



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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MASS at Our Lady of Lourdes is streamed live: for full details see <https://www.ololandstp.org/>

Vigil Mass Saturday 6.30 pm; Sunday Mass: 10.30 am

Thursday 26th June: The Ascension of the Lord: Mass at 10 am and 8 pm

St Patrick's - Mass: Sunday 22nd May at 9 am: Sixth Sunday of Eastertide

Welcome to the 54th St Patrick's e-newsletter (22nd May 2022)

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

On Finding the God-Place Within

Barbara Bond

Do not let your hearts be troubled or afraid John 14

There is currently a broadcast news embargo in our house, a strategy to prevent our minds being filled with highly distracting opinion and half-truth. I try to find a positive story every day, and this week I read about Geraint John, who is walking the 700 miles of the Welsh coastline, cleaning the beaches as he goes.

In the context of the crises facing the world this is a tiny gesture and yet it speaks profoundly of the importance of never forgetting that it is possible to make a difference. A tiny light of hope.

This week I worked my last shifts at the Hospice, and when I shared Geraint's story with my colleagues there was much speculation that I would be off to follow his example... Well, maybe I wouldn't get a call to come in and cover a shift if I did!!



***Bless to me O lord
The earth beneath my
feet,***

***Bless to me O lord
The path I tread,
My walk this day with***

***the Father,
My walk this day with***

***Christ,
My walk this day with***

the Spirit.

The medieval mystic, Meister Eckhart, suggests that we should learn to "hide from the turmoil of inward thoughts, for they but create discord". The idea of not letting my heart be troubled or afraid is pretty challenging – there is so much to be concerned about.

Julian of Norwich's famous prayer of hope and faith, "All will be well, all will be well and all manner of things will be well" seems to be great for holy folk but a big stretch for me.

I began to reflect on how I can hold concern for the world, but remain connected to the peace which, Jesus says, the world cannot give. I pray that when I stray from the path and veer away from hearing the eternal Word in the quiet of my own heart, I will know that I can always return and continue on the journey.

Sadly, this newsletter is our last. We look forward to our big adventure, in moving away. We hope for the grace of the Ascension and the gift of the Holy Spirit as a flame in our hearts. We shall miss you all very much. Thank you and God bless! Barbara and Patrick

A Warm Welcome for a Refugee from Syria

Haya, a 19-year-old refugee from Syria, describes the warm welcome she received in Scotland (From UNHCR Newsletter, Summer 2022)

“So many nice people have helped me since arriving in the UK. However, it was a volunteer at the University of Edinburgh who changed my life. We had only been in the UK for two months before schools closed due to COVID-19. We did not know any English, and there was no longer anywhere for us to go to learn it. A volunteer stepped in and helped me and my sisters learn remotely. I will never forget what he did for us.

My family and I arrived in Scotland three years ago. At home, we were staying in a building in an area that was under siege, and out power was cut off and we weren't allowed to buy food. The situation was awful, but then it got much worse when our roof was shelled. We were on the highest floor of the building, but

After that incident, Mum said we had to leave the country – we couldn't stay. We reached a situation whereby if we crossed the wrong street at the wrong time, we would be killed. We saw people dying in front of our eyes. We never expected that we'd leave our country forever, only for two or three months.

somehow the shell didn't explode, it just stayed wedged in our wall. If it had exploded, I wouldn't be here.

Many refugees in the UK are still heartbroken, because part of their lives is missing: their family, their home, their friends, and their country.

In my spare time I volunteer at a charity shop,

as kindness is like a cycle, and it's important to give back. I see myself in anyone that struggles, and I want to stand by them. I just love helping people – it's something that's inside of me.”

As the crisis in Syria enters its twelfth year, an entire generation of Syrian children is growing up as refugees in neighbouring countries who have either never seen or have no memory of their homeland.

Almost 5.7 million Syrians have found safety in Turkey, Lebanon, Jordan, Iraq and Egypt. Most see little prospect of a return home any time soon.

Despite this, many of these children still feel a deep connection to their unfamiliar homeland, and cling to the hope of one day returning in safety. They carry a picture of Syria in their minds, based on stories shared by parents, brief phone conversations with relatives who stayed behind, or images from family photos and news reports.



Ahmed holds up his picture of rainbows over Syria. © UNHCR/Lilly Carlisle

Nearly half are children, while a third are aged 11 or younger and have never known their country at peace.

UNHCR invited young Syrians across the region to draw their images of home and describe the results. Ahmed, 8, was born the day after his parents fled their home in Daraa in southern Syria, just a few kilometres away across the border in Jordan. His mother tells him his birth was a sign of hope for the future they were going to build.

Ahmed imagines Syria as a place “full of rainbows”. “I mean that after the rain, when the sun comes, there will be rainbows,” he explains. “Syria is a beautiful country – the most beautiful country, because it is our country.”

<https://www.unrefugees.org.uk/learn-more/news/refugee-stories/imagining-syria/>

“Something which has existed since the beginning, that we have heard, and we have seen with our own eyes; that we have watched, and touched with our hands: the Word, who is life — this is our subject.”

John 1: 1-10

CAFOD Fix the Food System

Our global food system is broken: a few giant corporations put profits before people, and millions of small farmers who grow our food are kept in poverty. This system is bad for the climate too: the way we produce food is responsible for a third of all harmful greenhouse gas emissions. Now, climate change, the Covid-19 pandemic and rising food prices as a result of the Ukraine crisis, have revealed its fragility.



At a time of crisis, these impacts are mostly felt in low-income countries, but they also have serious repercussions at home, where this year it was reported that 9% of the UK population didn't have enough affordable and nutritious food.

Together we can play our part in re-thinking this system, and challenging the imbalance of power so that it works for everyone. It doesn't have to be this way. Communities who work with us are leading the way, growing food in ways that are good for people and the planet. We are urging the UK government to fix the food system.

1. Our food system is bad for the planet, our common home. The way we grow, process and transport food is responsible for around one third of all global greenhouse gas emissions. Huge quantities of pesticides and fertilisers are made using fossil fuels. Forests and rainforests are cut down or burned to make vast areas available for rearing cattle.

2. Small-scale farmers have little choice over what they grow. Five of every six farms in the world consist of less than two hectares, operate only around 12% of all agricultural land, yet produce roughly 35% of the world's food. So small-scale farmers are efficient at producing food.

3. More than half of some crops are grown to feed animals reared for meat. Four corporations control 60% of global seed sales, and vast areas of the same crop are grown for export, for profit. For example, as much as 80% of all the soya grown across the world is fed to animals that are being reared to provide meat.

4. Millions of people who produce our food are living in poverty themselves. 25% of people in Africa are affected by hunger – the continent with the highest proportion.

5. One third of the food we produce is wasted. Around one-third of all food produced globally is lost or wasted. That's 1.3 billion tonnes of food every year being thrown away globally. The land it takes to provide just the food that we throw away is bigger than the size of India.

6. But we produce enough food to feed everyone! To feed the current global population, we need to produce 3.7 billion tonnes of food per year. We are currently producing 4 billion tonnes per year.



7. In the UK we are reliant on other countries for our food. Around half of the food we eat in the UK comes from other countries, including 80% of our fruit, 50% of our vegetables, and all of our rice!

8. Returning to traditional ways of farming can help. In rural Bangladesh, small farmer Alpona is growing food in a different way: "We had not realised just how big a mistake we had made by moving away from the traditional ways of farming of our forefathers. We had become disconnected from nature, but now we are going back to it again. Our village has become a lot greener and healthier after so many of us shifted to organic farming."



Pope Francis is calling for a change to our food system

"Each of us has a role to play in transforming food systems for the benefit of people and the planet. If we do not want to jeopardise the health of our planet and our entire population, we must encourage active participation in change at all levels and reorganise food systems as a whole." (World Food Day 2021)

"That life was made visible: we saw it and we are giving our testimony, telling you of the eternal life which was with the Father and has been made visible to us." 1 John 1: 1-10

Community News – St Patrick’s



THE CATHOLIC DIOCESE OF
ARUNDEL & BRIGHTON

Season II of Invited has launched!

Our Invited Mission began last year, bringing people from across the Diocese, and far beyond, together in faith, online.

Season II has now launched and is taking place during Eastertide - the weeks between Easter and Pentecost. If you haven't signed up to be part of our Thursday evening online conversations you can register here. Season I allowed us to explore the basic message of the Gospel; that we are created by a

God of love, for a perfect relationship of love with Him. Sadly, our brokenness, weakness, and wounded nature means that we often turn away from Him – struggling to find our own paths to the peace and joy that only He can bring.

Season I left us on a bit of a cliff-hanger, because our brokenness is not the end; Jesus came to help us to restore that relationship with our creator and Father, all we have to do is say 'yes' to the gift of reconciliation and life that he offers.

Saying yes is not always easy. Season II of Invited, 'Growing in Faith' is all about our day-to-day experiences, the good and the bad, the highs and the lows. Join us, as we explore what it really means to be a follower, or “disciple” of Jesus.

Have you signed up to be part of our Invited Season II Novena and Consecration to the Holy Spirit? This nine days of prayer shared with members of our diocesan community seeks to nourish and restore our personal lives, our parish communities and the wider society in which we live. Sign up to receive a beautiful daily prayer reflection for each day of the Novena - with details of our special Pentecost Vigil.

Season II - watch the episodes: <https://www.abdiocese.org.uk/invited>

Celebration of Fr Benny's 50th anniversary of ordination

Saturday 11th June. Mass 12.00 followed by finger buffet.

Quotations Trivia Interlude (on football, and food): Who said, or wrote: (– see p.5 for answers)

1. *Reporter*: So, Gordon, in what areas do you think Middlesbrough were better than you today?
Gordon Strachan: What areas? Mainly that big green one out there...
2. Some people think football is a matter of life and death... I can assure them it is much more serious than that.
3. (*On Cameroon's football team*) We didn't underestimate them. They were a lot better than we thought.
4. What's a geriatric? A German footballer scoring three goals.
5. I got into moisturiser when I played football. If you're out in all weathers you have to take care of your face.
6. One doughnut doesn't do a thing. You've got to eat 20 a day for five weeks before you get results.
7. *Jackie*: Pity there's no such thing as Sugar Replacement Therapy. *Victoria*: There is. It's called chocolate.

“What we have seen and heard, we are telling you so that you too may be in union with us, as we are in union with the Father and with his Son Jesus Christ.” 1 John 1: 1-10

Report on a Lenten webinar from The Tablet (*held over because of lack of space in March — still relevant outside Lent!* – Patrick)

Rev Canon Tim Alban Jones MBE, Vice Dean, Peterborough Cathedral. Topics discussed in the talk: Deny... Take up Cross... Follow... Grace...

“Deny”: sometimes means taking something up. Pope Francis’ advice:

— fast from hurting words, from sadness, anger, pessimism, worries, complaints, pressures, bitterness, selfishness, grudges, words... Be silent. Listen.

“Taking up our cross”:

— listen to others, grow, read the Bible (well, not all) – read the whole of Luke’s gospel – 24 chapters in Lent.

“This is my commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down his life for his friends.”

“Follow”:

— Spend 5 or 10 minutes extra on prayer every day. Pray for peace. Review each day before you go to sleep: how close were you to God? Which encounters did you have? How to do better?

“Receive Grace”:

— We have received one blessing after another. There are various sorts of grace. Grace prompts ordinary men to respond to others e.g. in Ukraine. It inspires acts of goodwill and selflessness.

Overall, grow in holiness! It is not a Damascene leap, more baby steps. Can you change micro habits: do things which are small and not time consuming? Be penitent – give gratitude and love. Acknowledge you get it wrong and say sorry! Give to the work of the church. Gratitude makes us joyful: say thank you to God for all that happened to you that day.

Love: God, neighbour and ourselves in that order.

Creation care: Look after the earth – love of God, neighbour and ourselves.

May your Spirit, O Christ, lead me in the right way, keeping me safe from all forces of evil and destruction. And, free from all malice, may I search diligently in your Holy Word to discover with the eyes of my mind your commandments. Finally, give me the strength of will to put those commandments into practice through all the days of my life.

Venerable Bede, 672-735 AD, Monk of Wearmouth, and Jarrow

Trivia Answers: (– see p. 4)

1. Gordon Strachan 1957- (attrib).
2. Bill Shankly 1913-81
3. Bobby Robson 1933-2009.
4. Bob Monkhouse 1928-2003
5. Vinnie Jones 1965-.
6. Renee Zellweger 1969- (*on preparing to play Bridget Jones*).
7. Victoria Wood 1953-2016

“We are writing this to you to make our own joy complete.” 1 John 1: 1-10

Ukraine Prayers, Prayer Chain, Prayer for all the dead

Prayer Chain for Ukraine: In recent newsletters I invited people to join our prayer circle for Ukraine so that every hour someone is holding everyone affected in their prayers. It is not intended that you spend a very long time, just that we know that there is an unbroken chain of prayer. We have a few gaps... please email me bond_barbara@ymail.com and I will add you to the rota. Barbara Bond

Remember, O Lord,
the souls of those who have
kept the faith, both those
whom we remember and
those whom we remember
not,
and grant them rest in the
land of the living,
in the joy of paradise,
whence all pain and grief
have fled away,
where the light of your
countenance shines for ever;
and guide in peace, O Lord,
the end of our lives
so as to be Christian and well
-pleasing to you;
gathering us around your
throne,
when you will and as you
will,
only without shame and
sin;
through your only-begotten
Son our Lord and Saviour
Jesus Christ. Amen.

*Liturgy of St James, oldest
of the Eastern liturgies,
attributed to St James,
Syrian Church*

A Prayer for Ukraine

Loving God,
We pray for the people of
Ukraine,
for all those suffering or
afraid,
that you will be close to them
and protect them.

We pray for world leaders,
for compassion, strength and
wisdom to guide their
choices.

We pray for the world
that in this moment of crisis,
we may reach out in solidarity
to our brothers and sisters in
need.

May we walk in your ways
so that peace and justice
become a reality for the
people of Ukraine
and for all the world. Amen



**Christ Jesus,
you wept at the death of
your friend, Lazarus.
Now your compassion wipes
the tears from our eyes.
May we find comfort in
reaching out to others
who feel lost and alone.
You are the
Resurrection and the Life.
All our hope is in you.**

Linda Jones/CAFOD

Time in Brighton (Ukraine)

	Who is praying
05.00 (07.00)	Margaret Bradford
06.00 (08.00)	Bernadette
07.00 (09.00)	Eileen and Patrick
08.00 (10.00)	Frances
09.00 (11.00)	Anna & Eugeniusz
10.00 (12.00)	Alison Tighe
11.00 (13.00)	Patrick B.
Midday (14.00)	Maureen James
13.00 (15.00)	Sheila
14.00 (16.00)	Peter
15.00 (17.00)	Maureen Buni
16.00 (18.00)	
17.00 (19.00)	Pat Peers
18.00 (20.00)	Barbara
19.00 (21.00)	
20.00 (22.00)	
21.00 (23.00)	
22.00 (24.00)	Irene
During the night:	Hilary

"This is what we have heard from him, and the message that we are announcing to you: God is light; there is no darkness in him at all." 1 John 1: 1-10

Crisis in Ethiopia, and a Big Welcome

tearfund

A nation torn apart

Violent conflict, severe drought, economic collapse, and the coronavirus pandemic are pushing Ethiopia to breaking point. Millions of people have been forced to flee their homes and to the brink of starvation.

Tearfund's local Christian partners are working to help those worst affected. Supported by local churches, our partners are distributing food and other essential items to thousands of people, like Hakim.

Hakim and his wife, Aisha, fled the ongoing conflict in the north of Ethiopia on foot with their three young children, aged four, two and one. Aisha was also heavily pregnant.

'On our journey, we were begging for food and water and the trip took 45 days to arrive here in Koneba,' shares Hakim. 'My wife gave birth as she arrived here.'



Hakim then suffered serious back pain and an infection, preventing him from providing for his family.

Tearfund's local partner was able to provide Hakim with food and support to help the family begin to recover from their ordeal. But, thousands more are in urgent need.

'Tearfund's and [their partner's] support has significant meaning in our life,' says Hakim.

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

The need in Ethiopia is staggering:

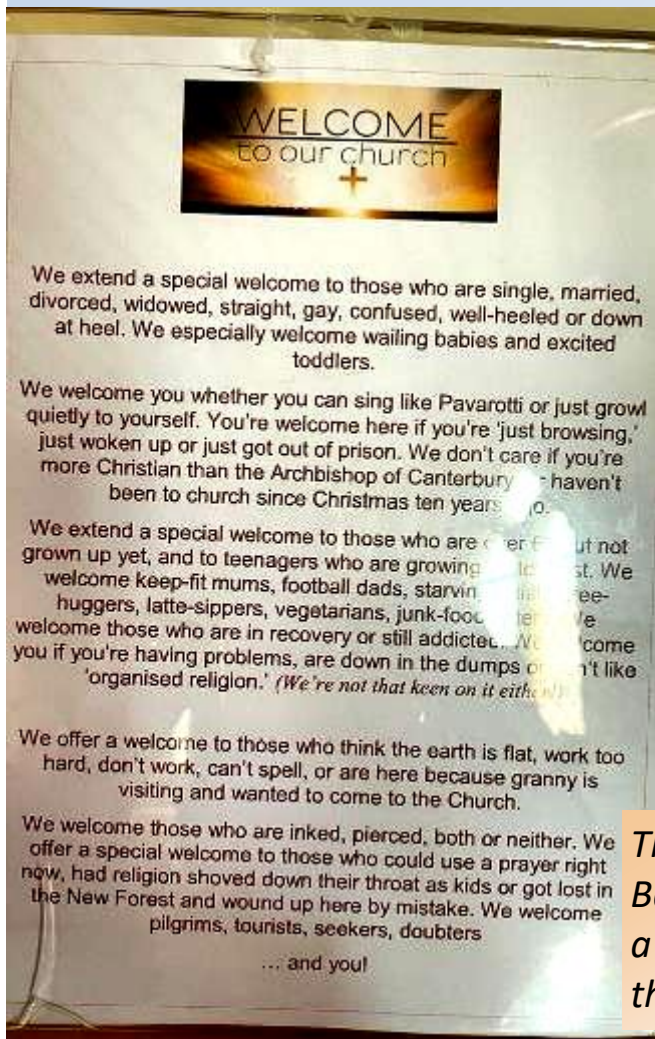
25.9 million people in need of humanitarian assistance

7+ million people are facing severe hunger

4.2 million people have had to flee their homes

2.7 million children are out of school due to the conflict

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



Thanks to Mary Barriff for this, seen in a Catholic church in the New Forest...

"If we say that we are in union with God while we are living in darkness, we are lying because we are not living the truth." 1 John 1: 1-10

Afterthought: Maytime Lightning Storm

Patrick Bond

It had all the radiant glory of God and glittered, like some precious jewel of crystal-clear diamond... Rev 21

This May has brought weather of all sorts. None of it seems typical, somehow. The changes come one after another, full of twists and turns, and they all seem a bit extreme.

Last night (Wednesday) a full-scale thunderstorm passed directly overhead, heralded all afternoon by dark clouds massing and then dispersing on a fitful breeze.



High tide, Southease

white, dazzling the eyes as darkness flooded back in.

Finally, forked lightning began to rip through the clouds, intense, crooked, branching pathways of blue-white fire in searing lacerations, jagged slash-marks like cuts in the fabric of a nuclear reactor.

Most of this forked lightning crossed my view from one side to the other, high up, but I saw two florid, vertical strikes, one of which seemed, from my vantage point, to land somewhere near the Ashcombe roundabout.

Fortunately the accompanying rain was not too intense, and there was no flooding in our back garden, which is the lowest point in our road and harbours a manhole cover for a pipe which serves the whole of our street! It has been known to lift up under “hydraulic overload”, during storms when rain comes down in apocalyptic stair-roads. That used to happen infrequently, but in the last three years, as climate change has begun to bite, it has happened every year, usually in October.



Barbara takes a picture of cowslips on the Downs

Today the sky is an intense forget-me-not blue, and the new leaf on the sycamore trees on Love Lane is a most enchanting dark, fresh green. Early this morning, before the wind strengthened, there was perfume everywhere I went: light and sweet, as all the flowering plants poured their scents out into the newly washed air. It was like breathing the air of paradise.



Windmill, Juggs Lane, Kingston

But after sunset, the crashing of God’s saucepans slowly began to intrude upon bedtime preparations, and by eleven o’clock there were huge lightbulbs flicking on and off overhead, turning the clouds grey for a fraction of a second, and deepening the night again afterwards.

In a short time these flashes became explosive orbs, inverted bowls of light which turned the entire sky brilliant



Ewe with lambs, Southease

Almighty God, whose glory the heavens are telling, the earth his power, and the sea his might, and whose greatness all feeling and thinking creatures everywhere herald; to you belongs glory, honour, might, greatness and magnificence now and for ever, to the ages of ages, through Jesus Christ our Lord. Amen

*Liturgy of St James,
Syrian Church*

“But if we live our lives in the light, as he is in the light, we are in union with one another, and the blood of Jesus, his Son, purifies us from all sin.” 1 John 1: 1-10