



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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MASS is streamed live: 09.30 Mon, Tues, Thurs; Funeral Mass Friday 12.00; church open for Adoration/Private Prayer from 08.55 Mon, from 08.30 Tues, Thurs, from 10.30 Fri; **Vigil Mass**

Saturday 18.30 ; **Sunday Mass:** 10.30

St Patrick's – Mass on Sunday 20th June 9.00 am – 12th Sunday in Ordinary Time

Welcome to the thirty-second “apart but together” e-newsletter (20th June 2021)

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

On Being All at Sea

Barbara Bond

Quiet now, be calm

Mark 4

The families I work with have a lot to face and overcome. I think one of the worst to deal with is the loss of control, both over really huge things, such as what their future will look like, but also smaller but equally important things – like what time a carer will come, on any given day.

There has been a running joke in our household over the past year, when my favourite topic of conversation – the “diary” question – is batted back to me with a Covid-based comment along the lines of, “If you plan something you will only be disappointed”!

I have read somewhere that you get almost as much benefit from planning a trip as you do from taking it. After the last fifteen months, that's just as well...

Living where we do, it is easy to relate to the fear that overcame the disciples as the storm took hold – and to their awe at Jesus' response. The gift of such faith almost seems out of reach.

I am much comforted by the words of Desmond Tutu who says,

**When you walk through the waters
I'll be with you,
You will never sink beneath the waves.
Do not be afraid
for I have redeemed you
I have called you by your name:
you are mine.**

(Reflection, based on Isaiah 43)

“the goal is to be a reservoir of joy, an oasis of peace, a pool of serenity that can ripple out to all those around you”.

A lifetime's work, but we can and do offer shelter to each other in stormy times.



Stormy sea at Newhaven

The newsletter appears fortnightly. For the next issue, please send contributions by 4th July to Barbara Bond: bond_barbara@ymail.com

G7 Summit at Carbis Bay: Before and After



BEFORE: A brilliant interfaith service at Truro Cathedral was live-streamed on 10th June, before the Summit, to share these messages, which we asked G7 leaders to make real.

1. Vaccinate the world! The UK is doing well, but countless numbers of our sisters and brothers are at risk because richer countries won't free up the Covid vaccine patents. The USA and France are already supporting this, so we now need our own government to join the calls for a vaccine patent waiver. **We ask the G7** to waive the Covid vaccine patents so that affordable vaccines are available to everyone, regardless of where they live. And to put more money behind the global vaccine rollout effort, to help vaccinate poorer communities around the world.

AFTER: Vaccine commitments not enough to end the pandemic

A commitment by G7 countries to provide an additional one billion vaccines to poorer nations over the next year is insufficient. Aisha Dodwell, Head of Campaigns at CAFOD, said:

“Rich countries have secured more than enough vaccines to cover their own populations. What they are offering the rest of the world will only help a fraction of those yet to be vaccinated. G7 leaders should support proposals for a waiver to the COVID vaccine patent.”

AFTER: G7 ignores calls to #CancelTheDebt

The G7 leaders in Cornwall did back moves to allocate additional financial support to countries struggling to pay debts, through what are known as 'Special Drawing Rights'. BUT they pushed for these to be made available through loans rather than grants.

The leaders at the summit failed to discuss the cancellation of debts. That is critical for helping countries facing debt crises, to recover from the pandemic. Pope Francis has urged governments to support cancelling the debt.

2. Cancel the debt!

Many low-income countries have to choose between spending money on healthcare or paying back debts. A stunning fact: Africa is spending more on debt repayments to banks and speculators than it would cost to vaccinate the whole continent. **We ask the G7** to cancel debts owed by low and middle income countries, stop banks and private lenders from suing poor countries, and ensure that any new funding is given in grants not loans.

3. Tackle the climate crisis!

We are lucky in the UK, but in other parts of the world, entire communities have to move because of extreme dry seasons, cattle die because of drought, and destructive floods devastate towns. **We ask the G7** to commit to keeping global temperature change within the 1.5 degree threshold; to pay our fair share towards the climate crisis by giving more money, known as 'climate finance' to vulnerable countries; and to end all support for oil, gas and coal.

AFTER: Lack of ambition on climate in run-up to COP26

Leaders did reiterate the importance of the 1.5 degrees C global warming target, promising to reach net-zero by 2050, with commitments to improve financial support for low-income countries.

But Aisha Dodwell said: “Before COP26, we need wealthy nations to significantly step up their spending on climate finance for struggling countries. We need all wealthy nations to immediately end support for new fossil fuels, both domestically and internationally.”

From an article by Mark Chamberlain <https://cafod.org.uk/News/Campaigning-news/G7-3-things-we-want-to-hear>; and response from CAFOD as shown on <https://www.abdiocese.org.uk/news/cafods-director-speaks-out-after-g7>

“O Lord, listen to my prayer, and let my cry for help reach you. Do not hide your face from me in the day of my distress. Turn your ear quickly when I call. For my days are vanishing like smoke, my bones burn away like a fire. My heart is withered like the grass.” Psalm 102



All through the pandemic we have tried to support our 'home' charity, St Anne's Day Centre in Kempton. They have stayed open supplying takeaway lunches for up to 60 people. Some parishioners have generously sent financial aid and Ted has supplied monthly cash and carry items like food boxes.

The charity relies solely on people's generosity. They get no government or council support. There are 2 paid workers. Shelley the manageress (who has just broken her arm) and the chef. All other helpers are volunteers.

Since restrictions were relaxed, lunches inside are set out for 30 people, at socially distanced tables; cutlery and serviettes on the tables along with flowers on each. It's a very pleasant, homely atmosphere. The charge for a meal is 50p. For those not in time for a sit down meal they can still have a takeaway.



Financial help is always needed so if you can spare a few pounds please donate on their web site <https://stannesdaycentre.org.uk/> or we at St Patrick's can pass the donation to Patrick their treasurer.

We are considering reinstating our monthly collection basket which, pre-Covid, averaged £100 a month over the year. With Mass attendance so low these days we cannot expect to attain that amount but it will still be a help to the charity.

Latest News (from the website)

At the end of May, we were delighted to host the NHS



Mobile Vaccination Unit. The ambulance vaccination service spent four hours stationed in the car park of the Somerset Centre (thank you Rob and Jude!).

Covid jabs were offered to homeless and vulnerable people, and to Kemp Town locals who would otherwise have struggled to get their vaccinations.

The day was a great success, with dozens of people being vaccinated. The NHS unit will be back, so watch this space...

St Anne's is funded mainly by donations and we need your help! A donation of £12.50 is enough to provide food for one person for five days!

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



Exercise on the Hill!!! – Ragwort Alert

Our local farmer, Ben Carr, is in need of some volunteer ragwort pulling help. Last year we worked every morning for a week and there was also an evening session for those who had day jobs. It's not easy, but good exercise in the open air. The dates are 1st, 2nd and 3rd July, 9-12ish.

The section is on Cattle Hill which is the hill between the golf course, Ovingdean farm and Roedean. Sheep are grazing the farm side and we are asked to clear section 2, (and 3 if we have enough helpers). Footpath, gate and stile access from all directions.

Toxic plant, so gloves must be worn. Trousers tucked into socks against ticks and bring a hand or garden fork and a strong back. Even if you join us for an hour it will be appreciated.

For any more info contact Bernadette berskin@hotmail.com 01273 309118

"If a man who was rich enough in this world's goods saw that one of his brothers was in need, but closed his heart to him, how could the love of God be living in him? My children, our love is not to be just words or mere talk, but something real and active." 1 John 3: 17-18

Fund Raising weekend 12th-13th June at St Patrick’s

So grateful to all the St Patrick’s helpers (at least 10) and to those who bought our various wares last weekend. We sold jams, plants, food and miscellaneous, AND had a game of chance and skill for the young at heart.

On Saturday and Sunday together we made £392, about the same each day; there is £41 to come in IOUs; and a generous £50 donation. Everyone was kindly rounding up sums when purchasing, it was a



delight to see Woodingdeaners, new faces and many repeat customers.

This totals: £392.00 plus £41.00 plus £50.00 = **£483.00** for our weekend endeavours. Delighted with that. Big pat on the back to everyone!



There is a **Woodingdean Boot Sale walk** next Saturday 26th June. Last year we made many hundreds of pounds by joining in. We could do similar selling next weekend if anyone was available to co-ordinate. A couple of us are otherwise engaged. Please let Irene know if you are willing to co-ordinate and set up selling. I can help with advertising. icgreen@ntlworld.com

Notes & Queries

Horse riding – any local recommendations?

If you have any experience of using local stables for hacking (riding a horse for light exercise) could you let me know. My forthcoming visitors want to ride, and have ridden in Scotland, but not recently and never regularly. icgreen@ntlworld.com

Social walk

We propose a social walk guided by Frances Low on Friday 6th August 10am at St Patrick’s. Will advertise, but keep date for your diary.

One pint milk cartons

Urgently need one pint milk cartons which I dish wash and use to store elderflower cordial – more cordial than cartons at present. Every single carton helps, thank you icgreen@ntlworld.com

“My song is of mercy and justice; I sing to you, O Lord. I will walk in the way of perfection. O when, Lord, will you come? I will walk with blameless heart within my house...” Psalm 101



Impact Report 2021: You helped children in South Africa

In 2020, around 30 abandoned and orphaned children living with HIV were cared for at St John's Care Centre, where three Religious Sisters provided a loving home, nutritious meals, and a sense of family.

On a daily basis the children living at St John's Care Centre are provided with a stable environment. There, the Sisters help them to understand the importance of good nutrition, regular medication, and rest – vital to successful treatment of HIV. Social workers also work alongside the Sisters to reunite the children with their relatives where possible.

The Sisters encourage the children to see themselves as members of God's family, with responsibility to love themselves, other people, and all God's creation. Through Mission Together – Missio's children's branch

Missio ignites God's love by helping missionaries to work alongside communities globally that are poor or in need, regardless of their background or belief.

- Together we are enriching today's global Catholic community.
- Together we are training tomorrow's generation of Priests and Sisters.
- Together we are giving hope to the world's poorest children.
- Together we are Missio.

Proud to be the Pope's charity for world mission

Sometimes the need in a community might be very specific: a motorbike for a Priest to celebrate Mass in remote villages; a simple community hall so people can gather together; vaccinations to protect vulnerable children.

Whatever our missionaries need to help them share the joy of the Gospel, Missio strives to provide it.

of the meal, the younger children help to clear the tables.

The Sisters help the children to build a different kind of family at St John's – God's family, to which everyone on earth belongs. And every morning and evening the Sisters and the children gather for prayers.

With your help, Missio helps the world's poorest children to grow to their full potential. Thank you for your support: donate online <https://missio.org.uk/>

– they also learn that there are children around the world who care about them, who share with them, and who pray to God for them.

The Sisters teach the children to look after one another. As the children are of different ages, they help each other in different ways. For example, at mealtimes the older children help the younger ones by cutting up their food and encouraging them to finish their meals. At the end



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

1. You can persuade a man to believe almost anything provided he is clever enough, but it is much more difficult to persuade someone less clever.
2. "I think, therefore I am" is the statement of an intellectual who underrates toothaches.
3. Genius is one percent inspiration, ninety nine percent perspiration.
4. I am sure some people think I have not got the brains to be that clever, but I do have the brains. (*On how he intentionally picked up a yellow card, England v Wales, World Cup 2004*)
5. Judge: You are extremely offensive, young man! Smith: As a matter of fact, we both are, and the only difference between us is that I am trying to be, and you can't help it.

"Yet with a contrite heart and a humble spirit may we be accepted... Such may our sacrifice be in your sight this day, and may we wholly follow you, for there will be no shame for those who trust in you." Dan 3

Update on Teresa Ford

Mum, Teresa, returned home on Tuesday with a lovely Support Carer for a few weeks. She is exhausted but already, within a couple of days she is making progress. I played the piano over FaceTime – Chattanooga Choo-Choo – and she sang along with me!

Physically she is making good progress and has an exercise program with her Carer, starting with ‘feet wagging’... I can see ‘toe tapping’ being a part of it myself!!

The anaesthetic, after her major operation, has had a huge impact on her and it will take time to overcome the effects. We left the hospital with so many goodbyes and genuine caring from all the lovely nurses and Carers. Physically her wound is healing like a young person, totally amazing.

I feel mum is reaping the kindness that she has sown over the years and we are very proud of her. Note the ‘St Pats’ Newsletter on her table!!

Helen Day



Qi Gong

Barbara Bond

There will be no class on June 22nd but we will resume on 29th June and have another 5 sessions until we stop for a summer break. Everyone is welcome. The garden is a beautiful setting for this and in the past few weeks we have transitioned from woolly hats and gloves to sunglasses!

In the next few weeks I will be starting a daytime class at House of Friendship in Lewes and also a zoom class. More news next time.

St Patrick’s support for the Qi Gong class has enabled me to offer a free movement and mindfulness retreat to staff and volunteers working at our local Hospices. The date is set for the end of July, so we hope that some of them will be able to benefit in person – we will “zoom “ too!

National Oceanography Centre

World Oceans Day 8th June

The NOC is one of the largest charities in the UK with an annual turnover of over £60 million. It employs 600 staff. It is one of the few research organisations globally that has the equipment & expertise to operate at full ocean depth.

50% of the oxygen we breathe is produced by the ocean

25% of human carbon dioxide is absorbed by the ocean

25% of our energy supplies comes from the ocean

97% of the Earth’s water is held in the ocean

93% of Greenhouse Warming is absorbed by the ocean

95% of UK imports & exports, half our food, comes by sea

95% of Internet traffic and finance uses undersea cables

30% of global protein is produced by the ocean

<https://noc.ac.uk/>

REFUGEE WEEK IS 14-20th JUNE

— Welcoming the Stranger —

A core value of my faith is to welcome the stranger, the refugee, the internally displaced, the other.

I shall treat him or her as I would like to be treated.

I will challenge others, even leaders in my faith community, to do the same.

My faith teaches that compassion, mercy, love and hospitality are for everyone: the native born and the foreign born, the member of my community and the newcomer.

I will remember that we are all considered “strangers” somewhere, that we should treat the stranger to our community as we would like to be treated, and challenge intolerance.

I will remember and remind others in my community that no one leaves his or her homeland without a reason: some flee because of persecution, violence or exploitation; others due to natural disaster; and others out of love, to provide better lives for their families.

— *I will welcome the stranger* —

From the A&B Diocesan website

<https://www.abdiocese.org.uk/news/welcoming-the-stranger>

“I thank you, Lord, with all my heart, you have heard the words of my mouth. In the presence of the angels I will bless you. I will adore before your holy temple. I thank you for your faithfulness and love, which excel all we ever knew of you. On the day I called, you answered; you increased the strength of my soul.” Ps 138

Guardian Angels

Maureen James

“Angel of God, my guardian dear, To whom God’s love commits me here, Ever this day be at my side, To light and guard, to rule and guide.”

Every Catholic of my age will have learned this prayer in their first years at school, and maybe forgot it since. But looking back to certain events in my life I do start to wonder, and often think, “Was somebody looking after me?”

I decided in my forties to do some travelling on the Greyhound bus routes of California, inspired by a book which made it sound simple. On arrival at certain bus stations I would first of all look for accommodation and then wander round exploring the area. This worked until I got off in what I thought was Hollywood, but was in effect a stop too soon. The nearest motel had its sign hanging drunkenly at an angle, there were no people I would have trusted to ask for information and I was alone. It was eerily quiet and I set off to find someone to tell me how to get out of there. Out of the blue I found a bridal shop where two young Angel Assistants told me to catch a bus ASAP at a nearby stop to get to Hollywood proper – I was in a notorious suburb where there had been a shootout between cops and robbers a week before... !

On another holiday in Ireland I was cycling from town to town finding B&B accommodation each night. In one particular town I could find nothing and thought I might have to sleep in the church porch. But the police station was open and the Angels in Blue rang round their friends. Soon a man with a van came, threw my bike in the back, and took me to his home where he and his wife looked after me very well.

Similar things have happened to me even here in Sussex where I once got lost in woods, and I am convinced that an angel guided me out. But that’s another story.



Football and CPR — Cardio Pulmonary Resuscitation

Irene Green

It is not unheard of for very fit people to die from cardio events on football and rugby pitches, or doing other sporting activities. Less fit people with other health issues are more at risk.

Every one of us, without exception, should have a look at how to do cardiopulmonary resuscitation – the St John’s Ambulance link is below. There is a lot of info online. Even if you could not do 30 compressions in a row, repeatedly, you could recruit a helper – just know what to do if an adult is unresponsive and not breathing.

<https://www.sja.org.uk/get-advice/first-aid-advice/unresponsive-casualty/how-to-do-cpr-on-an-adult/>

I had a revision session with St John Ambulance a couple of years ago, after a university friend at a re-union in Chamonix had a heart attack and died temporarily on the local train. He had instant CPR from his brother and French cyclists which SAVED HIS LIFE, ambulance at the next local station in 2 minutes, and hospital stenting in France. Went back to Canada a new man, we now meet up on Zoom. This year’s Portugal re-union is looking less likely that it once did.



What is CPR? CPR stands for cardiopulmonary resuscitation. It combines chest compressions and rescue breaths to give a person the best chance of survival following a cardiac arrest. We've updated our guidance due to the COVID-19 outbreak. Do not perform rescue breaths on the casualty.

If an adult is unresponsive and not breathing normally, you still need to call 999 or 112 for emergency help and start CPR straight away.

For more information on CPR during the COVID-19 outbreak, visit the Resuscitation Council website.

<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>

“But you, O Lord, will endure for ever, and your name from age to age. You will arise and have mercy on Sion: for this is the time to have mercy, yes, the time appointed has come...” Psalm 102

Afterthought

Reflections and Wonders

Patrick Bond

The love of Christ overwhelms us when we reflect... (2 Corinthians 5:14)

All three readings this Sunday point to being astonished – turned to stone, or stunned – by wonder at the works of God and the visions of faith. All we have to do is take a pause, reflect, and really look.

The garden is an utter amazement. All the bushes have filled up their spaces in the garden, spreading upwards, downwards, and out in all dimensions. Now that we are in mid-June, the humble weeds have taken their place in the cavalcade of growth: Herb Robert, Herb Bennet, Groundsel, Buttercup, Creeping Jenny, Bindweed, Daisy, Common Nettle, Willowherb, Butterbur, Hemp Agrimony, Sowthistle, Dandelion, Lords-and-Ladies, Forget-Me-Not, Goosegrass, Periwinkle, St John's Wort, Wood Spurge, Dovesfoot Cranesbill, Tormentil, Silverweed, Wild Strawberry, Agrimony, Foxglove, Shepherd's Purse, Snapdragon, Love-in-a-Mist, Figwort, Traveller's Joy, Knotgrass, Bastard Toadflax and Ragwort. John Clare excuses a similar list in one of his hymns to the beauty of the natural world (see box).

***My wild field catalogue of flowers
Grows in my rhymes as thick as showers;
Tedious and long as they may be
To some, they never weary me.
Then wood and mead and field of grain
I could hunt o'er and o'er again,
And talk to every blossom wild
Fond as a parent to a child;
And cull them in my childish joy
By swarms and swarms and never cloy...
– John Clare, *Shepherd's Calendar*, 1827***

I have made several excursions in the last two weeks, one to Selwyn's Wood, a Sussex Wildlife Trust woodland near Cross-in-Hand, where I found Stinkhorn, an unpleasant-looking fungus which I thought was deliquescing – but no, it always looks like that. The powerful smell of decomposing corpse which hung in the warm air was not, as I had assumed, some unfortunate rabbit under the bracken, but merely the fungus living up to its name.



norfolkwildlifetrust.org.uk

Large Wood Ants were very active, their low mounded nests about a metre across, absolutely crawling with workers all busy about the business of the queen. Many were crawling up nearby trees, farming colonies of aphids on the leaves and harvesting their "honeydew"; the sap they suck from the leaves is rich in sugars and the little insects have to excrete it to survive. The ants take advantage of nature's abundance.



Wood Ant/Alan Price

A recent trip to Tidemills in the gathering dusk brought, along with the usual suspects, two curlews, which we have never seen for more than a second or two, in flight. Although they were on the mudflats a quarter of a mile away in the gloom, one of them did a "display flight" for our benefit, soaring up into the setting sunlight, striking out in a long dog-leg flight, then turning in a broad curve which brought it back in perfect view for our binoculars, before landing again near its partner. We were amazed.



community.rspb.org.uk

Trivia answers (from p.5)

1. Tom Stoppard (1937-) *Professional Foul*, 1978.
2. Milan Kundera (1929-) *Immortality* 1991.
3. Thomas Alva Edison (1847-1931) said in 1903; *Harper's Monthly* Sept 1932.
4. David Beckham (1975-) *Mail on Sunday* 17 Oct 2004.
5. F.E. Smith (1872-1930) Lord Birkenhead *Earl of Birkenhead* 1933.

***"Worthy are you, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they existed and were created."* Rev 4: 11**