



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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Churches are not, at present, open to the public: see <https://www.ololandstp.org/>

Fr Benny continues to say MASS which is streamed live from Our Lady of Lourdes : 09.30 each weekday, preceded by Adoration usually at 08.30; 18.30 Saturday evening and 10.30 Sunday.

Welcome to the twenty-third "apart but together" e-newsletter (14th February 2021)
"Because where two or three have come together in my name, I am there among them." Matthew 18

Looking with New Eyes

Barbara Bond

Your Father who sees all that is done in secret will reward you Matthew 6: 18

The other day I was cycling along a fairly remote country lane when I came across two ladies wearing hi-viz jackets, pushing a buggy. It had been raining and the lanes were soggy and there were plenty of puddles.

As I got closer I discovered that they were clearing litter from the verges; the buggy contained their bin bag. The risk from passing Range Rovers on blind bends was too great for me to dismount and chat with them, but they smiled and waved in surprise at my cheery greeting of appreciation.

As we approach another Lent, it is challenging to pause and reflect on the past year; I don't imagine any of us, then, had any idea how much our lives would change and for how long.

In the readings for the Sundays leading up to the beginning of Lent we hear much about Jesus' healing; perhaps this enforced pause has been a healing space for us. We have been forced to look to our inner

life. The mystic, Meister Eckhart says, "Where my soul is, there is God and where God is, there too is my soul".

This coming season, looking to the hope of Easter seems to be heightened by seeing all this suffering and self-sacrifice, but also how, in a quiet and focused way, people have reached out to other people.

As we journey together towards the joy of Easter, Eckhart's call to us seems a good place to start: "Awaken! Discover who you are! Close your eyes and see the radiant light within you".



**God and Jesus and the Holy Spirit
Be shielding and saving me
As Three and as One
By my knee, by my back
By my side
Each step of the stormy world**

Carmina Gadelica

The newsletter appears fortnightly. For the next issue, please send contributions by 26th February to Barbara Bond: bond_barbara@ymail.com

Lent Appeal

Barbara Bond

26th February 2021 will be the second CAFOD Family Fast day to take place whilst we have not been meeting as a normal community. All charities are really struggling, including CAFOD. The pandemic is a global emergency and it is the poor who suffer the most; the rollout of the vaccine across the world really highlights how vulnerable life is if you live in a low income country; inequality a very stark reality. One of the protocols for taking off my PPE when I am working has several episodes of hand washing – and I do this many times per day – just imagine if you had no access to water.

Abdella's Story

There is an Ethiopian saying: “One thinks of water only when the well is empty.” But Abdella lives in Afar, one of the hottest places on earth, and he thinks of water every hour of every day.

Abdella lives in an extremely remote and mountainous part of Ethiopia. It takes him ten hours a day to collect water. He says his life is being wasted as he has no time for anything else.



To help people like Abdella
Text LENT to
70460
 to donate £10 to
 CAFOD's Lent Appeal
Or visit
cafod.org.uk/give



Watch and read his story on

<https://projects.cafod.org.uk/walkforwater/index.html>

Give today to reach vulnerable communities around the world with water and to provide other vital support. Donate online at cafod.org.uk/lent or by using a CAFOD envelope. You can also give via text. **Text LENT to 70460 to donate £10.**

*Texts cost £10 plus one standard rate message; you'll be opting in to hear more about CAFOD's work and fundraising via telephone and SMS. If you'd like to give £10 but do not wish to receive marketing communications, **text LENTNOINFO to 70460.**

Abdella lives in Afar, Ethiopia - one of the hottest, driest and harshest places on earth. Temperatures here are regularly way over 40 degrees Celsius. Life-threatening droughts are common, animals die and people suffer.

Access to safe drinking water is one of the biggest challenges the region faces, with 70 per cent of Afari children deprived of access to water. Drinking water shortages are common because there are few surface water sources like ponds or streams in Afar. Many people are reliant on shallow, traditional wells that are unreliable and often dry up during frequent droughts. When these sources dry up, Afari women and girls are forced to walk long distances just to find water for their families. This can leave them vulnerable to violence. Water shortages and unsafe water sources have contributed to cholera outbreaks, increases in malnutrition as well as decreases in livestock productivity and other livelihoods.

“O Lord, listen to my prayer, and let my cry for help reach you... For my days are vanishing like smoke, my bones burn away like a fire. My heart is withered like the grass. I forget to eat my bread. I cry with all my strength and my skin clings to my bones.” Ps 102: 2, 4-6

I attended the above webinar in January and it was a real inspiration to find so much going on in our Diocese as well as elsewhere. I felt humble to hear what people do to help with food poverty – a curse of Covid times here, and of course an ongoing evil in many parts of the world.

In his Papal Encyclical, ‘Fratelli Tutti’, Pope Francis reminds us about the common good – ‘we are responsible for the fragility of others’. In a sermon on World Food Day, the Pope said ‘820 million people suffer from hunger in the world while 700 million are overweight’. A cruel, urgent, paradoxical reality that there is food for everyone and yet not everyone has access to it.

The opening piece was about the ‘Fitzherbert Community Hub’ which is a grouping of East Brighton RC Churches, the Fitzherbert Table Tennis Club (yes – they were formed to show everyone how sport can help and integrate), Voices in Exile and the Real Junk Food Project. They have been providing hot meals to clients throughout the pandemic and also run a food bank. The idea is that the Hub will become a centre for people to meet, exercise, eat! It is in the hall behind St. John the Baptist Church in Kemp Town. They do a great job and no one is excluded.



The webinar mentioned that all religions, and peoples of no faith, take part in these discussions about Food Poverty. ‘Food is sacred’; ‘Every human knows the power of food’; ‘Love your neighbour as your Equal’.

There was a live broadcast from Sierra Leone by a local charity worker. The country is one of the poorest in the world and has relied on local farmers producing some food for the inhabitants. The climate is now so dry and hot they cannot grow so much; plus the land is being snapped up by multi nationals who have little interest in local needs. Food is too expensive for the people.

The last piece was from St. Columba’s Community Farm in West Sussex. They are a Christian community which follows Celtic traditions. They are newly established in Sussex. They want to ‘land up’ and ‘re-awaken our origins’ by growing more locally, and having sustainable agriculture and husbandry. Less waste. **Stand at the crossroads and look and ask for the ancient paths where the good way lies; and walk in it, and find rest for your souls.**

There were many local projects mentioned – Gatwick Detainees Welfare Group, Buy Local, Fairtrade–community groups and



foodbanks here in our area–the SVP which helps the helpless, and the St. Anne’s fund.

The Diocese has distributed, through parishes and schools, supermarket food vouchers for those in poverty and need. We need to do more – the extra £20 per week for those on Universal credit expires soon. What a loss to families trying to feed children and keep their homes!

Action!

It would be wonderful to hope for more to be done but we can all do our bit!

- ◆ Support charities
- ◆ Give to local foodbanks
- ◆ Listen out for those who need help
- ◆ Be more political
- ◆ Buy local
- ◆ Waste less
- ◆ Grow your own if you can!

As Mother Teresa (now St. Teresa) said, **If you can’t feed one hundred people then just feed one.**

“Let my steps be guided by your promise; let no evil rule me. Redeem me from man’s oppression, and I will keep your precepts.” Ps 119: 133-134

Community News

Maintenance — St Patrick's

Irene Green

We have had improvements made this month and last inside the rented house (former presbytery). Our current, potentially costly concern, is **drainage**. We have dummy drains to blocked soakaways giving significant surface water when it rains. I expect there are building plans (1972) for the house (119 Cowley drive) and its outside space which might show drains. But we don't have them.

We are in the process of evaluating the major contributor to surface water, and coming up with solutions which doesn't cost many thousands of pounds.

Anyone with relevant expertise please get in touch with Bernadette berskin@hotmail.com who is working with John Duplain and others on this.

St Patrick's in the cold weather

The church central heating runs 3 times a day every day – throughout the winter. Last week when temperatures fell the heating duration was increased a bit, to try and prevent frozen pipes. So far so good.

Empty churches still cost money! Thank you to those who donate regularly.

Parish News

Lent 2021 begins on Wednesday February 17th and continues to Holy Week. Easter Sunday is April 4th.

A&B Diocese Mission starts 22nd Feb

During Lent we have the Diocesan formation team providing 5 sessions over 5 weeks on our relationship with God. Copy link into your browser and sign up

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

St Patrick's are hoping to provide a prayer session or two during Lent and some social time online e.g. around St Patrick's day.

Daily prayer online

For daily prayer here are three websites you can copy into your browser and visit:

A) <https://www.ignatianspirituality.com/> This is a very comprehensive website for spiritual guidance and exercises, even has a blog. They deal at length with the five-step Daily Examen that St. Ignatius practised. It's also thought of as rummaging for God in your daily life.

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

B) www.sacredspace.ie/ daily prayer which is short and do-able and perhaps multilingual

C) www.pray-as-you-go.org/home/ has a meditation video with music and prayer reading for each day – what's not to like.

"Your will is wonderful indeed; therefore I obey it. The unfolding of your word gives light and teaches the simple." Ps 119: 129-130

Food for Thought

Converting photos and movies to digital and mp4 files *Irene Green*

Over the last month we have tackled techie jobs we might otherwise have handed over to computer repair or more specialist outfits.

We have a number of home computers, with different operating systems (OS) from very old to the latest – we keep old ones because some of our older software wouldn't work with upgraded OS. One example is a Nikon machine and software for converting colour slides and negative to digital photos.

In January we were asked for a home movie wedding DVD and found we have several such DVDs but not the one requested.

This meant we resurrected our system from 15 years ago converting VHS to DVD, but the DVD player-recorder just played. We wanted to get to new computer friendly mp4 files so had to acquire cabling and special scart socket, Open Broadcast Software with instructions about settings for audio video. Husband also downloaded software for editing and compressing the files further.

Our home movies date from 1960s onwards, they were Super 8 tapes converted to VHS tapes before 2000. Some were made into DVDs. Now all will be recorded as mp4s from VHS.

It is fun to send our nieces film of them, aged 4 and 6 on holiday with us – they are now in their 50s.

Our grandchildren can see their father when he was growing up. The last movie we took may be in New Zealand where we did the Routeburn hike (south island) 2004. Our first movie is probably one Michael made as he and lab friends went



backpacking in the Sierras and with mules (1968). The most cherished movies are of people now departed, bring back their characters and personalities.

This is time consuming and challenging for our brains. Lots more to learn and do!

Prayer for the Protection of the Family and All Human Life

Almighty God our loving Father, Creator and lover of all life, You created us in your own image and likeness.

Give us the strength and courage to defend and protect marriage, the family and all human life: from conception, at the moment of fertilization, to natural death.

We ask your divine healing, comfort, and peace for all those suffering from marital and family problems. Grant to them forgiveness, understanding, and strength.

We pray for all our leaders and legislators. Grant to them wisdom, fear of the Lord, and steadfastness to enable them to reject all proposed measures opposed to life and the family.

May Mary our most loving Mother, intercede for your people. We entrust to Her this cause for the protection of life and the family. To you, O Lord, through Her, we consecrate our nation. We ask all these through Christ, our Lord, Amen.

- O Mary, Mediatrix of All-Grace and Queen of the Family, pray for us
- St Joseph, Chaste Spouse of the Virgin Mary pray for us
- Saints Lorenzo Ruiz and Pedro Calungsod, pray for us
- St John Paul the Great, defender and promoter of the Culture of life, pray for us.

(With permission from the Commission on Family and Life, Catholic Bishops' Conference: 500 years of Catholic Christianity in the Philippines)

Patrick Elliott



“Let your face shine on your servant, and teach me your decrees. Tears stream from my eyes, because your law is disobeyed.” Ps 119: 135-136

Vaccine, Virus numbers and Lockdown

Life continues largely as normal in places like Australia where they react fast to any outbreak of Covid 19. It isn't like flu, it is much more transmissible and much deadlier.

The UK is now implementing rules such as those applied in Australia, especially to its borders.

The main aim in the UK should be to decrease virus numbers:

- Viruses mutate all the time and most of the mutations come from countries with very high virus levels, UK (Kent), Brazil, South Africa.
- The more virus there is around, the more variants (mutations) there will be. However, mutations are only a problem if they give the virus an advantage. The Kent variant has an advantage because it spreads more readily. Unfortunately, the new mutations in the Kent variant may also make it less susceptible to the antibodies produced by current vaccines.
- Mutations to vaccine resistance only give the virus an advantage when a vaccination programme rolls out. Then, the more virus is around, the greater the chance of a vaccine resistant variant arising.

All this has two consequences:

- (a) Although Lockdown causes great hardship, if virus levels are low already, it reduces the chance of a vaccine-resistant variant arising during the vaccination programme
- (b) If the vaccine programme in Brighton is successful, and the virus almost eliminated, there will still be a risk of a vaccine resistant variant from another area being brought to Brighton. Travel restrictions will be needed for a long time.



Shirley Killick, 85, of Patcham getting her vaccination on 26th January.

Pic by David McHugh / Brighton Pictures



Life in Lockdown

- it's still life, don't keep waiting for normality!

When people ask what are you doing in the pandemic - apart from routine things and church related activities my answer is trying to keep fit with Yoga and Pilates teacher on Zoom, doing extra home cooking and gardening.

One social activity is playing bridge, friendly competitive timed games with members of Sussex bridge clubs (Bridge Base online), with First for Bridge holiday company (Real Bridge website), and playing with friends online on Trickster (many card games including bridge). It is quite demanding to learn how these different websites work!



Spare computer

We have a MacBook Air laptop we could donate e.g. to a school pupil or anyone in need of it. We need to figure out how to purge it of our data.

Irene icgreen@ntlworld.com

"In the morning, fill us with your love; we shall exult and rejoice all our days. Give us joy to balance our affliction, for the years when we knew misfortune." Ps 90: 14-15

Seeds

Pedalling Around Paradise (lockdown-style) — Episode 2 — Barbara Bond



On love, life and death

I have been touched beyond words by the generosity shown to us after the death of Liseby, Patrick's Mum.

During the most recent wave of COVID I have found myself with a burning anger, in the light of the (mainly hidden) privations families have gone through, some for many months — at what I felt was disrespect for that pain, shown by people who were not taking the pandemic seriously, and who were flagrantly disregarding public health rules. I thought I might explode!

So many times in my life I receive gifts from people when I am supposed to be helping them... I had not planned to "Pedal Around Paradise" (in memory of Liseby) — it was a spontaneous decision; and in fact in the past few days I have been on my drive in the snow and ice, with my trusty bicycle set up as a static training bike, and my wonderful personal trainer bringing me cups of tea...

However, this endeavour has actually enabled me to work off some of those angry emotions — thank you, Liseby.

My plan is to finish on February 14th and cook Patrick a lovely Mauritian meal to celebrate. I am sure I won't do it as well as his Mum would have done but it's the thought that counts!

Many, many thanks to people who have sponsored me.



From the Eulogy for my mother, Mary Liseby Bond

My mother was born on the 15th August 1929 in Port Louis, Mauritius. Times were different then, and that era (colonial, pre-War) is almost unimaginable today. Her mother, Linza, had told her about the great 'Spanish Flu' epidemic of 1919: all my mother's paternal family were unknown to her, and she assumed they had perished. She lived to see the coronavirus pandemic of 2020, and to perish in that. She nearly did not survive childhood. Aged three, she contracted meningitis and had double pneumonia. When the doctor advised Linza to say goodbye — because the child would not survive the night — her mother nearly gave up on the Novena to St Therese of Lisieux, which she had begun. Friends urged her to carry on offering the Novena, and in the morning little Liseby opened her eyes, and said "Maman". She was a little miracle.

The major changes in my mother's life happened one after another, in the space of just five years. She married my father, George Bond, had three children, and left Mauritius for ever. We came to England in 1957. She was just 28. After my father died in 1967, she had three adolescent children to bring up, on a very slender pension. She was resourceful and determined. She found work, first in Caterham with Marcel the hairdresser, then in Croydon. Most of her working life was with British Telecom, ending in the 1990s when computers took over the administrative tasks.

Mum prayed her Rosary constantly. When she died of Covid-19, in an isolation ward of East Surrey Hospital in the early hours of 16th January, a nurse held her hand and she passed away peacefully. In her other hand was her Rosary. May she rest in peace.



"Yet I was always in your presence; you were holding me by my right hand. You will guide me by your counsel, and so you will lead me to glory. What else have I in heaven but you? Apart from you I want nothing on earth. My body and my heart faint for joy; God is my possession for ever." Ps 73: 23-26

Afterthought

Portents and Tidings

Patrick Bond

Today has dawned with heavy scudding cloud from the south – at last! The bitter easterly winds and ice of the last two weeks have gone, and we have mild temperatures and rain showers. Everything which had seemed frozen, gripped in a sterile wind-chill, is released, and the cycle of the seasons can resume. Perhaps I can take it as a sign, that “the green blade” will rise again, as the hymn says – a little portent of the reality of Easter hope.

Yesterday I sketched out this *Afterthought* with the grim knowledge that the thrush which had so carolled and effervesced in my last piece, was gone. Every morning I listened out for his voice, and there was just absence. Something vital and alive in my sound-world was gone, leaving alien echoes in a frozen landscape; I was ready to lament the loss of a fellow singer, a real performance artist of sounds.



But today, as I leaned from the window charting a robin’s sudden trilling and the long lilt of a blackcap, suddenly there was the thrush! Back with a flourish, in all his loud, unapologetic, experimental finery of song. He had not perished in the cold, he was still alive, and he intended everyone to know it.

I take heart from this, because it had seemed such a forlorn hope, to keep filling the bird feeders, putting fresh water into containers when the bird bath was frozen solid, and scattering seed and fat “buggies” on the ground for the robins, chaffinches and blackbirds (and inevitably, the woodpigeons, the magpie, and the grey squirrel – but never mind!). Of the small birds, numbers seemed to decrease daily, and sometimes those who came appeared too cold even to eat.

This morning, in the half-light around 7 a.m, a flurry in the air announced the arrival of a flock of long-tailed tits, whose love of being sociable makes them look as though they fall over each other even in flight, in mid-air. They flopped on to the fatball feeder, nestling inside the squirrel guard, and filling the space with soft chattering.

Once again, I drew a comparison with our plight at this time, deprived of opportunity to gather and cluster and feel truly “human”. We are all missing each other at some deep level which is so hard to put into words, and which until now seemed so natural and inevitable – just meeting, greeting, standing in proximity to each other, and exchanging everyday news. The long-tailed tits know all about it, and bring tidings of how it is done.



“And I will lead the blind in a way that they know not; in paths that they have not known I will guide them. I will turn the darkness before them into light, the rough places into level ground.” Isaiah 42: 16