank you to everyone for **jam jars, plant pots, and 1 pint milk cartons**. We have sufficient now for the next months. Without these we could not make so many preserves.

If you test positive for Covid and have been at St Patrick’s for Mass the previous Sunday, please let us know. If you remember who was sitting in your vicinity we can alert people to do lateral flow tests or get PCR test for peace of mind. We are very happy that so far that the church aeration, air conditioning and mask wearing seems to have been effective at reducing any spread.

Virgin Active at Falmer is closing from 19th November, I was just ready to go back after keeping away since March 2020. My fitness will suffer. Anyone want to run classes like pilates, body combat, at St Patrick’s? Get in touch with Bernadette berskin@hotmail.com



Japanese Aralia or Paper Plant - Fatsia Japonica

Ethel Hobden RIP

Sadly we recently said goodbye to another of St Patrick’s founding parishioners – Ethel Hobden of Cowley Drive. Ethel passed away on 30th September at the Sussex County after having a serious fall while out shopping.

Having moved to Woodingdean in the early 60s, Ethel was one of the small group of Catholics who attended Mass at Fitzherbert School and worked so hard to help establish St Patrick’s Church. For the next 50 years she was a regular at Sunday mass, with her sons Michael and Andrew, and was an active member of the parish community.

Ethel was born into a large family in Carrick-on-Suir, Ireland. She followed her older sisters (including former parishioners Ann Claridge and Kay Wheeler) to England in the mid 50’s to do her nurse’s training at the Brighton General. She had extraordinary energy and continued working as a night nurse until her mid 70s.

Auntie Ethel was a fun, outgoing character with a big heart. She did so much for her family, friends, neighbours and the parish and will be deeply missed by all who knew her.



Respect our waters – Clean rivers and seas – The UK record on sewage

Be infuriated about the privatisation of water leading to decades of profits going to shareholders in water companies. Water companies including Southern Water have not been keeping up with changing rainfall and investing in better infrastructure. This has recently led to the disgraceful parliamentary vote which was passed by the government, allowing water companies to keep their profits and discharge raw sewage into rivers and the sea. If the Daily Mail online is this upset it must be bad – 400,000 examples of such sewage contamination last year. See <https://bit.ly/3nVkJ0V>
For news from Parliament I recommend looking at Hansard <https://hansard.parliament.uk/>

“Blessed are you, O Lord; teach me your commands. With my tongue I have recounted the decrees of your lips. I have rejoiced to do your will as though all riches were mine. I will ponder all your precepts and consider your paths.” Psalm 119: 9-16 II (Beth)

More Community News

Blessing of Graves in local cemeteries this Sunday 7th November, a short prayer service led by local clergy at 2.30 pm. All welcome. N.B. Service at the Our Lady of Lourdes Garden of Remembrance will follow 10.30 Mass on 7th November.

Parish Mass for Deceased Parishioners: Saturday 27th November at Our Lady of Lourdes, 11 am.
Deanery Station Mass on Monday 8th November at 7 pm, celebrated by Bishop Richard at Sacred Heart Church, Norton Road, Hove BN3 3BF

What's On in three local churches:

Woodingdean Holy Cross, especially Friday food hub and Friday morning drop in for all

- <https://www.woodingdeanholycross.org.uk/events>

Woodingdean Methodist Church, Tuesday men's club

- <https://woodingdeanmethodistchurch.co.uk/>

Downs Baptist Church, Thursday fellowship group at 2pm (hosted at the Holy Cross Church)

- <https://downsbaptistchurch.org/community/>

Parishioner Douglas d'Enno is proud to announce the availability of his **Brighton at War 1939–45**, the first full-length and in-depth study of the Second World War as lived in Brighton and its suburbs.

It contains a fascinating mix of photographs (many previously unpublished) and line drawings, all fully captioned, and includes extracts from a memorial roll of local casualties (civilian and service) which had lain undisturbed in Brighton's parish church for nearly 70 years.

The book records personal recollections of the war years based on interviews conducted by the author with local residents and incorporates a section on the role of Brighton's fishermen and their boats at Dunkirk - and the less well-known 'other Dunkirk' at St Valéry-en-Caux.

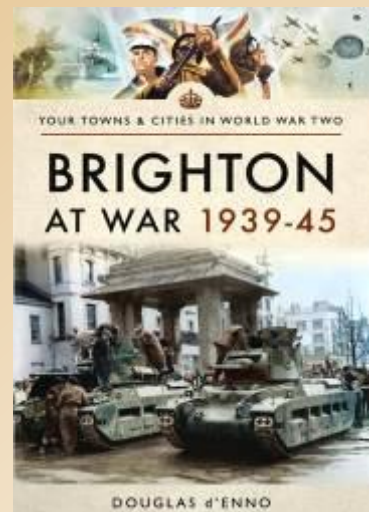
Long before war was declared on 3 September 1939, Brighton had steadily and carefully prepared for the coming conflict by building shelters, organising defence and rescue services, and providing the population with advice of its own or from government sources. These precautions stood the town in good stead when the first bombs fell on it in mid-1940 and during the many subsequent attacks.

The resort did not, admittedly, suffer as grievously as some other coastal locations, yet civilian casualties totalled nearly 1,000, with over 200 deaths recorded in the civic Book of Remembrance. Serious injuries were sustained by 357 and slight injuries by 433. This is not the first book to reveal the toll of the bombs locally, but it is the first to describe, in parallel, day-to-day events and societal responses during the nearly six years of conflict.

As elsewhere, restrictions often made life arduous for residents. Yet despite the hardship, the town's citizens even marshalled sufficient resources to 'adopt' two battleships and generously saved towards assisting with other wartime causes, such as help to our ally, Russia.

The hospitality trade and resort-related services suffered greatly during the periods when the defence ban on entering the town was enforced. In many respects, however, life went on largely as before, particularly in the spheres of entertainment, leisure and some sports.

The book shows in meticulous detail, in absorbing text and numerous pictures, how life in wartime Brighton was a struggle for many, but never dull. At present, it is reportedly available at a discount on Amazon and from the publisher (Pen and Sword) and from some local bookshops.



“Display your great love, you whose right hand saves your friends from those who rebel against them. Guard me as the apple of your eye. Hide me in the shadow of your wings from the violent attack of the wicked.” Psalm 17

National Board of Catholic Women hosted this webinar with Christiana Zenner - international lecturer. In the run-up to COP26, on 11th October I followed a webinar with Professor Christiana Zenner, author of *Just Water: Theology, Ethics and Global Fresh Water* (2018). She has also co-edited two volumes on sustainability and bioethics. Christiana Zenner is Associate Professor of Theology, Science and Ethics in the Department of Theology at Fordham University New York. Her research has been helped by the ecological turn in Catholic social teaching.

Water use considerations:

- You will think this is the ultimate renewable as you see the rain but in the home use shorter showers, less water to clean the car or water the garden
- Build up political will to use grey water to flush toilets – this question has been around since the 1970s, needs government action to force building regulations
- It is possible to use a condenser to get water out of the air on roof of houses
- Desalination currently too expensive
- Look at the food you buy. Think not only distance and packing, but the water used in making it e.g. using almond milk is water intensive if you change from cow's milk to almond milk. Could try oat milk.
- It's enough to make you go teetotal when you think it takes 32 gallons of water to make one glass of wine
- 1 lb of beef takes 2000 gallons of water to produce – eat more vegetables
- Be aware of the appropriate crops agriculturally but the appropriate plants for the climate in your ornamental and vegetable garden if you are lucky enough to have outside space.
- Rewilding some land is a good idea. Restoring animal species has unexpected consequences on rivers on flooding. Example was introduction of wolves in Yellowstone, they ate deer, trees grew back, beavers returned, diverted water courses, and preserved water.

Woodingdean uses water from aquifers, mining water, but it has to be replaced by rainwater percolating through the chalk. If this didn't happen sea water could enter.

Very much closer to home one attendee in the webinar chat said "We have just been told that our reservoir of water supply is at saturation point and a block has been put on all planning applications for house building that have not yet been approved. This is in Sussex." Has anyone come across this?

Kanji Project

<https://thekanjiproject.org.uk/>

The Autumn 2021 edition of the Newsletter is now available. Please send me (Patrick) a request and I will send the file by email.

patrickpbond@yahoo.co.uk

Telephone 07425-011341



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

1. Hollywood is a place where they'll pay you a thousand dollars for a kiss and fifty cents for your soul.
2. Being a writer in Hollywood is like going into Hitler's Eagle's Nest with a great idea for a bar-mitzvah.
3. Behind the phoney tinsel of Hollywood lies the real tinsel.
4. Hollywood is strange when you're in trouble. Everyone is afraid it's contagious.
5. I wish I'd given Spain a miss this year – I nearly plumped for a crochet week in Rhyl. I was going to have a stab at a batwing blouson.

"Have your minds ready for action. Keep alert, and set your hope completely on the blessing which will be given you when Jesus Christ is revealed." 1 Pet 1: 13

“Jar of meal shall not be spent, jug of oil shall not be emptied, before the day when the Lord sends rain on the face of the earth.” I Kings 17

It is the morning after “Bonfire” in Lewes, where I live. I did not attend, last night, still not fully recovered from my affair with the dentist (!) – but I could view two of the major displays from my window, and through binoculars I felt I had a ringside seat! Weather conditions were perfect: no wind, no fog, no rain. The sparks of colour flew up, burst and feathered out in white stars, green globes, and even heart-shapes of red. The latter seemed a poignant commemoration of the family, friends and acquaintances we have lost in the pandemic. Bonfire last year was cancelled – even last night there were 30,000 extra people in Lewes; but this year seemed a rather sombre re-start, a determined step into the future, whatever it might hold.



I am sitting, looking out into the back garden, which has finally turned autumnal – yellow leaves mixed with green in the apple tree, and a pale coronet of gold on the ground around it. The cotoneaster bushes are loaded with orange-red berries, which attracted a wandering redwing last winter. Many of the resident birds are extremely striking in their colours, with the red cheeks and yellow wing-flashes of the goldfinches, the luminous blue crowns of the blue tits (the feathers are not in fact blue, but the microscopic keratin in the feathers acts as a prism to light), and the pure whites and blacks of the great tits which draw the eye like spotlights in the dim morning. A great spotted woodpecker has returned, to pick at the sunflower kernels, looking vigorous and business-like, ever wary and quick to fly away.



Today, the sky is a thin blanket of white with hints of blue, but since I last wrote we have seen huge black cumulo-nimbus clouds with pure white shoulders in brilliant sunlight, colossal deluges of rain at night, dense enough to mask the streetlights in our road, and days of windy clarity and sparkling sunshine even though the sun is low down now.

For me, these are the blessings which “shall not be spent”, the deep peace of nature which surrounds and sustains us if we can pause to be one with it. Indeed we are part of nature, and we are ourselves part of that blessing which “shall not be emptied”. Do we know that? Can we love the natural world enough to respect it and change our current attitudes, before it is too late to save ourselves and the planet?

**Holy God,
holy and strong,
holy and immortal,
have mercy on us.**
— *The Trisagion, Liturgy
of St John Chrysostom*

Trivia answers (from p.7)

1. **Marilyn Monroe** (1926-62) J R Colombo *Wit & Wisdom of the Moviemakers*, 1979.
2. **David Mamet** (1947-) *Sunday Times* 1/8/2004.
3. **Oscar Levant** (1906-72) Laurence J Peter (ed.) *Quotations for our Time* 1977.
4. **Judy Garland** (1922-69) Simon Rose *Classic Film Guide* 1995.
5. **Victoria Wood** (1953-2016) *Mens Sana in Thingummy Doodah* 1990.

“There is one thing I ask of the Lord, for this I long, to live in the house of the Lord all the days of my life, to savour the sweetness of the Lord, to behold his temple.” Psalm 27