



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 weekdays see website <https://www.ololandstp.org/>**

**Vigil Mass at Our Lady of Lourdes Saturday 6.30 pm; Sunday Mass: 10.30 am**

**St Patrick's – Mass: Sunday 13th March at 9 am: 2nd Sunday in Lent; Transfiguration**

**Mass: Sunday 20th March at 9 am: 3rd Sunday in Lent**

**Thursday 17th March is Feast of St Patrick. Mass at 10 am**

**Welcome to the 49th "apart but together" e-newsletter (13th March 2022)**

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

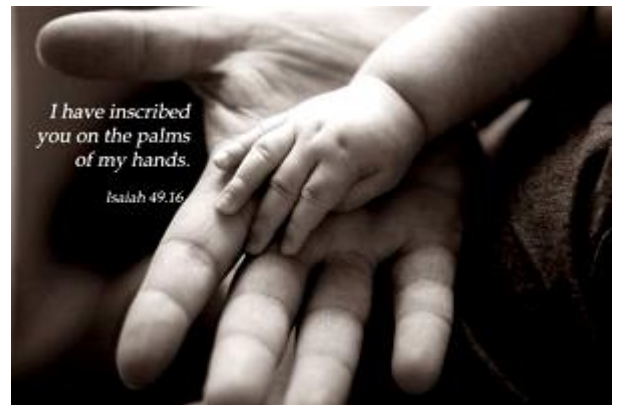
## On Giving One Another a Hand

**Barbara Bond**

*It is wonderful for us to be here* Luke 9

Every now and again I find myself the subject of a little news article. This time it was related to the full reintroduction of complementary therapies to patients at the Hospice after the pandemic. Inevitably they wanted a picture and I realised that when this request is made my response is always to give them a picture of my hands.

I was reflecting on how much hands are mentioned in the scriptures and being one of life's "do-ers" this came to mind: "She extends her hands to the poor; she stretches out her hands to the



needy" (Proverbs 3:20)

**Lord Jesus,  
I give you my hands to do your work.  
I give you my feet to go your way.  
I give you my eyes to see as you do.  
I give you my tongue to speak your words.  
I give you my mind that you may think in me.  
I give you my spirit that you may pray in me.  
Above all,  
I give you my heart that you may love in me  
your Father and all people.  
I give you my whole self that you may grow  
in me, so that it is you, Lord Jesus, who live  
and work and pray in me. Amen.**

As the disciples witnessed the Transfiguration, we are told they were afraid. I think that I would perhaps have not just kept silence as they did but have been daunted into inaction too.

However, these words of Jesuit priest Gregory Boyle really resonated with me: "The disciples didn't leave Jesus' side with a fully memorised set of beliefs. Rather theirs was a loving way of life that became the air they breathed, anchored in contemplation and fully dedicated to kinship as its goal."

I pray that I can reach out to others with the love of the Transfigured Lord.

*The newsletter appears fortnightly. The next issue will be on 27th March. Please send contributions by Friday 25th March to Barbara Bond: [bond\\_barbara@ymail.com](mailto:bond_barbara@ymail.com)*

## Pray for Peace in Ukraine: Catholic Church in England & Wales

“God’s plan for the world is peace, not disaster. We pray for Ukraine and her people, and for the world’s leaders. No one wins in war. Everyone wins in peace.”

Archbishop John Wilson,  
Southwark



### Prayer for Ukraine

Almighty and Great God, accept our gratitude for your boundless mercy towards us. Hear the supplication of our afflicted hearts for the land and people of Ukraine, as they confront foreign aggression and invasion.

Open the eyes of those who have been overtaken by a spirit of deception and violence, that they be horrified by their works.

Grant victory over the powers of evil that have arisen, and bless Ukraine with your gifts of liberty, peace, tranquillity and good fortune.

We implore you, O Merciful God, look with grace upon those who courageously defend their land.

Remember the mothers and fathers, the innocent children, widows and orphans, the disabled and helpless, those seeking shelter and refuge, who reach out to you and to their fellow human beings looking for mercy and compassion.

Bless the hearts of those who have already shown great generosity and solidarity, and those who prepare to receive their Ukrainian brothers and sisters in Ukraine’s greatest time of need.

### The Jesus Prayer

One of the simplest prayers is the Jesus Prayer – the prayer of the heart – where we admit to ourselves and to our God that we are all sinners, that we all need redemption, and that we place ourselves in the loving hands of Our Lord.

The prayer is very simple. It doesn’t take a lot of memory and it’s a prayer that you can repeat, and you can live and breathe at any time, in any place.

**Jesus, Lord Jesus,  
Son of the Living God,  
Have mercy on me, a sinner.  
Amen.**

Bring us together as your children, your creation, and instil in us your strength, wisdom and understanding.

May you be praised and glorified, now and forever, and to the ages of ages.

Amen.

(Bishops’ Conference —

<https://www.cbcew.org.uk/pray-for-peace-in-ukraine/> )

*“Glorify the Lord with me. Together let us praise his name. I sought the Lord and he answered me; from all my terrors he set me free.” Psalm 34*

# CAFOD: the Crisis in Ukraine

## Reaching out with kindness and compassion

At least 2 million people have fled their homes to escape the ongoing attacks in Ukraine. To date, the Ukrainian health ministry has said more than 300 innocent women, men and children have died. Without a ceasefire and with freezing winter temperatures, these figures are likely to rise.

Because we are part of Caritas – one of the largest global aid networks, we have been able to respond quickly. The humanitarian professionals and volunteers working on your behalf live locally and some are from the area.

We believe it is our duty as to reach out as one Catholic family with kindness and compassion to our sisters and brothers wherever they are. We are strongly compelled to respond in Ukraine, just as we are responding to other crises such as Afghanistan, Ethiopia, South Sudan and Syria.

## Providing food

Local experts understand people's specific needs: from water and food; to shelter and clothing; to medicine and psychological support. Father Vyacheslav Grynevych is on the ground now.

### *Prayer: A Voice that speaks of Peace*

God of mercy,  
help us to listen to your voice,  
a voice that speaks of peace to all  
people.

Let the sound resonate within us,  
until a whisper becomes a shout  
which cannot be ignored.

Move us with your love,  
so that our actions echo your peace,  
and we may bring comfort  
to those touched by conflict.

Fill us with your hope, O Lord,  
and quiet the fear and hatred  
which divides us,  
as we seek to build a future together,  
of true and lasting peace.

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

Amen.

Catherine Gorman/CAFOD



Caritas coordinator Agnjetschka at a refugee shelter in a school gym.

*"My colleagues are working day and night. We are trying to respond to this situation as fast as we can."*

Father Vyacheslav Grynevych, Director of Caritas-Spes in Ukraine

His team are helping to ensure that people who are preparing to leave Ukraine have something to eat.

"We understand that these are only the first days of a terrible war," Father Vyacheslav says. "Like a terrible dream, it has enwrapped our society."

## Providing therapy

Maria is a social worker from Caritas Boryslav in Ukraine. She has been helping children to come to terms with what has happened to them through therapy. "At Caritas Boryslav we try to play with them, paint together, just create a safe space and make contact," Maria says.

"Many children start painting with black paint - really scary things. But then they start to add other colours."



Maria, a social worker from Caritas Boryslav, running an art therapy session.

*"Look towards the Lord and be radiant; let your faces not be abashed. This poor man called; the Lord heard him, and rescued him from all his distress." Psalm 34*

# Community News – St Patrick's

## Music Requests for Mass — Irene Green

Mass attenders can request music / hymns to be played before or during Sunday Mass at St Patrick's. You can also say "I hate that one, don't play it!"

**Varndean Community Singing** class will resume at St Patrick's on Monday 9th May and end on Monday 4th July. Hannah is teaching us. The class will be from 6.45 to 8.45pm with a coffee break.

## Lectio Divina in Lent

If you would like to explore this ancient method of deepening your heart's experience of the Bible and prayer — please email [patrickgpbond@yahoo.co.uk](mailto:patrickgpbond@yahoo.co.uk)

or phone 07425-011341. I will send the link, and full instructions.

The session via Zoom lasts for 45 minutes, once a week on a Wednesday evening at 7 pm. Please do join at any point in Lent.

## Congregational singing – let's do it together!!

My understanding is that singers in a choir or congregation must listen to the music and to other singing voices. At St Patrick's we need to listen to the music and get the tempo right. We also need to listen to slower singers in order to come together so that our Sunday hymns are meaningful.

With streamed music last week, we ended up with three choirs – the front of the church singers who consistently are ahead, the back of the church singers who had tried to keep with the sound bar hymn (but failed in the end), and the hymn music being streamed which was nearly a verse behind everyone. I slowly decreased the volume and stopped playing. Won't use it again! **Irene**

## Praying for Ukraine

Barbara has set up a rota of people willing to pray in rotation. In other words, each volunteer adopts an hour, and in that hour spends a few minutes in prayer for peace in Ukraine and for everyone involved.

In this way, every hour of the day, someone from our community is praying with that specific intention. The night hours are for anyone who is awake and will say a prayer.

There are still unfilled slots: 10 am; 4 pm; 5 pm; 7 pm; 8 pm; 9 pm.

Please contact Barbara if you would like to join in. [bond\\_barbara@ymail.com](mailto:bond_barbara@ymail.com) or phone 07733-396891

## Volunteer opportunities:

We would like more people on our **church cleaning rota** (cleaning can be done from 3.30 pm Friday and throughout Saturday), you can buddy up with another person and it will take at least an hour.

On the **weekly rota** we would like more volunteers to be responsible for overseeing our very welcome coffee after Mass

On Saturday 26th March we propose doing spring cleaning, inside and out. Make a note in your diary and help if you can.

**St Patrick's Day** Please stay behind for coffee this Sunday (13th) if you can help on St Patrick's Day. We will quantify our food making and shopping and identify who will be willing to serve and most importantly "meet and greet". Ted has been volunteered, unanimously, to be our master of ceremonies.

## Coming soon:

I am dividing my peony "bowl of beauty" and will have some roots to sell to be planted this month. Fresh rhubarb should be on sale by end of March.

*"The angel of the Lord is encamped around those who revere him, to rescue them. Taste and see that the Lord is good. He is happy who seeks refuge in him." Psalm 34*

## For a Synodal Church: Communion, Participation and Mission

### Report from Bishop Richard's Webinar 9 March 2022 — Irene Green

I was very impressed with the webinar led by Bishop Richard this week. It was about the Synod – this is the first time ever Catholics have been asked for their opinion! The Bishop was beginning to collate the answers to the synod questions. These will eventually go to the Synod of Bishops in 2023 and the Bishop will publish what he submits. (*The recording of the Webinar is now available: see Barbara Bond's piece overleaf*).

### Be Church differently – be a synodal church

Themes: journeying together, listening, discernment, mission, participation, dialogue, encounter. There were 676 responses, 600 by "Survey Monkey" came from groups of various sizes - well over 1000 people responded.

The scoring is shown on the slide (*see right*) and was as expected, two thirds not complimentary to the church. Celebrating the depth and breadth of our church faith got the biggest score 54 % (so not a distinction).

### Comments and Insights

People commented that the clergy are tired, elderly single men, maybe lacking a sense of support, and for whom administration is a burden. (At St Patrick's people take on as much of the burden as they can and run the church as well as the rented property).

During the pandemic, parishioners have felt disconnected from their church and have left. The obligation to go to Mass was removed, so the church has no longer any power.

Following cover ups and scandals in the church over many decades it has also lost the moral high ground. Priests are seen as authoritarian.

There were calls for married priests and women priests, and acceptance of LGBTQ people in the church. The overwhelming call from responders was for EDUCATION and FORMATION!! To this end, I think the Diocese is doing very well with its INVITED programme among others.

Within parishes, schools are a blessing as are organisations like SVP, CAFOD and ecumenical groups. Social outreach and ecumenical behaviour need to be improved. Community relationship was a low priority for clergy and church (we strongly favour community relationship at St Patrick's and work with Churches Together). Parishes must have parish councils, having a finance committee is essential.

### Sexuality and Gender

Sexuality and gender is a difficult topic in the Church because it relates to power structure. The Church is one of a very few organisations world wide (daren't mention the Taliban, they didn't, I do) in which power is kept exclusively in the hands of men. Society, especially women, unlikely to accept this going forward. Not only is control in the hands of men but men who are celibate, this seems to give defining sexuality a higher value. So many in power in the Church are not ready to accept female as being equal to male – never mind all the between genders who often have a very direct relationship with God and try to make their own rules as children of God.

The Diocese used online platform Survey Monkey to collect responses to the Synod questions. Respondents were asked the degree to which **the Church is good at:**

Accompanying people on their journey in faith	37%
Heart-to-heart listening	34%
Communication	38%
Celebrating the depth and breadth of our faith	54%
Empowering a sense of mission	40%
Dialogue with the wider community	36%
Building relationships with other denominations	42%
Empowering participation	37%
Discerning and deciding	37%
Being synodal	33%

*"The Lord turns his face against the wicked, to destroy their remembrance from the earth. The Lord turns his eyes to the just, and his ears to their appeal." Psalm 34*

## For a Synodal Church: Communion, Participation and Mission

**“Listen with the ears of your heart”** Barbara Bond (having seen the recording of the Webinar) Bishop Richard assured us that all the responses had been read and that even where responses did not fit into the rubric of the questions, these would be passed on. He reiterated that we were being asked to respond to what the Pope is asking.

There were 627 responses and people responded in a variety of ways, individually and as groups. He estimated that about 1000 people were involved. Statistical data came from the responses that came in via the “Survey Monkey”; these were much less nuanced than those sent via emails and letters.

### Responses

We were shown slides which reflected the response to each of the questions – as statistics, and as one of the questioners pointed out, it was grim reading. Only one area – celebrating the depth and breadth of our faith – showed more than 50% of respondents thought the church did it well.

As each area was discussed some strong themes came to the fore: the need for formation, especially through life, and the importance of recognising, nurturing and using the gifts that we ALL have. The Bishop questioned what “the Church” meant and was clear that he felt we are all on the Synodal path together – a process of discernment informed by open hearted listening.

### Hurt and Disillusionment

I had an impression of a great deal of hurt and disillusionment. The experience of marginalised groups had been accentuated by the effects of the pandemic. There was a strong feeling that the Church is making little impact on wider society, given the impact of abuse scandals, a context of weak ecumenical endeavour, and what is perceived as a very rigid power and communication structure.

### Positive Movement

However, I also saw a movement to build on the things that had been positively highlighted such as prayer life and building on formation, listening and conversation and active engagement with some of those groups who feel they are on the margins.

Bishop Richard is due to publish his Diocesan plan at Easter and is continuing to try to find ways to best converse with the laity so that we can continue the discernment together.

**St Patrick’s Day –  
Mass at 10 am  
Open House 10.45 –  
12.15**

Tea, coffee, Irish Bread  
and Cakes, Music, Quiz, Jokes and  
Poetry, and lots of chat...

And it’s all free!

Dress warmly!



### St Patrick’s Day – and a little on Irish bread Irene Green

When I was growing up my mother made soda bread almost every day for the family and workers, but she didn’t bake on Sunday.

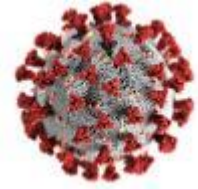
In post war Ireland soda bread was most often white, with or without sultanas. Brown soda bread was called wheaten bread. We also had malt loaf – serious comfort food - and regularly home-made scones.

I hope to provide some soda bread to be eaten with butter and jam on St Patrick’s day.

Another Irish classic is potato bread. It isn’t bread, more like a thick pancake. This can be eaten with butter. I may try some “fusion” cooking by putting savoury things on top of small rounds of potato bread. Potato bread contains boiled potato put through a ricer, a little flour and butter. It is rolled out, cut in various shapes and fried. Samples on Sunday.

*“They call and the Lord hears, and rescues them in all their distress. The Lord is close to the broken-hearted; those whose spirit is crushed he will save.” Psalm 34*

With the lifting of all restrictions Covid cases have gone up by 52.9% in past week; hospital cases up 17.3%. Deaths up 0.8% (there is a lag of a couple of weeks). Reports from America, Covid killed more children (1200) than flu (6) since the start of the pandemic (– see the review in <https://sciencebasedmedicine.org/1200-is-more-than-6/> ) **Statistics from <https://coronavirus.data.gov.uk/>**



**The UKHSA (Health Security Agency)** – public health body – has made a really bad decision to **stop funding for the Kings college ZOE Study**, this week. We, and thousands of others, have protested by emailing the UKHSA. There are 4.7 million people participating in the study. Each of the four major studies into UK Covid provides unique information (GOV.UK, ONS, REACT, ZOE).

ZOE is particularly valuable because it casts a wide net and is the very first to see new trends. It picks up symptoms, which more specific studies would miss. Both tightly-defined and broad studies are essential with a new virus to help identify mechanisms and potential therapies.

ZOE is also the best placed study to identify the wide-ranging effects of Long Covid from which nearly one million people suffer – especially health care workers. The money set aside to research this chronic condition is about one tenth of what is needed now.

**Get your lateral flow test kit while still free until end of March.**

### Tablet Webinar on New Ways Ministry

This was to do with acceptance of the LGBT community in the Church.

Pastoral teams should make parishes more welcoming. This is happening already, because laity now believe more in social justice than in Catholic teaching on sexuality and reproduction.

Relationship-based morality is paramount. People think in terms of — am I attractive to others, will I find someone to love, who can offer support and protection, am I loved by others. In the Church many Catholics have family members who are LGBT. No one “comes out” any more, people just introduce their partners. There is openness to change (not from hard liners). This is one of the issues which is extremely divisive.

When I studied human endocrinology long ago I remembered that doctors can identify at least 12, if not more, human sexes. The biblical “God created man and woman” is not what we have had. The different human sexes are categorised by their sex chromosome composition and by levels of sex hormones present to different extents, regulating maleness and femaleness. **Irene Green**

**Clive Myrie** spent the first two weeks of the war in Ukraine, in Kyiv in an underground car park. He is back home but will return. Everyone was anxious about who was next to them in the shelters, in the queues, palpable fear everywhere in Kyiv.

He did his degree at the University of Sussex, graduated in Law 1985. People rarely encounter others in departments which are geographically and intellectually very different – especially at U of Sussex where faculties are in separate buildings.

We met Clive Myrie a few years ago, prior to 2016, having had an invitation to an event of about 30 people at the university. He was showing a documentary he had made on how Obama campaigned and won the American election in 2009. Clive Myrie was so charming, approachable and when asked whether he had suffered any racism at Sussex he said no – people were more interested that he was from UP NORTH, Lancashire!

**Irene**



*“Many are the trials of the just man, but from them all the Lord will rescue him. He will keep guard over all his bones, not one of his bones shall be broken.” Psalm 34*

# Kanji Project, St Anne's Day Centre, and Stella Maris

Lent Lunch for Kanji and The St Anne's Day Centre

12.00 – 1.30 pm on Thursday 24th March

You are invited to join us at St Patrick's for this Lenten lunch of various soups, breads, cheese, some fruit, coffee and biscuits (not too frugal!)

Donations for the above charities. Please let me know if you would like to come.

Bernadette... 01273 309118 or email berskin@hotmail.com

The  
**Kanji**  
Project



STELLA MARIS



**Reflection** (Readings for Sunday 6th March): **"My refuge and fortress, my God in whom I trust"**

We are beginning the liturgical season of Lent, a privileged moment to turn our gaze to Jesus. So, let's welcome the grace by taking a moment of silence in our hearts to stop and look at ourselves with the eyes of God, asking ourselves:

How is the path of my life going? Do I always look at the route that God is pointing out to me?

Like a good navigator, do I keep my hope on the horizon and not lose sight of the route?

As a fisherman, do I entrust my nets to the Lord who alone can make my catch bear fruit?

Amid the loneliness that I feel, do I fail to look at the stars that help me see the direction of my boat?

And when there are storms in my life, do I ask for help from the Lord who always helps me, who calms the storm that sometimes rages within me?

— We are reminded in today's Psalm, that in any trials that come in our lives, we should look to "my refuge and fortress, my God in whom I trust" (Psalm 91:2). And the Lord, with that look full of peace and mercy towards each one of us, invites us not to get used to this time that is repeated every year, but to take advantage of it to meet more with our heart, to let ourselves be stripped of some things that are barriers to the love of God.

Let's allow the love of God to fill the voids that we discover within us. Our Heavenly Father is a God for all, with "no distinction... enriching all who call upon him" (Romans 10:12).

In our journey towards Easter, let us renew ourselves in these essential means of living this time: prayer, fasting, and charity. These three stages, as the Pope says, "bring us back to the only three realities that do not pass away. Prayer unites us anew with God; charity with our neighbour; fasting with ourselves."

Sr. Kathleen Redido, Asst to International Director Stella Maris (Dicastery for Integral Human Development)

**"O praise the Lord, all you nations, acclaim him all you peoples! Strong is his love for us; he is faithful for ever." Psalm 117**



So, then, my brothers and dear friends, do not give way but remain faithful in the Lord Philippians 4:1  
As I write (12th March), the news is that fierce fighting is reported around Kyiv, and it seems the final battle has started. Two weeks ago, on the 24th February, I was writing these words:

*War erupts on the borders of Europe, and at last the tension of the last few weeks is released. No one knows how far this will go before it is finished. I am thankful for one thing only – that the heaviness around my heart is now out in the open, and it is shared between everyone in our country and throughout the continent of Europe. We are but one step away from being at war with Russia. That reality is now out in the open.*

*Those who are too young to remember the “Cold War” years, and who do not remember the daily, hourly threat of nuclear attack which formed and informed my childhood, will experience this new reality with disbelief. But, perhaps, they will derive a new realism about our society, its beliefs, and how fragile are the pillars of our security – military, economic, and social. They will discover once again the importance of unity, of mutual tolerance, and of community.*



And of prayer. We have made a decision to switch off the radio and not watch the TV, needing to protect ourselves from the distracting swirl of doom-laden chatter and updates. We buy a reputable newspaper and try to take a long view.



And we pray. Our regular morning “strengthening boost” is to say together two of the “divine offices”: the Office of Readings, and Morning Prayer. This practice, repeated every day, becomes a great

source of consolation; the psalms keep coming round on their four-weekly cycle (the “Psalter”); the two longer readings, from Scripture and from spiritual writers, are often astonishing; and memorial days come up regularly, when we use the special combinations of psalms for Feasts, Saints, Pastors, Virgins and Martyrs – and connect through the centuries with a great community of faithful followers of Christ.

If we have time, there are other Offices throughout the day. The Divine Office gives a rhythm, a stable pattern, to life in its busy-ness and chaos. Best of all, against common sense, however long the session takes, it never seems to reduce the time available for everything else! At this time of crisis, prayer becomes ever more important.

***I call with all my heart; Lord, hear me, I will keep your commands. I call upon you, save me and I will do your will.***

***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.***

***But you, O Lord, are close: your commands are truth. Long have I known that your will is established for ever.***

**Psalm 119: 145-152 (XIX)**

***“Lord, I am deeply afflicted: by your word give me life. Accept, Lord, the homage of my lips, and teach me your decrees. Though I carry my life in my hands, I remember your law.” Ps 119 (XIV)***