



St. Patrick's Church

Broad Green/Cowley Drive Woodingdean BN2 6TB

# St. Patrick's Newsletter



Our Lady of Lourdes

Whiteway Lane Rottingdean

**Fr Benny O'Shea** (01273) 302903 **Email office:** rottingdean@abdiocese.org.uk

**Mobile :** Mgr Benedict O'Shea 07884 171710; Deacons:- Rev Neil Mercer 07801 706167

& Rev Bernard Hill 07505 460888; **Facebook:** <https://www.facebook.com/StPatricksWoodingdean>

**Our Lady of Lourdes Church is now open for worship: see <https://www.ololandstp.org/>**  
MASS is streamed live: 09.30 Mon, Tues, Thurs, Fri; church open for Adoration/Private Prayer from  
08.55 Mon, from 08.30 Tues, Thurs, Fri; Fri 6th is the Feast of the Transfiguration of the Lord;  
**Vigil Mass Saturday 18.30 ; Sunday Mass: 10.30**  
**St Patrick's – Mass on Sunday 1st August 9.00 am – 18th Sunday in Ordinary Time**

**Welcome to the thirty-fifth “apart but together” e-newsletter (1st August 2021)**  
**“Because where two or three have come together in my name, I am there among them.” Matt 18**

**On Being Sustained** **Barbara Bond**

*“He who comes to me will never be hungry”* John 6  
As I am writing this I am preparing for a reunion that we thought might not happen. In the past year two of my oldest friends and I have celebrated a landmark birthday. We will be spending a weekend together under canvas in the Forest of Dean – our best hope to keep safe and avoid cancellations! In 2019 we managed to gather the whole group of us who had forty years earlier embarked on the adventure of adult life and training to be nurses. There was an unusually high number of us who had a faith practice back then and even more striking was that fact that most of us are still practising. My chums and I have had our fair share of challenges but I was reflecting that as well as each other, the thing that has sustained us has been the life, depth and ritual that faith weaves into the very fibre of your existence.



*Sunrise, May Hill, Forest of Dean*

***Bread of Life, as you sustained those wandering in the desert,  
teach us to patiently wait for you.  
Nourish us, Bread of Life.***

***As you multiplied the loaves and fishes, multiply in us compassion  
and service.  
Nourish us, Bread of Life.***

***As you shared with us your very self, teach us to share ourselves  
with others.  
Nourish us, Bread of Life.***

***May the way we live our lives, as those who have received you, be  
your body for those we encounter. With your presence, may we  
share in your feeding of the hungry, giving water to the thirsty,  
clothing the naked, sheltering the homeless, visiting the sick,  
imprisoned and captive, and burying the dead.  
Nourish us, Bread of Life, that our lives may reveal you.***

Several years ago the mother of one of my friends died and I will never forget seeing her children carrying the coffin through a country churchyard – young adults I had known from their birth, watching them grow and develop nourished by the love and support of the woman they were laying to rest, knowing that all of us were held in a community of profound values.

As we share meals together round the campfire, our common understanding of what that means will be unspoken but very powerful.

*The newsletter appears fortnightly. For the next issue, please send contributions by 13th August to Barbara Bond: [bond\\_barbara@ymail.com](mailto:bond_barbara@ymail.com)*

# 10 Years of War in Syria

Taken from a report by Hombeline Duliere - CAFOD's Syria Emergency Programme Manager – dated 7th July 2021. <https://cafod.org.uk/News/International-news/Stories-from-Syria>



Eastern Ghouta, Damascus (CNN.com)

## Rana's Story

Millions of Syrian people have fled as refugees, and millions more have been made homeless within the country. Buildings are in a state of ruin or severely dilapidated.

"The ruins can be dangerous for our children," Rana tells me. When the city was being shelled, they did not leave the area as they did not have anywhere else to go. So Rana and her three children found a place to hide underground, hoping that they would live another day.



"What we fear the most is our children's security and future," she added.

The whole family today lives in a one-bedroom apartment. Besides a couple of mattresses on the bare ground that they use as sofas during the daytime and as beds at night, they have no other belongings.

Rana's children all have disabilities and it's very difficult for the youngest to hold a

pencil, but he loves to draw and is determined to be creative. Despite their struggles, the family keep smiling and joking.

"If you had not helped us, I don't know how we would have managed to get by."

A new survey by the International Committee of the Red Cross (ICRC) highlights the costs for those aged 18 to 25 of a war that has killed hundreds of thousands, displaced millions more and destroyed schools and hospitals.

Fabrizio Carboni, the ICRC's regional director for the Middle East, told Reuters news agency: "Rebuilding the country is on the shoulders of the young and obviously it's quite unfair."

- 50 percent of Syrians had friends or a family member who was killed
- One out of six Syrians had one of their parents either killed or wounded
- Nearly half of young Syrians lost their income because of the conflict and almost 8 in 10 reported struggling to afford food and other necessities
- Women have been particularly hard hit economically, with almost 30 percent in Syria reporting no income at all to support their family

The report coincides with the 10th anniversary of the start of protests against President Bashar al-Assad's rule that turned into a full-scale civil war. Assad's military has now regained control of most of the country with the help of Russia and Iran. (Report taken from <https://www.aljazeera.com/news/10th March 2021>)

**God of mercy, pour out your peace upon us all. Watch over our brothers and sisters in Syria, especially those who have fled their homes.**

**Lead them to a place of safety and bring comfort to those who mourn.**

**Inspire us all to share the light of your hope, and to reach out in a spirit of compassion.**

**Make us channels of your peace, so all your children may live free from fear, conflict and pain.**

**We ask this through Christ our Lord, Prince of Peace, Amen.**

*Catherine Gorman/CAFOD*

***"I tremble at the shouts of the foe, at the cries of the wicked; for they bring down evil upon me. They assail me with fury. My heart is stricken within me, death's terror is on me, trembling and fear fall upon me, and horror overwhelms me." Psalm 55***

On **Friday, 6th August**, the walk will leave St. Patrick's at **10am** – please meet outside the church. We will walk down to Happy Valley where you can park your car and join us there if you prefer. We will be there about 10.10 and will leave for our walk about 10.15am.

All welcome from St. P's and OLOL. We will be glad to see children but they must be accompanied by an adult. This is a 'fun' walk and hopefully will become a regular event.



## Where are we going?

Along the Happy Valley Park then uphill (!) to the track that leads round past the Woodingdean Primary School, on down past the Nuffield Hospital and then past the Woodingdean Lawn Memorial Park.

We will then head down past the golf course and on to Ovingdean. Passing the farm and on to the Ovingdean Church of St. Wulfran's.

We will have a rest there and a short reflection, and look round the Church and some fascinating grave stones.

Finally we go back along past the farm but then head up doing a loop behind the farm and taking the path back to the Happy Valley park. Back across the road to the Church for those who began their walk there.

The walk is not long – about 5km and has a hill at the start. Otherwise, normal South Downs walking!!

Please bring a drink and a walking pole if you use one. Waterproof??? Sun hat???

Looking forward to seeing many parishioners in a safe, outdoor space in what we hope will be good weather!

'As we walk, we can reflect that we share common ancestors with the trees that breathe the oxygen into the air that keeps us alive; we come from the same stock as the grain bearing grass that gives us our daily bread. The mice and squirrels, cows

and horses we may encounter on our walk are close mammalian cousins. It is their world as much as ours; we belong to a joint venture.'

I would appreciate if you can let me know if you are coming – track and trace is still a must. I can be reached by email – frances.low@ntlworld.com or on my mobile – 07816 642943.

God with me lying down,  
God with me rising up,  
God with me in each ray of light,  
Nor I a ray without Him,  
Nor one ray without Him.  
Christ with me sleeping,  
Christ with me waking,  
Christ with me watching,  
Every day and night,  
Each day and night.  
God with me protecting,  
The Lord with me directing,  
The Spirit with me strengthening,  
For ever and for evermore,  
Ever and evermore, Amen.  
Chief of Chiefs, Amen.

*Carmina Gadelica: taken down in 1866 from Mary Macrae on the Isle of Harris*

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

1. I'm not offended at all, because I know I'm not a dumb blonde. I also know I'm not blonde.
2. The affair between Margot Asquith and Margot Asquith will live as one of the prettiest love stories in all literature.
3. The majority of the members of the Irish parliament are professional politicians, in the sense that otherwise they would not be given jobs minding mice at crossroads.
4. I never forget a face, but in your case I'll be glad to make an exception.
5. I married beneath me, all women do.

**"Entrust your cares to the Lord, and he will support you. He will never allow the just man to stumble."**

**Psalm 55**

# Community News – St Patrick’s

## Fund Raising and outside Coffee Morning at St Patrick's 24<sup>th</sup>-25<sup>th</sup> July

The fund-raising on Saturday 24<sup>th</sup> July sadly had to be cancelled due to the forecast weather, and the risk of bringing people together indoors (with helper numbers down because of holidays and self-isolation, and the vulnerability of our congregation during the summer peak of COVID cases locally and nationally.) However the **sale tables** after Mass on Sunday 25<sup>th</sup> raised £48. Thank you to all contributors and helpers.

Vaccine resistant variants are in the UK and will increase. Fortunately the Bishops’ Conference were very cautious about any relaxation of rules in churches and allow local jurisdiction. “Churches should continue to provide hand sanitiser at entrances and exits and face coverings are strongly recommended to be worn by those in church.” Bishops’ Conference COVID-19 Route Map: Guidance” 15<sup>th</sup> July 2021

## **Our Wild Flower Effort**

Bernadette Skinner

Well, it’s a start!

To join St Pat’s into the country’s wilding of grass verges effort, we asked our groundsman not to cut the area around the corner of the church, near the house. It was also the patch that was dug into for the new soakaway drain.

We threw grass seed onto the bare earth along with a free packet of wildflower seeds from my gardening magazine. Then we had very cold weather, then hot and no rain, then lots of rain so prospects didn’t look good.

However, those tiny seeds are tough little things and we now have a mini meadow. Each time I’ve looked there have been different plants. In this picture taken by the wall, can be seen poppies, red campion and mignonette. There are poppies and ox-eye daisies under the trees. (We planted violets and primroses there as well). They will all seed and spread.

As our orchard area has very poor soil, Downland flowers thrive, but unfortunately we have to have it cut for community use. We are looking into just having the area within the orchard trees mown and leaving the outer strip to nature. ... Any thoughts welcome!



**SALE**  
HOMEMADE  
CAKES & MORE

WHERE? Our Lady of Lourdes Church  
Rottingdean

WHEN? Every 2<sup>nd</sup> Saturday  
of the month commencing  
14<sup>th</sup> August 2021

TIME? 10am-12noon  
**ALL WELCOME**

**COVID DELTA VARIANT**  
**NEW SYMPTOMS TO LOOK OUT FOR**

Diarrhoea      Blocked/Runny Nose      Aching Muscles

Long-lasting Headache      Vomiting      Sore Throat      Tired and Unwell

**IF IN DOUBT TAKE A TEST**

MANCHESTER CITY COUNCIL      NHS

*“Give thanks worthily to the Lord, and praise the King of the ages, that his tent may be raised for you again with joy. May he cheer those within you who are captives, and love those within you who are distressed, to all generations for ever.” Tob. 13*

## July 29, 2021: UK Cases Stop Rising



According to ZOE COVID Study incidence figures, it is estimated that:

- among unvaccinated people in the UK there are currently 36,102 new daily symptomatic cases of COVID on average. Virtually no change from 36,250 last week.
- Comparatively there are currently 10,268 new daily cases in partly vaccinated (1 dose) people and 14,110 new daily cases in fully vaccinated people (2 doses).
- The overall number of estimated daily new symptomatic cases is 60,480. This figure has remained stable over the past six days, suggesting that new cases of COVID have stopped rising in the UK.
- Whilst the data indicates there are more cases in the fully vaccinated group, this is because there are now significantly more people in the population who are fully vaccinated compared to those who are not vaccinated or partially vaccinated. According to the latest government figures, 37,549,060 people in the UK have received two doses of a COVID-19 vaccine.
- The UK's *official* confirmed incident cases currently show that cases are plummeting. However, ZOE's estimates are not following the same trend and are instead holding stable.
- In terms of prevalence, on average 1 in 82 people in the UK currently have symptomatic COVID.

Tim Spector OBE, lead scientist on the ZOE COVID Study app and Professor of Genetic Epidemiology at King's College London, comments on the latest data:

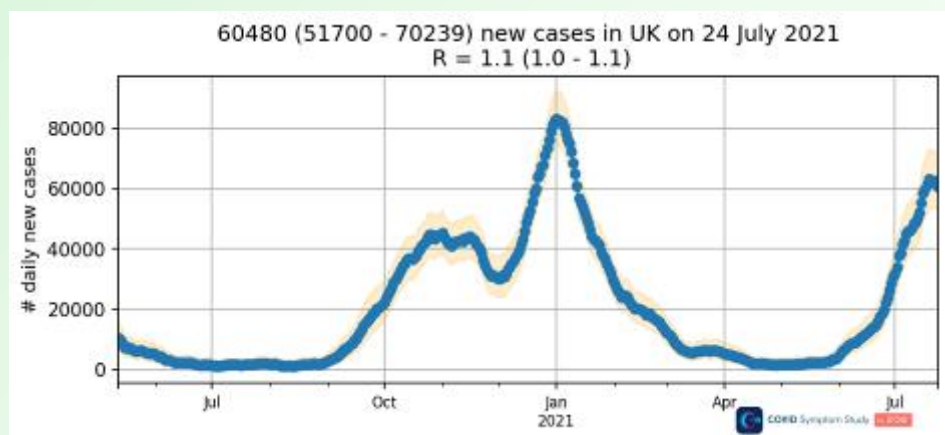
“ZOE data shows new COVID cases have stopped rising for the last week and are holding steady around the 60,000 mark. This is in stark contrast to the rapid decline in cases recorded by the government’s official confirmed cases data. The drop is much faster than we’ve ever seen in previous waves, even after full national lockdowns, leaving the accuracy of the official tally in doubt.”

There is still a very strict and limited symptom list in place, and we’ve been calling on the government for months to expand the list to include cold-like symptoms which are currently the most common symptoms we are seeing in confirmed COVID cases. If we got into line with other countries, we could pick up cases that are currently going undetected.”

**Graph 1. The ZOE COVID Study UK Infection Survey results over time**

(<https://covid.joinzoe.com/post/uk-cases-stop-rising>)

The COVID Symptom Study app has been developed by health science company ZOE. It is endorsed by the Welsh Government, NHS Wales, the Scottish Government & NHS Scotland. Data collected is shared with and analysed by King's College London & ZOE research teams.



**“With Christ I hang upon the cross, and yet I am alive; or rather, not I; it is Christ that lives in me. True, I am living, here and now, this mortal life; but my real life is the faith I have in the Son of God, who loved me, and gave himself for me.” Gal 2: 19b-20**



## Fighting Modern Slavery in the Diocese of Arundel & Brighton

### Anti-Slavery Day 18 October: Time to start Planning!

Every year, thousands of men, women and children fall into the hands of human traffickers, becoming unpaid modern-day slaves. Our Diocese is committed to combatting modern slavery in all its guises both in the UK and abroad, and has an active Fighting Modern Slavery Steering Group attached to our Social Action Commission.

#### Prayers for Victims of Human Trafficking

We pray for the victims of human trafficking that they may be helped to rebuild their lives after the traumatic experiences they have gone through.

We pray that we, as the Church, will continue to defend victims of human trafficking.

We pray for our governments that they may make and implement laws that will protect victims of modern day slavery.

We pray for those organisations dedicated to eradicating modern day slavery that they will be courageous in the face of challenges.

We pray for those caring for the victims of human trafficking, that their efforts to help the vulnerable and traumatised may not go unrewarded. Amen

#### Someone is in slavery if they are:

- Forced to work - through coercion, or mental or physical threat
- Owned or controlled by an 'employer' - through mental or physical abuse or the threat of abuse
- Dehumanised - treated as a commodity or bought and sold as 'property'
- Physically constrained or have restrictions placed on their freedom of movement

*There are an estimated 40.3 million enslaved people around the world including 10 million children*



theexeterdaily.co.uk

#### Recruiting Now!

Our diocesan Modern Slavery Steering Group is working on a joint enterprise with the charity,

*Together in Sussex*, to raise awareness of modern day slavery.

Ambassadors are an important point of contact within parishes.

They are trained in anti-slavery issues and have a key role in our campaign to raise awareness. There is still time to join our fantastic team of Ambassadors and get involved. For more information, or to

register your interest please contact

[Tessa.ricketts@abdiocese.org.uk](mailto:Tessa.ricketts@abdiocese.org.uk)

The Steering Group issues a fantastic newsletter four times a year packed with important information, courses and events.

You can read Issue No. 4 – see <https://www.abdiocese.org.uk/news/augusts-fighting-modern-slavery-newsletter-is-out-now>

#### **Policies criminalising Asylum Seekers provide a 'charter for trafficking'**

Bishop William Kenney CP, a member of the Santa Marta Group, has written to the Home Secretary with a strong message about the UK Government's New Plan for Immigration.

While welcoming the Government's commitment to ensuring that police and courts have the necessary powers to bring perpetrators of modern slavery to justice - giving victims the support they need to rebuild their lives – he expressed serious reservations over elements of the plan. Bishop Kenney encouraged the Government to modify its approach and prioritise three key elements:

- An effective National Referral Mechanism that efficiently identifies and supports victims.
- Consistent recognition that modern slavery is not an immigration offence.
- Focus on pursuing perpetrators, not criminalising victims.



*“Rescue me, Lord, from evil men; from the violent keep me safe, from those who plan evil in their hearts... Lord, guard me from the hands of the wicked; from the violent keep me safe... The proud have hidden a trap, have spread out lines in a net, set snares across my path.” Psalm 140*

Since 2019, with a number of enforced breaks, some very dedicated parishioners have been practising this ancient art of movement and stillness. During April we were in St Patrick's garden wearing hats, gloves and thermals!

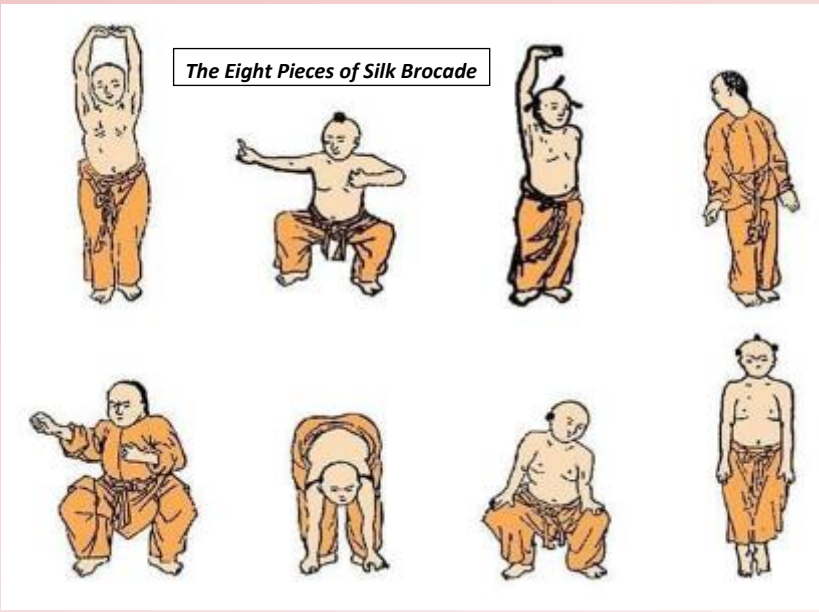
In China there are Qi Gong hospitals and you would be prescribed a set of movements for specific ailments. The set illustrated below would be used for debilitating illnesses that cause fatigue, like long COVID for example. The movements activate specific areas: – think dynamic, self-administered acupuncture – and no needles!

Qi Gong is less well known in the West. Tai Chi, its martial art cousin, is very popular but this is a more internal, holistic, health-promoting practice. Much of the research that has been done relating to specific health conditions has been done in China. It shows that after 16 weeks of doing qi gong there are measurable improvements in balance, strength and overall wellbeing.

I am passionate about this because it's something that is accessible to everyone and not too complicated to do outside of a class and it's really positive for physical and mental health.

I love teaching my St Patrick's class, and I have classes at Age UK in Lewes too.

Over the summer I am on Zoom on Thursdays 7-8pm. Please email me [bbshiatsu@gmail.com](mailto:bbshiatsu@gmail.com) for the link. Tuesday classes will resume on 7th September.



## Universal Goodness

*I look on Nature less with critic's eyes,  
Than with that feeling every scene supplies:  
Feelings of reverence that warms and clings  
Around the heart, while viewing pleasing things.  
And heath, and pastures, hedgerow stunted  
tree,  
Are more than Alps, with all its hills, to me;  
That bramble for a bower, the old molehill  
For seat, delights me! Wander where I will,  
I feel a presence of delight – and fear,  
Of love and majesty, far off and near.  
Go where I will, its absence cannot be,  
And solitude and God are one to me.  
– A presence, that one's gloomiest cares caress,  
And fills up every place to guard and bless.*

John Clare, 1832



*“Though princes oppress me without cause, I stand in awe of your word. I take delight in your promise like one who finds a treasure... The lovers of your law have great peace; they never stumble.” Ps 119 (XXI)*

## Afterthought: Seeking a New Self

Patrick Bond

*Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth. Ephesians 4: 23-24*

I walked, yesterday, up on to the Downs; – from our house, easy and quick since there is only one street before the steps up on to Juggs Lane. The round trip to the Windmill only takes an hour, but it is good for clearing the mind and lifting the spirits, especially when the sky is blue and the day is young.



A strong breeze brought dramatic white cloud up over Kingston Ridge, and across the floodplain of the Ouse as I looked towards Newhaven and Seaford Head. There were a good number of frequenters up there – old men taking their constitutional, solo joggers taking exercise, and pairs of women taking their dogs.

The farmer's field was empty of bullocks this time, and was shaven close to the ground, newly mown. Tiny wild flowers clustered in swathes where the flail mower had lifted over the uneven ground: common knapweed, hawkbit, red clover, bird's foot trefoil (aka eggs-and-bacon), lady's bedstraw (the smell of downland meadows), scarlet pimpernel, agrimony, St John's Wort... None more than two or three inches high.



At the far corner of the field, I found ragwort shining, almost molten, in the early sunlight. A swallow flashed past about a foot off the ground, hugging the contour of the land as it hunted, disappearing up and over the trees across the fence. I have once seen a Green Woodpecker in the rough pasture there, and sure enough its laughing call rang out as I arrived; it is not called the "Yaffle" for nothing. Two greenfinches flew up and towards me and for a moment the sunlight caught their wings and they turned into fluttering lemonish-emerald jewels.



showing its adorable soft brown and orange upper wings.

A Gatekeeper butterfly came and sat quietly for me, allowing me to capture a photograph,

**Lord, as I read the psalms  
let me hear you singing.  
As I read your words  
let me hear you speaking.  
As I reflect on each page  
let me see your image.  
And as I seek to put your precepts into  
practice,  
let my heart be filled with joy.  
– Gregory of Nazianzus (329-389)**

### Trivia answers (from p.3)

**1. Dolly Parton** (1946-) *Small Talk, Big Names: 40 years of Rock Quotes*, M. Palmer 1993. **2. Dorothy Parker** (1893-1967) review of Margot Asquith's *Lay Sermons* New Yorker 22.10.1927. **3. Flann O'Brien** (1911-1966) *The Hair of the Dogma* 1977. **4. Groucho Marx** (1890-1977) Leo Rosten *People I have Loved, Known or Admired* 1970. **5. Nancy Astor** (1879-1964) in *Dictionary of National Biography* 1961-1970.

*"There is now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set me free from the law of sin and death." Romans 8: 1-2*