



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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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/UCc4VXBr3EOa43nCxxzB-Edw>

Welcome to the tenth "apart but together" e-newsletter (1st August 2020)

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

Against the Odds

Barbara Bond

These are the trials through which we triumph, by the power of him who loved us (Romans 8)

One feature of the past few months which I have found really sustaining has been having a "film night" with my daughter, who actually lives near Cambridge. We have taken turns to choose the film, and settled down in our

In Gratitude

Thank you, Father, for having created us and given us to each other in the human family.

Thank you for being with us in all our joys and sorrows, for your comfort in our sadness, your companionship in our loneliness.

Thank you for yesterday, today, tomorrow and for the whole of our lives. Thank you for friends, for health and for grace.

May we live this and every day conscious of all that has been given to us.

David Adam, Prayers in the Celtic Idiom

respective homes with an appropriate snack, for a bit of escapism, mobiles at the ready to exchange reactions and comments.

There are a couple of films which have left a lasting impression on me, both telling the story of people who have succeeded against great odds.

Marvellous tells the story of Neil Jones who was the kitman at Stoke City; and *Ride like a Girl* chronicles the life of Michelle Payne, who was the first female jockey to win the Melbourne Cup.

In both films the main character overcomes massive challenges and great adversity, but it is the people who support them that really provide inspiration and food for thought. Neither film is remotely religious; indeed in *Ride Like a Girl* the nuns and priest are the subject of gentle fun, but the power of faith, hope and love shines powerfully through.



Gatekeeper, July 2020

Mass at St Patrick's has now resumed: Sunday at 9.00am, in the enclosed garden for the foreseeable future. Please bring your own chair or blanket to sit on!

Send me your thoughts about life, parish and Coronavirus. Next issue out 15th August (Assumption of the BVM). Send short pieces (about 300 words) before Friday 14th August, to: bond_barbara@ymail.com

CAFOD Coronavirus Appeal

Coronavirus is a crisis that affects us all. It will take all of us working together to survive, rebuild and heal.

With you by our side, our local experts and community volunteers can ensure help reaches the most vulnerable communities on earth before the virus does.

How is coronavirus affecting vulnerable communities?

Families without enough to eat and without access to clean water, possibly living with HIV or other underlying health conditions, will be particularly vulnerable to coronavirus.



In the wake of this unprecedented crisis, we must stand together to not only survive, but to hold on to and rebuild the things we've worked so hard for – security, education, hope, and an end to generations of poverty and living hand to mouth.

We are working to help communities to rebuild, and survive the effects of coronavirus in the long-term.

We are adapting our long-term development work to ensure that people are able to continue to earn a living, and that children can continue their education in a safe environment.

£6 can buy a hygiene package for a vulnerable family containing soap, washing powder and reusable face masks

£33 can give a religious leader information about coronavirus, which they can share with their community.

£260 can write, edit and broadcast a 30-second radio advert sharing news about coronavirus with isolated communities.

The long-term effects of the virus will be devastating. In many countries, a strict lockdown means that many people will suffer a huge loss in income, pushing people further into poverty and putting millions at risk of hunger and malnutrition.

What is CAFOD doing to help people rebuild their lives?

Our mission has always been to work for a world where every woman, man and child can not only survive, but live independently, with dignity and hope.

How can I help?

In order to continue protecting and improving the lives of those in poor communities, your gifts are needed now more than ever.

Your continued support can:

Help parents feed their children and make a living.

Bring life-giving water into homes.

Give children the chance to go to school and grow up to be doctors, teachers, entrepreneurs and inspirational leaders around the world.

Help families rebuild by setting up a regular gift, or making a donation:

[Donate an amount](#) or go to

https://cafod.org.uk/donations/one-off?_Amount=5&_Appeal=121945

“Lord, let your love come upon me, the saving help of your promise... Do not take the word of truth from my mouth, for I trust in your decrees. I shall always keep your law for ever and ever. I shall walk in the path of freedom for I seek your precepts.” Psalm 119: 41-48 VI (Vau)

Alice has a difficult time adjusting to the curious version of croquet played by the Queen. The croquet ground is ridged, the croquet balls are live hedgehogs, and the mallets are live flamingos. The various playing cards stand on all fours to form the arches that the balls are hit through. As she plays, the Queen apoplectically shouts for everyone's decapitation.

The above quote from 'Alice in Wonderland' is not actually how croquet is played! It is a delightful summer game and was one of the first sports that were allowed to resume as the pandemic eased off.

It can be played as singles or doubles. It is played on a large court with 2 balls each player (1 in doubles) – red and yellow, blue and black. The task is to get through the 6 hoops! We use mallets – each player has his/her favourite.

In fact, I am only describing 'Golf Croquet' which is how most people start. It is easy to learn at the basic level - as you improve it may be thought of as 'chess on a lawn'. Shots can be hard and vicious, delicate and crafty. Planning is important in the tactics of the game. Names such as stop shot, stun shot, rush, clearance, cut rush – all feature.

The game is all consuming, sociable, fun and challenging. Try it! I play at Rottingdean, in the attractive Kipling Gardens, and at Southwick in a beautiful tree surrounded setting with seagulls calling, birds nesting and singing, squirrels bounding across the lawns, and this summer, three oyster catchers visiting. Very pleasant and relaxing.

Concentration is the key once you have mastered the basic shots and tactics. You just lose yourself in the game and your worries disappear – for a while anyway! Men and women play on equal terms. People of all ages play and can continue into their eighties and nineties. No retiring in this sport!

It is a healthy sport – fresh air plentiful, and it can be played all year. Players are mostly kind, sociable and fun! You make new friends and meet people of different ages and backgrounds. It is a game for enjoyment and relaxation. It can be serious and challenging – as you choose – but it is full of interest and fun, and will keep the body fit and the mind active.



Church Finances

Mike Lewis

Lockdown has demonstrated just how fragile parish finances can be. It seems to be the case that most people give through the weekly collection so, when they are not there, their money is not there either. For those of us who give through our bank accounts, at least our money is still there even when we cannot be. When we were young we did not think much about church finances; I certainly thought no further than the accepted wisdom of “the church is rich”.

We in St Patrick's are fortunate that our finances are more robust than most, partly because of the rental income from the former priest's house but substantially through the continuous fundraising carried out by a small number of people, led by Bernadette and Irene. That cannot continue indefinitely and it is difficult to see where their successors are: the over-seventies are unlikely to take on that commitment and younger parishioners just do not have the time, with families and both parents working.

Ultimately, we will have to reduce costs. One of the main costs all parishes have is the church building itself. Our outdoor Mass at St Patrick's makes me think that perhaps we should aim to have much simpler and cheaper buildings. Grand churches are not essential, although I recognise that it would be difficult to find alternative uses for the many listed buildings. We will of course have to have some sort of building, to keep the Sacrament and to cope with the vagaries of the British weather.

For now, let us be thankful that Bernadette, Irene and their helpers show such stamina!

“How many, O Lord my God, are the wonders and designs that you have worked for us; you have no equal. Should I proclaim and speak of them, they are more than I can tell!” Psalm 39

Community News

Plants and Jams fund raising in June and July

Irene Green

We have banked over £660 from our two weekend fund raising events in June and July – majority of funds are from the community.

Irene has a further £145 to give in to be banked for St Patrick's. It is composed of £76 money for plants sold to friends/parishioners in June, £45 for Sunday morning plants and jams last weekend 19th July, and £24 donations relating to the ceilidh we didn't have in March.

Thank you to the plant growers, fruit pickers and jam makers, stall helpers and parishioners and community for your generosity buying.

We may have a final fund raising event in September.

Plants this weekend include exotic dahlia, senecio, borage for bees, oriental poppy, parsley, thyme, oregano and rosemary.



Diocese advice on hiring church halls, & Opening up the church for Mass

Last weekend the diocese produced information of their own and from our insurer about re-opening church halls to groups who hire. At St Patrick's we might be able to accommodate groups (not singers or children's dance) – at the moment. Bernadette has been collecting input from parishioners about who, if, when, and mostly HOW we do this.

Cleaning rota

The diocese highlights cleaning and we think we can do this – at present we are considering volunteer cleaning rota, as we can't afford to pay an outside cleaner if we aren't making much money on hire. We will make a checklist to be ticked. We can clean most surfaces with concentrated washing up liquid and lots of changes of cloth which can be machine washed. Floors can be steam cleaned. We might buy our own if trials seem OK. Could you volunteer to be on a cleaning rota every 2 to 3 months? Let Bernadette or Irene know.

Air quality in church

Whether we are attending Mass on Sunday morning or inviting certain groups of hirers in we are all interested in air quality as well as cleanliness and social distancing. Read about air quality and virus here: <https://fivethirtyeight.com/features/how-to-make-indoor-air-safer/>



We have agreed to get more air throughput in the church by opening the back wall high windows which are currently a sealed unit. Bernadette is getting quotes which is not quick and easy (ever).

Air purification in church: Irene has been in communication with a local air conditioning firm – not about air conditioning-cooling, but about air filtration or replacing air in a room (6 air changes per hour). You can read various relevant things online. I have received recent information which I can't evaluate yet. You can see it by searching for key words: "panasonic nanoe x air purifier" or "panasonic nanoe x air conditioner".

There are free standing units for air purification e.g. AEG AX9 600 which might be an improvement, we would need two.

"Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places. He chose us in him before the foundation of the world, that we should be holy and blameless before him." Ephesians 1

Life in Lockdown

A Return to Mass

Mike Lewis

It is a huge step forward to be able to attend Mass at church again. I have been to the 6.30pm Saturday Mass at Our Lady of Lourdes, and to the 9.00am Mass at St Patrick's. Although in some ways the Mass is the Mass, the two were quite different experiences.

Mass at OLOL was in the church. As you enter you are greeted with alcohol wash for your hands. It reminded me of the ritual handwashing that I know the Moslems and I think the Jews perform before worship – a little reminder that we are all people of the Book. I was then escorted into the church and ushered to a seat in a pew. My first impression on entering the church proper was of lots of crime scene tape marking off every second pew. (I know that it is a different colour but that is just the way my mind works.) Mass followed the normal formulae in a quiet, contemplative fashion, led by Fr Benny in his normal cheerful, upbeat manner. After Mass, we all filed out carefully respecting social distancing.

Mass at St Patrick's was rather different. It was held in the garden and the altar was a basic folding table. There were candles on the altar but, as we were outside, nobody tried to light them. As we entered the garden we were required to use the alcohol wash on our hands but then we took our garden chairs to wherever we wished, maintaining social distancing of course. We ended up in a loose circle, very casual when compared with the careful positioning in the pews at OLOL.



Mass was again said by Fr Benny, this time assisted by Deacon Neil. It was not a quiet, contemplative Mass as at times we had to compete with the cars and buses on Cowley Drive and, at one point, an impressive amount of crashing as someone sorted out their bottle recycling. The casual outside grouping and the demands of coping with ambient noise and distractions made me wonder if that was what Mass was like in the early days of the church. It was a good Mass and a reminder that it is the people who are important, that the church building is much less important.

I enjoyed both Masses but which did I prefer? I have to say that I liked the "back to basics" Mass at St Patrick's.

**OUR VERY BEST WISHES TO FR BENNY WHO
CELEBRATED HIS BIRTHDAY ON 27TH JULY.
CONGRATULATIONS AND MANY HAPPY RETURNS!
– AND THANK YOU FROM ST PATRICK'S.**

*"Commit your life to the Lord, trust in him and he will act, so that your justice breaks forth like the light,
your cause like the noon-day sun." Psalm 37*

Community News (2)

Growing and Returning

Helen Day



We have continued to walk nearly every day, approx 3-5 miles and Learning Spanish for 110 days!!!
Update on the fire at our local Heathland in Surrey. We have started seeing beautiful new green growth all over the area. Shrubs have new shoots appearing all round the base. The trees are looking very

black and dead... but some have little areas of green at the top, so we are all hoping for the best!!

Mum (Teresa Ford), Derek and I all watched Fr Benny's online Mass this morning. As I watched Mass, it made me think about the parallels that were taking place between our Heathland and the Church.



We've had the devastation of the fire on our Heathland and in parallel the dreadful situation with COVID and our Churches closing. Our Heathland is springing back slowly and steadily.... just like our Churches, which started back with one priest online and now a few people allowed back in the Church

for a simple Mass. Everything steadily and calmly growing and returning.

Teresa (Mum) has continued with her 'growing things'... this time using plants from the St Patrick's Plant Sale... thank you for helping, Irene!



Teresa Ford, Helen's Mum

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

1. I have four sons and three stepsons. I have learnt what it is like to step on Lego with bare feet.
2. Mom and Pop were just a couple of kids when they got married. He was eighteen, she was sixteen, and I was three.
3. The opera ain't over 'til the fat lady sings.
4. Growing old is like being increasingly penalized for a crime you haven't committed.
5. After the age of 80, you seem to be having breakfast every five minutes.
6. As Groucho Marx once said, 'Anyone can get old — all you have to do is live long enough'.

“The Lord guides the steps of a man and makes safe the path of one he loves. Though he stumble he shall never fall, for the Lord holds him by the hand.” Psalm 37

Latest News and Advances in Understanding

On Monday (July 27th) we watched a webinar from Mount Sinai Hospital, New York, on what happens when a cell is attacked by the pandemic coronavirus (SARS-CoV-2). The webinar was called *How Cells Know They're Infected with SARS-CoV-2 and How The Subsequent Response To This Results in COVID-19*.

A living cell can tell it is infected, because in order to multiply, a virus needs to create two or three molecular structures that are not found in



Mount Sinai Hospital, entrances on Fifth Avenue and Madison Avenue

healthy cells. When the infected cell recognises these virus-related structures, it releases a series of signalling molecules (of which there are many) but the important ones here are **cytokines**.

There are two main types of these: interferons signal mainly to neighbouring cells, telling them to tighten up their defences and make it harder for the virus to replicate. Interleukins and other cytokines work differently – they warn the body’s immune system to mobilise and to attack the virus.

SARS-CoV-2 (the pandemic coronavirus) has a sneaky strategy which makes it more dangerous, and results in the illness which we call COVID-19. It produces several proteins, which block the warning interferon signal to neighbouring cells. *This blocking of the warning signal has two nasty effects.* Firstly, by suppressing the warning to neighbouring cells, it allows more virus particles to be produced before secondary defences can be mobilised. Secondly, all the defensive signals should interact with each other to produce a co-ordinated and controlled response, but blocking the interferon signal causes the rest of the signalling to misbehave, giving excessive production of some other signalling molecules and an excessive immune response to the infection (a **cytokine storm**).

Three approaches to beating the virus were discussed, **the most promising being the Oxford vaccine** which looks like a good idea. If the virus interferes indirectly with the correct immune response, then producing the antibodies beforehand (when there is a normal immune response) seems a good idea. Because vaccines are routinely given to healthy individuals, they have to be extremely safe. The benefit comfortably outweighs the risk to the individual, and massively outweighs the risk to the community.

About The Mount Sinai Hospital *(from their website)*

Founded in 1852, The Mount Sinai Hospital is a 1,134-bed, tertiary-care teaching facility acclaimed internationally for excellence in clinical care.

In the 2020-21 "Best Hospitals" issue of *U.S. News & World Report*, Mount Sinai Hospital is designated with highest recognition and our institution is nationally ranked in six specialties.

Our pediatric center, Mount Sinai Kravis Children’s Hospital is also recognized among the country’s top children’s hospitals by their 2020-21 *Best Children’s Hospital* report.

The Mount Sinai Hospital consistently earns Magnet status for nursing care. Its Mount Sinai Access service is one of the largest and most sophisticated inpatient transfer services in the city.

Throughout the course of the COVID-19 outbreak in New York, Mount Sinai has been on the forefront of both treating and researching the disease. We have helped large numbers of people recover from the virus, and we have learned a lot along the way—about how the virus behaves and how to treat it.

We are committed to bringing you this information as it comes to light.

“Blessed is he whom you choose and call, to dwell in your courts. We are filled with the blessings of your house, of your holy temple. You keep your pledge with wonders, O God our saviour, the hope of all the earth and of far distant isles.” Psalm 65

Afterthoughts

Nature Notes and Old Films

Patrick Bond

The blazing heat of Friday this week proved two things to me: that such weather is inclement if you decide to walk from Lewes to Balsdean and back (for no reason, other than *just because*); and if you then sit in an upstairs room all afternoon, trying to produce a newsletter as the indoor temperature reaches 27 degrees. Well, at least I'm not in California, where a heatwave of mortal danger is forecast to reach 50 degrees this weekend...

Dozens of readers of this Afterthought may have wondered why I have not mentioned my pocket pond and its inhabitants – nobody actually filled my inbox with queries, mind you, but the question hovered in the atmosphere – well, on a recent mission to sprinkle the pond with rainwater, I can report that a small frog leapt out of the grass and into the dark recesses beneath the surface. This is not the dapper individual who used to patrol the environs, but a frog nonetheless. I was charmed.



Wheatear

My trek to Balsdean brought some more unusual wildlife into view: meadow pipits sitting on fence wires on top of Kingston Ridge; linnets in Castle Hill nature reserve; and a pair of wheatears on the way back up to the ridge, from Balsdean.

A pair of buzzards and a kestrel caressed the air below me as I looked down from the highest point, and admired the spectacular landscape in the early heat of a perfect morning in high summer.

Behind me the sea was a bar of solid blue against the horizon; in front, Lewes with its castle, the Snow Drop cliffs, and beyond, the whole of the Weald clear out as far as the eye could see.

Memorably, on a very short stroll in the gloom of dusk only four days ago, I found two glowworms shining at the side of the footpath that runs between the back gardens of Montacute Road and the railway line to Brighton. The brilliant greenish shine is unforgettable.

I mentioned my mother in the last issue: this week I introduced her to the joys of "Talking Pictures TV", which screens old films from the pre-colour era. She was rather astonished that you could still get black-and-white films on a colour TV, but she enjoyed identifying some of the well-known British actors of the time, all of them barely out of school (Dirk Bogarde brooding and charismatic as he goes to the guillotine in *A Tale of Two Cities*, 1958; Dorothy Tutin in ravishing form as she goes to the same grim fate). She picked out Donald Pleasance after I said I did not know this young actor: her comment was, "Oh yes, I know him by his eyes!".



Meadow Pipit



Donald Pleasance

Trivia answers

1. **Fay Weldon** (b. 1931) in the *Independent*, 2002. 2. **Billie Holliday** (1915-59), opening words of *The Lady Sings the Blues*, 1958 3. **Dan Cook** (1926-2008), Sports Writer, *Washington Post*, 1978 4. **Anthony Powell** (1905-2000) *Temporary Kings*, 1973 5. **Christopher Fry** (1907-2005), in *Spectator*, 7 Dec 2002 6. **Elizabeth II**, speech at official 80th birthday lunch, 15th June 2006.

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

"You crown the year with your goodness. Abundance flows in your steps, in the pastures of the wilderness it flows. The hills are girded with joy, the meadows covered with flocks, the valleys are decked with wheat. They shout for joy, yes, they sing." Psalm 65