



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 at Our Lady of Lourdes is streamed live: for weekdays see website <https://www.ololandstp.org/>

Vigil Mass at Our Lady of Lourdes Saturday 6.30 pm; 16th January: Sunday Mass: 10.30 am

St Patrick's - Mass: Sunday 16th January at 9 am: 2nd Sunday in Ordinary Time; World Peace Sunday

Mass: Sunday 23rd January at 9 am: 3rd Sunday in Ordinary Time: Sunday of the Word of God

Welcome to the 45th "apart but together" e-newsletter (16th January 2022)

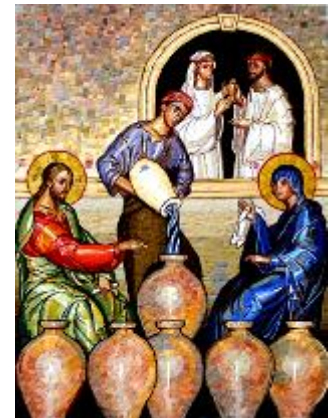
"Because where two or three have come together in my name, I am there among them." Matt 18

On Celebration

Fill the jars... (John 2)

Barbara Bond

It was Christmas Eve, and I was on duty looking after the emergency phone line. I had just returned from a visit to a very unwell lady and her frightened husband. They had no family, but they had good neighbours. When I arrived at their home there was a deputation of them on their drives or watching from their Christmas-lit windows, and they were silently challenging me not to let the family down! Even on Christmas Eve, a friend had dropped everything to come round and sit with the lady, so her husband could go out to collect some essential medicines. In the office I phoned round to try and organise some care for this lady and was told, rather bluntly, that it was Christmas Eve! They would have to muddle through until after the holidays. You won't find it hard to imagine what I was thinking, behind my professional façade...



At this point the helpline phone rang and I found myself speaking to a prison officer. I had to tell him that we were well out of his area and that all I would be able to offer was phone support. His reply melted my heart. He said, "I desperately needed help and advice, so I got on to Google and I tried every number until someone answered the phone!" I told him that the most important thing that is needed in his situation of being alongside someone at the end of their life is compassion – and his actions clearly showed that he had that.

It was late when I drove home, exhausted. It really felt as if I had been totally immersed in the true meaning of Christmas. Those people I had encountered were in the 21st century equivalent of the stable: forced to make do with very little help, in very difficult circumstances.

I place before you the hungry, the sick, the homeless, the lonely old, and the lonely young, those who are out of work, suffering abuse, or dying. Jesus, who changed the water into wine, touch them and change their sadness into joy. May your love, through us, help them to know always that they are dearly loved by God. Amen.

In today's Gospel we are at the wedding feast in Cana. In reflecting on my gifts of faith from the margins at Christmas, my thoughts turned to the actual jars in the story of Jesus' first miracle. They held the water that was turned into wine. I pray that I may have the space in my heart to receive the miraculous wonders of Christ and that this "new wine" floods out to touch the lives of others.

The newsletter usually appears fortnightly. The next issue will be on 30th January. For the next issue, please send contributions by Friday 28th January to Barbara Bond: bond_barbara@ymail.com

What is the current situation in Afghanistan?

The humanitarian situation in Afghanistan is deteriorating. Hundreds of thousands of Afghans have fled their homes, compounding an existing crisis following periods of drought and decades of conflict. This winter, millions of people face hunger and extreme poverty.

The situation has deteriorated since mid-August when the Taliban took over the capital Kabul and took control of Afghanistan. Afghan families are in urgent need of humanitarian assistance: food, water and shelter.

Over half the country's population – around 22.8 million people – are facing acute hunger this winter, the UN World Food Programme has warned. More than eight million people are on the brink of famine, with a million children under the age of five at risk of dying over the next three months.

The situation in Afghanistan is highly complex with decades of conflict that have taken a terrible toll on Afghan people, resulting in deaths, injuries and pushing families further into poverty. Drought and coronavirus have added even greater problems for vulnerable families struggling with hunger and healthcare.

CAFOD started working in Afghanistan in the late 1980s

and a core part of our work has been to support Afghan organisations committed to improving the lives of vulnerable and marginalised people, supporting them to earn a living. Our trusted

partners are close to the communities they serve.

Our local experts are continuing to do rapid assessments ensuring that the most vulnerable families are reached. They have already started providing short-term cash assistance to more than 8,000 small-scale farming families - approximately 56,000 people - in over 50 of the most drought-affected villages in the country to allow them to buy basic food for their families and plant their crops for next season.

Donations to CAFOD's Afghanistan Appeal are enabling them to expand to support even more vulnerable families.

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



Are you able to reach the most vulnerable women and children?

CAFOD's Afghanistan Crisis Appeal will ensure that the most vulnerable people in Afghanistan will be assisted based on a thorough needs assessment.

On top of the priority list will be older women, woman-headed households, people with disabilities, pregnant and breastfeeding women.

Women are always disproportionately affected in humanitarian situations and in Afghanistan women have again been badly affected by escalating conflict, Covid-19, floods and droughts, and the resulting poverty.

A Prayer for Afghanistan
Compassionate God,
we hold in your presence the
people of Afghanistan.

Be a shelter for those who have
been displaced; be a comforter for
those who are mourning; be the
peace for those who are afraid; be
near to those who are hungry; be
healing for those who are sick; be
the strength of those working to
bring hope.

Open our eyes and hearts, so we
may stand in solidarity, and reach
out in love to our brothers and
sisters.

May they know they are not
forgotten, and that we hold them
in our hearts, whilst they search
for the path to peace. Amen.

"Happy the man who considers the poor and the weak. The Lord will save him in the day of evil, will guard him, give him life, make him happy in the land, and will not give him up to the will of his foes. The Lord will help him on his bed of pain, he will bring him back from sickness to health." Psalm 41

Community News – St Patrick’s

Safety – Glass Bin

Glass is recycled separately, as you know. Please never put broken glass into recycling bins at St Patrick’s or at home. Broken glass needs to be wrapped carefully in paper or similar and put into the normal household waste bin. This is to protect the council workers and the street. Small residual broken glass from bin emptying could cause significant harm to the public.

Extra bins – do you want one?

St Patrick’s has too many black Brighton and Hove Council boxes – can you use one? Good for home glass recycling, for growing vegetables/flowers or as a robust storage box.

Very large cold frame anyone?

If you are interested in an aluminium cold frame with greenhouse size glass panes and measuring a whopping 10 ft by 4 ft you can get further info and pictures from Irene. It is for the fit as you need to be able to step into it and / or s-t-r-e-t-c-h. No payment needed but it will be advertised on Facebook soon.

icgreen@ntlworld.com

Invited – A&B Diocese online reflections and films – Remember the diocesan programme 2021-2025 called Invited. A second series of Invited, with online groups, will happen during Eastertide 2022. This is the link to a January Reflection and to 5 films with transcripts: <https://www.abdiocese.org.uk/invited>

Synod

St Patrick’s thanks Frances Low who has submitted our answers, discussed on Zoom, to Synod questions. Individuals can also respond: synod@abdiocese.org.uk

“Reimagining the Examen” offers a unique prayer experience tailored to your needs and mood. Each Examen, based on St. Ignatius’s 500-year-old prayer, guides you through a stimulating reflection on your day — and helps you invite God into your nitty-gritty. **The Examen app can be downloaded on to your smart phone for free!**

What is the Examen?

St. Ignatius of Loyola created the Examen to be a very short prayer that can be prayed at any time. In the Examen, **we review our recent past to find God and his blessings in our daily life.** Ignatius would say that the Examen should be the most important moment of our day, because this moment affects every other moment. There are *five simple steps* to the Examen, which this app leads you through:

1. Relish the moments that went well and all the gifts you have today.
2. Request that the Spirit lead you through your review of the day.
3. Review your day.
4. Repent of any mistakes or failures.
5. Resolve, in concrete ways, to live tomorrow well.

**O God, whose creative love
gave us the breath of life,
and whose redeeming
power was shown in life
poured out:
may we so die
– to the sins of greed
and of despair
that trap us in self-interest,
threaten our earth,
and deny life to the poor
– that we may share with
the poor
in the abundant living
your spirit longs for,
through Jesus Christ,
Amen.**

Janet Morley, Christian Aid

Please do not attend Mass or other functions at St Patrick’s if you have been in contact with people with Covid

“Have the same thoughts, sharing the same love, and being one in soul and mind. Do not do anything from selfish ambition, or from a cheap desire to boast; but be humble towards each other, never thinking you are better than others. And look out for each other’s interests...” Phil 2

News

Ann Claridge RIP

Sadly we recently said goodbye to one of St Patrick's founding parishioners – Ann Claridge, who lived in Falmer Gardens for 51 years before moving to Shoreham in 2015. Ann passed away on 3rd December at a care home in Worthing after suffering a stroke.

Ann, and her husband Ken, moved to Woodingdean in 1964. They were part of a small group of Catholics who threw themselves into raising the funds to start a parish for Woodingdean. In her characteristic quiet, modest way, Ann made a huge contribution to building the St Patrick's community - getting involved in so many aspects of church life. She was a prolific knitter and ran the All in Wool stall at the Xmas bazaar for many years. In 1984, Ann and Ken were awarded the Bene Merenti medal by the Pope for their extraordinary service to the catholic community in Woodingdean. This is a rare award and it is the highest honour given to a lay person in the catholic church.

Ann was born into a large family in Carrick-on-Suir, Ireland. She came to England in 1945 to train as a nurse at Brighton General and was later followed by her younger sisters, and former parishioners, Ethel Hobden and Kay Wheeler. She met Ken on her first night duty as he was admitted with malaria after serving in the Far East and they married at St Joseph's Church in 1951. They had two children, Stephen and Carole.

Ann was a gentle, kind and much loved parishioner and is missed by all who knew her.

Carole Claridge



Tempting Fate travelling at Christmas

I am relieved to have travelled to Scotland for 2 weeks over Christmas and not to have contracted Omicron at airports or on board EasyJet. The home environment in Edinburgh, comprising three school children, teacher and doctor could have been risky but everyone remained Covid negative.

My youngest sister travelled to N Ireland. She and other visiting sisters and nieces remained fit and well over Christmas, while doing the full tourist things and eating out in Belfast. However, their luck ran out at a wedding after Christmas where Covid spread through the guests. Their symptoms are like those of a mild cold.

Irene Green



Water of Leith



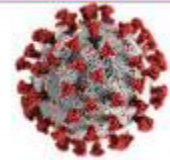
Socially distanced beach, Bellhaven

In schools in Edinburgh the Covid case number has been very low, with granddaughters finding it hard to list more than a couple of teenagers in their class who had contracted covid.

Amusingly, in the last days before Christmas, when school schedules relax, a maths teacher, who had arrived in the autumn term and had never seen her final year pupils without masks, was unable to identify them when they took their masks off!

"You are the people of God; he loved you and chose you for his own. So then, you must put on compassion, kindness, humility, gentleness, and patience... You must forgive each other in the same way that the Lord has forgiven you." Col 3

Covid Corner



“When Lockdown Came to Pass” – written by Brian Kendall – (to the tune of “A Gasman Cometh” by Flanders & Swann) <https://www.youtube.com/watch?v=v1dvAxA9ib0>

**‘Twas on a Monday morning that
Lockdown came to pass
The lucky ones could work from home,
while we sat on our (thumbs).
The kids no longer went to school, they
thought this might be fun,
But they soon learned that their Teacher,
was not as strict as Mum.
Oh, it all made sense to protect the NHS!**

**‘Twas on a Tuesday morning the victim
now – our Prince,
He was with the Queen the other day, but
hasn’t seen her since.
“It made one feel quite poorly” and things
were looking grim,
But then he made a swift recovery, so
luckily for him.
Oh, it all made sense to protect the NHS!**

**‘Twas on a Wednesday morning that Boris
caught it next
He’d been shaking hands with everyone so
should not have been perplexed.
The nurses took great care of him, they
came from far and wide
And afterwards he said, “They-they-they
saved my life. I nearly died.”
Oh, it all made sense to protect the NHS!**

**‘Twas on a Thursday evening the nation all
came out
to CLAP the NHS and put staff value
beyond doubt
The Doctors and the Nurses always did
their level best
But they wanted more than anything to
have more protective dress.
Oh, it all made sense to protect the NHS!**

**‘Twas on a Friday morning we heard of
Captain Moore
He soon would be one hundred, so was
certainly mature,
To raise funds for the NHS he was walking
in his grounds,
And was rewarded with a knighthood for
making thirty million pounds.
Oh, it all made sense to protect the NHS!**

**Now on Saturday and Sunday let’s give
thanks for those lives spared...
[Spoken seriously] And make sure the next
pandemic doesn’t find us unprepared.**

Does Vaccine + Vaccine + Booster ± Covid = Honeymoon Period for us?

Yes, probably. The combination of vaccines boosting memory B cells and T helper cells, as well as making antibodies, has increased population immunity to Covid. Pandemics do eventually end. But it won’t be like flipping a light switch. Exactly how much COVID-19 illness and death the world will put up with is largely a social question, not a scientific one.

In America the CDC has reduced to five days the time that people with COVID-19 must stay in isolation, saying it’s because people are most contagious early on. However a Japanese study says it is day 3-6.

I am personally still in the phase of being quite happy with vaccine protection and not wanting Covid – at least until current NHS hospital meltdown has improved.

Getting Covid does not guarantee a protective immune response – 20% of patients don’t make antibodies associated with coronavirus infection, because the virus diverts the immune system in the first week (data known from 2020).

Running through my head – the St Augustine quote used by Evelyn Waugh in *Brideshead Revisited*: “O God, make me good, but not yet” – I know I will get some Covid-type infection, but I don’t want it yet!

Irene Green

Death Tolls (I know I should lighten up)

Irene Green

If you are interested in the future of our NHS you might like to read and watch the video at the end of this link <https://www.yournhsneedsyou.com/timeline/> In it, Sir David King, previous chief scientific officer for England said over 100,000 lives could have been saved if the pandemic had been managed properly.

Recently the Covid death toll in the UK exceeded 150,000. I know that some people say these people didn’t all die of Covid, they could have had a heart attack.

However, the Office for National statistics has published the figures for those who had Covid on their death certificate and that number is 175,000.

Apart from slow decision-making at key times, failure to listen to experience from other countries or lack of simple mitigating factors, the reason for this exceptionally high toll was the unpreparedness of the NHS. In 2019, as a result of austerity since 2010, it had accumulated cuts of 38,000 hospital beds, a 20% real pay cut for staff, 40,000 nurse vacancies and 10,000 doctor vacancies. Pandemic preparedness was also lacking.

“God is for us a refuge and a strength, a helper close at hand, in time of distress: so we shall not fear though the earth should rock, though the mountains fall into the depths of the sea...” Psalm 46

Refugee Crisis

Refugee Crisis Fund – Diocese of Arundel & Brighton

<https://www.abdiocese.org.uk/rcf>

'For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me, sick and you visited me, in prison and you came to see me.' Mt. 25:35-36

There is no such thing as an illegal asylum-seeker

Everyone has the right to seek asylum in another country. When people leave their homes to seek safety and sanctuary in another country, they apply for asylum. A person applying for asylum must demonstrate that their home country is not a safe place for them to remain - which can be difficult to prove. Half of the world's refugees are children, many of whom take flight without the protection of parents or adult family members.

What does the Catholic Church say?

“The more we are able to open our minds and hearts to those who are in the greatest need, the more we witness to the words of Jesus: *I was a stranger and you made me welcome.*”

Pope Francis has challenged world leaders to do more to protect refugees and migrants, insisting that they should be treated with respect, and helped at every stage of their journey.

Speaking late last year, Cardinal Vincent Nichols said, 'Everyone is a child of God, with an innate dignity and worth. Focused international cooperation, safe routes to sanctuary and joint efforts to tackle poverty are all needed in the face of a global flood of desperate humanity.'

Today we have a great opportunity to express our innate sense of fraternity, to be Good Samaritans who bear the pain of other people's troubles, rather than fomenting hatred and resentment...

We need only have a pure and simple desire to be a people, a community, constant and tireless in the effort to include, integrate and lift up the fallen.

As a people we should be passionate about meeting others, seeking points of contact, building bridges... What is important is to create processes of encounter.

(Pope Francis, *Fratelli Tutti* #77, 216, 217)

Pope Francis has spoken a great deal about the plight of refugees. In his 2021 message to mark the 107th World Day of Migrants and Refugees the Pope said:

'The refugee crisis is a huge challenge, not only in Europe and the Middle East, but in many other parts of the world where large numbers of refugees live deeply uncertain and perilous lives...

As a Catholic community, and as a country, we need to be committed to helping refugees over a long period. To sustain that effort, we need moral imagination.'

Our Refugee Fund is helping people across our diocesan community

People and families applying for asylum in the UK are not usually allowed to work while their claim is being considered. They are given £39.63 per person, per week which must cover all their outgoings, including food, transport costs, and clothing.

Contributions to the Refugee Crisis Fund have enabled the Diocese to give financial grants to a wide range of charities and organisations including: Gatwick Detainees, Eastbourne Network, Worthing for Refugees, St Leonards-on-Sea SVP, Refugees Welcome Crawley and Brighton Voices in Exile.

The need now is greater than ever

<https://www.abdiocese.org.uk/donate>

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

1. A secret in the Oxford sense: you may tell it to only one person at a time. 2. Golf is a good walk spoiled. 3. Those who set out to serve both God and Mammon soon discover that there is no God. 4. The great act of faith is when a man decides he is not God. 5. Grown-ups never understand anything for themselves, and it is tiresome for children to be always and forever explaining things to them. 6. Perennials are the ones that grow like weeds, biennials are the ones that die this year instead of next, and hardy annuals are the ones that never come up at all.

“I rise before dawn and cry for help, I hope in your word. My eyes watch through the night to ponder your promise. In your love hear my voice, O Lord; give me life by your decrees. Those who harm me unjustly draw near: they are far from your law.” Psalm 119, XIX

'Come away to some lonely place ... and rest for a while'.

On 10th December, four of St. Patrick's parishioners attended a 'Quiet Friday' day at Worth Abbey. The day was promised to be one of stillness and solitude. The four ladies were myself, Sheila C, Maureen J and Anne W. It was a lovely day and we looked forward to some peace, walks, maybe some meditation and prayers.

We were shown into a pleasant room which could accommodate about fifteen people, socially distanced, of course. About eight people were present including one lady who described herself as a 'regular'! A monk arrived and sat down and we started. He did not introduce himself or invite us to give our names if we wanted!!

Straight into Lectio Divina – I had not done that before so felt slightly unsure but anyway we got going. This took about ten minutes, when a lady arrived – apologies for being late. So we carried on for another few minutes – then the phone rang. Two people were lost at the wrong venue so would arrive in a minute or two which they did. Not such a quiet start!

We had a walk around the grounds and went into the Quiet Garden but it was very muddy so a short excursion was all we managed. The grounds and views are spectacular. We returned to the retreat centre and had our packed lunch before going into the Abbey Church for midday prayers. That was lovely – the monks' chanting was beautiful and made you feel very still.

We then went into a side chapel where there was Exposition of the Blessed Sacrament. Quietness and prayer were the order of the time there. We went back for the final session – same piece again for Lectio Divina which seemed rather odd. Anyway, that was that – end of the Quiet Friday!

The monk was Father Martin, deputising for the usual monk. It was an enjoyable day but we had assumed there would be more structure. I think more time for communal prayers, reflections, and Lectio Divina would have added to the day. Will we go back? Perhaps in the summer, to enjoy sitting and thinking outside in the lovely gardens. Armed with our own prayers!



Week of Prayer for Christian Unity 18th-25th January

We saw the star in the East, and we came to worship him (Mt2:2)

Materials for the Week of Prayer for Christian Unity 2022 have been prepared by the Middle East Council of Churches, on behalf of the Vatican's Pontifical Council for Promoting Christian Unity and the World Council of Churches based in Beirut, Lebanon.

More than ever, in these difficult times, we need a light that shines in the darkness; and that light, Christians proclaim, has been manifested in Jesus Christ.

<https://www.cbcew.org.uk/christian-unity-week-2022/>

Sunday 16th January is the 55th World Day of Peace

"Today the *path of peace*, which Saint Paul VI called by the new name of *integral development*, remains sadly distant from the real lives of many men and women and thus from our human family, which is now entirely interconnected."

"... As in the days of the prophets of old, so in our own day *the cry of the poor and the cry of the earth* constantly make themselves heard, pleading for justice and peace. In every age, peace is both a gift from on high and the fruit of a shared commitment. Indeed, we can speak of an "architecture" of peace, to which different institutions of society contribute, and an "art" of peace that directly involves each one of us."

"All can work together to build a more peaceful world, starting from the hearts of individuals and relationships in the family, then within society and with the environment, and all the way up to relationships between peoples and nations."

MESSAGE OF HIS HOLINESS POPE FRANCIS FOR THE CELEBRATION OF THE 55th WORLD DAY OF PEACE

"Although alone, the Wisdom of God can do all; herself unchanging, she makes all things new. She deploys her strength from one end of the earth to the other, ordering all things for good." Wisdom 7

No longer are you to be named 'Forsaken', nor your land 'Abandoned', but you shall be called 'My Delight' and your land 'The Wedded'. Isaiah 62

The birds are singing! They sing, even at this dark time of the year. I have stepped outside at six in the morning, checking whether Barbara's car needs defrosting, and have been stopped in my tracks. From the dense shadows in the garden comes the carolling of robins, twisting and coiling in the air like a firework in sound.



On a recent walk at Southease, after crossing the Ouse by the swing bridge, and tiptoeing across the railway just north of the station, we were stunned to see a thrush in the dim afternoon

light, singing his repeated arias, always in groups of three, on a twig over the farm road.

On the marshy field just to the left, a flock of birds swooped down to feed in the grass, leaping up like flames in a wildfire, then disappearing again into the clumped vegetation. At first we thought it must be starlings – and indeed some were. But another group seemed to have a different shape, less lumpy



Redwing, RSPB

somehow... Redwing! This was our first sighting of these winter migrants in a flock, though we have seen a single bird in our garden one midwinter, feasting on the red berries of the cotoneaster.

In the back garden, Cuckoo Pint is up (Lords & Ladies), honeysuckle has sprouted sets of new grey-green leaf, and a viola has sported a single white and yellow flower since Christmas. We are holding our course towards spring!

Listen: How to Find Words for Tender

Conversations by Kathryn Mannix (Collins, 2021)

Several years ago I had the privilege of listening to the author and doctor Kathryn Mannix speak at a conference. She has a gift for sharing insights that can help us all navigate the challenges of being alongside one another. – Much needed in these times of isolation, when words have to take the place of human contact.

She is a leader in palliative care and trained with Cicely Saunders, founder of the modern Hospice Movement. Cicely Saunders famously asserted, "You matter because you are you..." As Christians we might add, "And we see Christ in you". Mannix writes with the same care and understanding.

Her new book takes insights from all the situations we hope we will never have to face, and brings them into the everyday. I was immersed in her description of a daughter living on a different continent to her parents, trying to deal with the deteriorating mental health of her father and the impact on her mother. The daughter reflects that when she gave her Mum a good "talking to", what she herself would have benefited from was a good "listening to"!

Yesterday I learned that a dear and close friend of ours had recently lost the wife he had so tenderly cared for. As she became more ill it felt as if we had lost him too, but it became clear that knowing we were still there, when he was ready to ask, was what was needed.

As Mannix says, "We can't always make it better. But we can always hold space for it".

Barbara Bond

Trivia answers (from p.6)

1. **Oliver Franks** (1905-1992) *Sunday Telegraph* 30/1/1977
2. **Mark Twain** (1835-1910) Alex Ayres *The Wit & Wisdom of Mark Twain* 1988 (attrib).
3. **Logan Pearsall Smith** (1865-1946) *Afterthoughts* 1931.
4. **Oliver Wendell Holmes Jr** (1841-1935) Letter to William James 24th March 1907.
5. **Antoine de St-Exupery** (1900-1944) *Le Petit Prince* 1943.
6. **Katharine Whitethorn** (1928-2021) *Observations* 1970.

"I keep the Lord ever in my sight: since he is at my right hand, I shall stand firm... You will show me the path of life, the fulness of joy in your presence, at your right hand happiness for ever." Psalm 16