



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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Our Lady of Lourdes Church is now open for worship: see <https://www.ololandstp.org/>

MASS is streamed live: 09.30 on Mon 27th (St Vincent de Paul), Tues, Thurs; Liturgy with Deacon Bernard on Friday 09.30; Church open for Adoration from 08.55 Mon; Divine Mercy/Private Prayer Fri 10-10.30.

Vigil Mass Saturday 6.30 pm ; Sunday Mass: 10.30 am

St Patrick's – Mass on Sunday 9.00 am , 26th Sunday in Ordinary Time

Welcome to the thirty-ninth "apart but together" e-newsletter (26th September 2021)

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

On Reaching Out to Those in Need

Barbara Bond

For, the least among you all, that is the one who is great (Luke 9)

I clearly remember as a child enthusiastically singing the lines "Whatsoever you do to the least of my brothers, that you do unto me". I am not quite sure I really understood the immensity of what it meant, but I think, of all the values I hold and base my decisions on, those words have always been in the mix.

On 27th September we celebrate the feast of St Vincent de Paul (1581-1660). He was a French priest who began his life in poverty. St. Vincent de Paul, patron saint of charitable societies, is primarily recognized for his charity and compassion for the poor.

Societies in his name, which carry on his work, began in 1833. The SVP website says: "Our 10,000 members, motivated by their faith, visit vulnerable or isolated people, and offer friendship and practical support. The essence of our work is person-to-person contact. Spending time with people is our greatest gift."

Who is Jesus to me?

Jesus is the Hungry - to be fed.

Jesus is the Thirsty - to be satiated.

Jesus is the Naked - to be clothed.

Jesus is the Homeless - to be taken in.

Jesus is the Sick - to be healed.

Jesus is the Lonely - to be loved.

Jesus is the Unwanted - to be wanted.

Jesus is the Leper - to wash his wounds.

Jesus is the Beggar - to give him a smile.

Jesus is the Drunkard - to listen to him.

Jesus is the Little One - to embrace him.

I heard Vanessa Redgrave discussing an exhibition about Muriel Gardiner, an unsung heroine of the Second World War, who saved the lives of countless people from the cruelty of the Austrian fascist and Nazi regimes. She was frequently in danger herself.

Redgrave was emphatic that the lesson from Gardiner's life was that one person CAN make a difference – you should never think that you do not have the power to change things.

Jesus is the Dumb - to speak to him.

Jesus is the Crippled - to walk with him.

Jesus is the Drug Addict - to befriend him.

Jesus is the Prostitute - to remove from danger and befriend her.

Jesus is the Prisoner - to be visited.

Jesus is the Old - to be served.

To me Jesus is my God, my Spouse, my Life, my only Love, Jesus is my All in All, Jesus is my Everything. Amen. (St Mother Teresa)

The newsletter appears fortnightly. For the next issue, please send contributions by Friday 8th October to Barbara Bond: bond_barbara@ymail.com

Why we're calling for a stronger Environment Bill

The Amazon rainforest is under threat. In Brazil, since President Jair Bolsonaro took office in 2019 an area equivalent to the size of Jamaica has been destroyed. In Peru, Colombia and Bolivia the situation is also dire.

CAFOD is working to put indigenous people at the heart of protecting nature and tackling the climate crisis.

The UK is not innocent. The destruction of forests is often to provide land for the production of goods later sold by UK businesses, including beef, soya, palm oil, timber and minerals. By buying their products, we are helping to drive deforestation and human rights violations against forest communities.

No UK-based company should stand to benefit from the destruction of planet and people.

This is not only a problem in Latin America. In the Democratic Republic of the Congo, local experts are working tirelessly to safeguard the Congo Basin from harmful projects which benefit agriculture and mining companies, but bring little or no benefit to local people.

The cry of the earth and the cry of the poor are deeply interconnected.

What's wrong with the Environment Bill?

As it stands, the Environment Bill will not sufficiently protect those on the frontlines defending our common home. The rights of indigenous peoples and other local communities are not covered by the "due diligence" provision, and it only applies to activities deemed illegal in the countries from which these products are sourced.

In Brazil, this would mean that UK companies could still use and sell products linked to deforestation on indigenous lands if this is declared "legal". That's a huge risk right now as the Brazilian government is trying to change the law to open up more indigenous lands to exploitation.

The Environment Bill also only covers specified agricultural products, like palm oil. It won't cover mining for gold and other minerals, which is having a devastating impact on the Yanomami indigenous people in Brazil. What's more, the bill doesn't cover financial organisations like banks, which are bankrolling deforestation.

What is CAFOD doing to make the Environment Bill stronger?

We're raising awareness by lobbying MPs and highlighting the issue in the media. Recently CAFOD and more than 50 other organisations wrote to the Prime Minister to express our concerns. The efforts are paying off, as MPs have been raising these issues in parliament.

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



Claudelice Silva dos Santos works to protect the Amazon forest where she lives

POPE FRANCIS tells us that to protect and improve our world we need drastic changes to our "lifestyles, models of production and consumption, and the established structures of power which today govern societies".

This means taking a strong stand against those with power who profit from exploiting the planet's resources.

As the Environment Bill reaches its final stages this month, we'll push for a Bill that puts the people affected at the heart of protecting nature and fighting the climate crisis. A Bill which ensures no UK-based company benefits from the destruction of planet and people.

"Lord, you hear the prayer of the poor; you strengthen their hearts; you turn your ear to protect the rights of the orphan and oppressed, so that mortal man may strike terror no more." Psalm 10

On the weekend of the 10th to 12th September I found myself sitting in the auditorium of the Root & Branch Synod in Bristol. I had joined the Catholic Women for Ordination (CWO) just a few weeks before, and it was mentioned in an email that this was their focus at the moment. The Root & Branch Synod was organised in response to a new Papal Synod on Synodality entitled “**For a Synodal Church: Communion, Participation, and Mission**” which starts in Rome in October.



Each Bishop throughout the world is asked to elect a person to deliver consultation sessions for discussion with Priests, Deacons and the Laity, to consult on the Synod and gather responses by April 2022. The Bishops are then to provide summaries of the results. Finally, the Assembly of the Synod of Bishops will be held in Rome in October 2023 to review and report on the findings.

From Vatican News website: In a discourse to the people of Rome on 18th September, Pope Francis said the diocesan phase [of the synodal process] is very important because it involves listening to the totality of the baptised. He stressed that “there is much resistance to overcome the image of a Church rigidly divided between leaders and subordinates, between those who teach and those who have to learn, forgetting that God likes to overturn positions. Walking together discovers horizontality rather than verticality as its line”.

The Root & Branch founders were concerned that supporters of ordained women in the Catholic Church might not have their views fully included in the Bishops’ summaries. In response, the lay-led, women-centred Root & Branch synod was held in Bristol.

The Root & Branch Synod was started in response to Pope Francis’ comments, to encourage those who want to see change in the church to take up the challenge. The Synod discussions have informed the “Bristol Text” (link below) which covers issues such as diversity, moral theology, the role of women and the role of authority in the church, and will be presented to Rome to ensure that our voices are heard.

<https://www.rootandbranchsynod.org/the-bristol-text>

The keynote speech was delivered from Rome by Prof Mary McAleese, the former president of Ireland. Other speakers from across the world that stand out in my mind include **Christina Rees, Dr Ally Kteusz, Baroness Helena Kennedy QC**, and Anglican Bishop **Vivienne Faulk** who was one of the first women to be ordained in the Anglican Church in Bristol in 1994.

Catholic Women for Ordination

If you support women Priests and Deacons, the CWO is asking you to make this known in the consultation discussions. *If you feel strongly about it then when the consultation opens please write to Bishop Richard or even the Pope to inform the Papal Synod.*

CWO are asking that you wear something purple (representing the CWO) at all Masses and especially at relevant women feast days such as St Mary Magdalene 22nd July (Apostle to the Apostles), St Phoebe 3rd September (the only recorded woman Deacon – see St Paul’s Letter to the Romans) and St Therese of Lisieux Friday 1st October (St Therese wrote that she desired to be a Priest).

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

1. I’m dealing in rock’n’roll. I’m, like, I’m not a bona fide human being.
2. Everything’s getting on top of me. I can’t switch off. I’ve got a self-cleaning oven – I have to get up in the night to see if it’s doing it.
3. I hate housework! You make the beds, you do the dishes – and six months later you have to start all over again.
4. Conran’s Law of Housework – it expands to fill the time available plus half an hour.
5. People fail you, children disappoint you, thieves break in, moths corrupt, but an OBE goes on for ever.

“All the nations shall come to adore you and glorify your name, O Lord: for you are great and do marvellous deeds, you who alone are God. Show me, Lord, your way so that I may walk in your truth. Guide my heart to fear your name.” Psalm 86

Bishop's Pastoral Letter - A Very Personal View: Barbara Bond

Bishop Richard points out (in his letter about the Assisted Suicide Bill) two facts: that the pandemic has highlighted the needs of an ageing population and those living with disability; and also that our country has a fine tradition and experience of end-of-life care. I wholeheartedly agree with him that this provision should be a priority.

Valuing and Resourcing

I believe that we as people of faith need to challenge some of the ways in which our society has arrived at this current predicament. All of us contribute to attitudes which make some in society less valuable than others, and we have the power to show by our choices and our actions that everyone has a part to play in our communities.

We need also to esteem people who care for others. Treating those who work in social care with disrespect, in turn disrespects the people they care for! If we understand this to be an important role it should be properly resourced.

My experience is that much of the support for people and their families is about addressing fear – fear both of what lies ahead and of being alone with no one to turn to when you need it. All of us can help to tackle this by being a bit braver and talking about it... We, in some measure, have hope, and that can be what is missing. We can share that hope – sometimes just in the humble way of being present, listening, and being supportive.

www.cbew.org.uk/life-issues

Good pastoral and spiritual support needs time and space. Sussex Hospices are currently running a project to support care settings as residents approach the end of their life – the sessions (via Zoom) are well attended, and the participants are impressive in their engagement and questions.

When I first worked at the Hospice we were looking after a lady in her forties who had been disabled from birth and was not able to move or speak. She had a wonderful smile and was the centre of a very loving family. Visiting her home taught me a great deal about life.

My experience is

Unseen Miracles

The quiet heroism of people supporting each other in tough times often goes unremarked, an unseen miracle. Maybe if people felt more able to share their experiences, the dark hopelessness that sees “only one way out” might be transformed into something else.

Our prayerful support and action can start right at our own dinner table with a conversation about the profound “what ifs” of life and death. Some stories about end of life are wonderful. At work today I had a chat with a daughter who said to me that being with her mother at the end of her life was like being present at a birth.



CAFOD Family Fast Day

—
Friday 1st October 2021

Prayer for Family Fast Day

Walk beside us, Lord,
in the cool of the day,
in the garden you have
created
as our common home.

Walk beside us, Lord,
as the cries of the forest
pierce the dawn,
and flames rip through
our common home.

Grant us hope, Lord,
and the vision to walk dark paths
in the light of a single sunbeam.

Grant us grace, Lord,
to put the flourishing of all
people
and the wonder of your
creation
at the heart of all we do,
as we strive to be guardians
of our common home.

— St Francis, pray for us.



“Turn your ear, O Lord, and give answer, for I am poor and needy. Preserve my life, for I am faithful: save the servant who trusts in you. You are my God, have mercy on me, Lord, for I cry to you all the day long.” Psalm 86

Fund raising at St Patrick’s

We propose to have an event one Saturday morning in October – selling home baked and cooked food, seasonal jams and other items. There will also be refreshments and time to chat.

If weather is pleasant we can be outside, if not we will hold at least some of the event indoors, with great ventilation and keeping a safe number of people in the space.

We need cooks and helpers – please let us know your suitable dates. Bernadette: berskin@hotmail.com, Irene: icgreen@ntlworld.com

On Saturday 2nd October, Churches Together in Woodingdean have their monthly meeting, hosted by St Patrick’s, possibly on Zoom.

Next Thursday 30th Sept we will have a Zoom to arrange our October fund raising event; the Zoom links will be sent separately. In October Parish Zoom will be every two weeks.

Cairngorm weekend

Irene Green

We spent last weekend away - 3 nights in the Cairngorm National Park in Scotland with the family. There were many distractions en route, delightful places we had visited before.

The crofter’s farmhouse which we stayed at was totally unsigned from the road, it was accessed by a military road through the forest – at least one mile - giving the rightful impression of being away from it all! Military roads were built in the 1700s so that the British army could quell possible new rebellions following the Jacobite rebellion of 1715.



The cottage was on the Balavil estate. The laird sold his 64 room ancestral home in 2015 to a Dutch entrepreneur and created for himself and his family a new build eco-farmhouse beside the old (not eco) extended crofter’s farmhouse which is now an Airbnb where we stayed.

It was a magical experience. We looked out at cattle grazing, glorious scenery, good visibility with morning and evening mists and could hear animals from the nearby Edinburgh Wild Park Highland Zoo. Pheasants were in every field, rock, even gatepost and they flew noisily towards the woods when disturbed.

The weather was perfect for our time at the “zoo” and good for other trips, visits, walks and adventure park, and son’s triathlon. Everything Scottish was on display, including red squirrels and herds of deer, including red deer. On our final day we walked above Inishriach forest and Uath Lochans, had local fresh salmon for lunch in outstanding gallery cafe, drove to Bruar, did the Bruar falls walk. Robbie Burns was supposed to have asked the local laird to plant more trees along the stunning river and series of waterfalls. Luckily we could rest up the next day though the family departed to 3 different schools and doctors’ medical practice (Covid risks abound).



“The Lord’s is the earth and its fulness, the world and all its peoples. It is he who set it on the seas; on the waters he made it firm. Who shall climb the mountain of the Lord? Who shall stand in his holy place?”

Psalm 24

More Community and Opinions

Christmas Cards and Gift Cards and Requests Yes, the first flyers and letters have started to come in! Worthy causes all...

Kanji Gift Cards: <https://thekanjiproject.org.uk/gift-cards/> or email Veronica Clark vrclark3@hotmail.co.uk

Catholic Children's Society www.cathchild.org.uk

Stella Maris (Apostleship of the Sea): phone 0207-901-1931 for order form or details

CAFOD: World Gifts: <https://cafod.org.uk/Fundraise/World-Gifts>

St Vincent de Paul Society: call for volunteers: www.svp.org.uk

"How are you?" – A & B Spirituality Network

Tracy Stickland

Do you often get those thoughts that pop in to your head out of nowhere? I can be sitting quietly or lying awake in bed and my internal voice asks me "how are you?" It happens very much out of the blue, and it makes me take stock of things and question how things are at the moment.

For a long while the answer was that I was most definitely not ok. But with time, when my inner voice asked me how are you, I surprisingly answered, "Actually I think I'm ok". Now, my answer is that I most definitely am ok!

This may be through the passage of time, or it may be because I have a Spiritual Director who I talk things through with. I've been seeing her for about 3 years and I just talk (mostly nonsense!) but she listens to me and asks questions that are intended to help me to examine my thoughts, my wishes and my needs.

I used to think that Spiritual Direction was for Priests and not for people like me but actually it is for anyone. It can be after a trauma or just if you feel that you need help with your church life or with your faith.

It is designed to help you see where God is in your life. The Diocese has a network of Spiritual Directors and I have now trained to be one myself.

If you most definitely are not ok or if you need help with your faith journey, why not have some Spiritual Direction? There could be a charge though but not all Spiritual Directors do charge so if money is a problem do still ask.

It will be someone outside of the Parish. Please contact marytogrady@tiscali.co.uk to be linked to a Spiritual Director in Sussex.

"In our world, ordained ministers and other pastoral workers can make present the fragrance of Christ's closeness and his personal gaze. The Church will have to initiate everyone – priests, religious and laity – into this "art of accompaniment" which teaches us to remove our sandals before the sacred ground of the other." (Ex 3:5)

Pope Francis "Evangelii Gaudium"

St Patrick's Taichi Qigong class restarted weekly on Tuesday 14th September, 7–8pm in the garden whilst we can. Open to everyone and no previous experience needed. This is a gentle nurturing practice which supports mind and body.

If coming out in the evening is difficult, please get in touch, as I will continue the Thursday evening Zoom class if enough people would like to join in (email: bbshiatsu@gmail.com).

There are also some Saturday morning sessions in Lewes (email as above, phone 07733-396891). Each Saturday (9th Oct, 6th Nov, 11th Dec) has a slightly different theme. These sessions are supported by Age UK.

Barbara Bond

"Blessed is God who lives for ever, and blessed is his kingdom. For he afflicts, and he shows mercy; he leads down to Hades, and brings up again, and there is no one who can escape his hand." Tob. 13

“COME EAT OF MY BREAD AND DRINK OF THE WINE WHICH I HAVE MINGLED” Proverbs 9, v 5

For three generations my family has mingled wine at home with mixed results. By “mingling” I mean making homemade wine from fruits and vegetables, and any combination of these.

As far as I can remember my father had only a short season mingling. He had chosen to make blackberry wine one summer on a whim, one of a series of “hobbies” taken up and put down again. These included coin collecting, breeding budgies, bowls, bell ringing, playing banjo, keeping chickens - in fact anything to avoid my mother.

His blackberry wine was decanted into large jars (demijohns) and left to ferment in the quietest, warmest place in the house - the airing cupboard. The fermenting gas escaped through an airlock in the mouth of the jar. One evening there was an enormous bang from the airing cupboard as one jar exploded. Blackberry wine makes an awful mess in an airing cupboard full of clean linen and the frosty silence between my parents in the days thereafter was quite memorable. Winemaking was never allowed again.

I have inherited my father’s butterfly instincts and will try anything within reason. But my winemaking has lasted longer, with many mistakes, and some bottles “maturing” in the garage which I dare not taste. Unfortunately, I have lost my taste for wine these days so there they will stay, now probably undrinkable.



My younger son, Tom, now mingles wine in large quantities, freely mixing all sorts of fruits such as pomegranates, strawberries, mangoes with little regard for keeping records and “going by the book” as I always do. Irritatingly he succeeds nearly every time, and so the family tradition has probably reached its zenith in him.

Scotland rules re Covid

Irene Green

We travelled to Scotland on LNER, the train company assured me via messenger chat that air in compartments (coaches) was replaced every 6 minutes by fresh air. Mid week, without any train cancellations, the first class compartment was about 30% full.

At the Scottish border we had to put on masks. Masks are worn on ALL public transport and in all shops in Scotland – compliance seemed 99% to me, but that may decrease to 95 when workmen are going into supermarkets to buy lunch.

There are near misses all the time with Covid cases in schools – mostly children, not staff, though the absence of self isolating staff waiting for negative pcr test can throw education into chaos. Teachers are doing lateral flow tests much more frequently than they ever did – every day now.

Similar pressures are found in medical practices where children of doctors and nurses test positive and parents have to have the more accurate pcr test for Covid result before they can see patients or anyone. Everyone is pretty exhausted and it is only September!

“Ring out your joy to the Lord, O you just; for praise is fitting for loyal hearts. Give thanks to the Lord upon the lyre, with a ten-stringed harp sing him songs. O sing him a song that is new, play loudly, with all your skill.” Ps. 33

The autumn equinox has arrived, as it always does, without fuss. From now on, the nights will be longer than the days. I am sitting in a temporary patch of sun: it's like musical chairs at this time of year, because the sun is lower and the trees cast longer shadows.

The wind is southerly so the roar of the A27 is very loud, but even so the garden is alive with natural sounds. Jackdaws are punching out their startling "jac" squawks. Somewhere in the hedge a young blackbird is making a discreet "chup" every few seconds, keeping in touch. A collared dove is proclaiming "where ARE you?" in an energetic voice.



A woodpigeon swoops down off the roof and lands right in front of me with a heavy fluster of wings – and stares at me disapprovingly before walking off. A blue tit clatters on to the seed feeder and flits away with a sunflower kernel in its bill. A dunnock, with its delicate pink legs, scuttles about on the ground without a sound. The rapid rustle of a wingbeat behind my head is probably a robin, intrigued to know what I'm writing.

Bees and hoverflies silently visit the mint flowers, the pink Cosmos

which are five feet tall, the blue stars of the Chinese plumbago, and the tiny green tassel flowers of the stinging nettles – which are also looming over my head.

In the Chinese reckoning, the autumn equinox is the moment when the "white dew" of late summer turns into the time of the "cold dew". Summer has brought all its fruits to their full ripeness; now clouds and turbulent winds arrive.

Every plant and bush is festooned with newly-spun webs, mysteries of spider engineering, each thread with a higher tensile strength than steel (proportionately), laid out to catch the sun in silver veils. Each circular web is made of symmetrical, simple, stunning segments, an orb in two dimensions constructed of straight lines, all freshly made by the spider each morning – a hymn of praise to the new day.

And every plant, creature, shade of blue, glint and shadow sings the same hymn of glory every morning. In the reading for Sunday, Joshua tells Moses to stop the two men (who had not been up on the



mountain) from prophesying. Moses retorts, "If only the whole people of the Lord were prophets, and the Lord gave his Spirit to them all!"

I think the creatures and the whole of creation are showing us the way. It is time to stop hanging back, and to join in.

**May the right hand of the Lord keep us
ever until our old age, the grace of
Christ continually defend us from the
enemy. O Lord, direct our hearts
in the way of peace
through Jesus Christ our Lord. Amen**
Book of Cerne, 8th Century

Trivia answers (from p.3)

1. **Phil Spector** (1939-2021) *attributed*.
2. **Victoria Wood** (1953-2016) *Mens Sana in Thingummy Doodah* (1990).
3. **Joan Rivers** (1933-2014) *attributed*. BBC news website 29th Dec 2003.
4. **Shirley Conran** (1932-) *Superwoman 2* (1977).
5. **Fay Weldon** (1931-) *Praxis* (1978).

"You know what hour it is, how it is full time now for you to wake from sleep. The night is far gone, the day is at hand." Rom 13: 11