



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** <https://www.ololandstp.org/>

**Our Lady of Lourdes MASS streamed live:** 09.30 Mon, Tues, Thurs; **Wed 22nd:** 7.30pm **Advent Evening Mass**  
**4th Sunday of Advent: Vigil Mass at Our Lady of Lourdes Saturday 6.30 pm ; Sunday Mass: 10.30 am.**  
**Friday 24th December 5 pm Vigil Mass of Christmas** with Blessing of Crib; **7 pm Mass; 10.30 pm First Mass of Christmas** preceded by carols; **Christmas Day Saturday 25th 10.30 am Sung Mass of Christmas;**  
**Sunday 26th December Mass at 10.30 am The Holy Family**

**St Patrick's – Mass: Sunday 19th December at 9 am , 4th Sunday of Advent;**

**Funeral Mass for Ann Claridge R.I.P.: Monday 20th December 11.30 am**

**Mass on Christmas Day: 9 am (recorded carols & readings from 8.30 am—no singing)**

**Mass on Sunday 26th December: 9 am The Holy Family**

**Welcome to the 44th “apart but together” e-newsletter (19th December 2021)**

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

## On Promises

**Barbara Bond**

*Blessed is she who believed the promise made to her by the Lord would be fulfilled (Lk 1)*

In the very early days of the first lockdown I was asked to write an article about being on the frontline. I wrote about how the breath, something we don't normally think about, suddenly became a focal point, 'inspiration' truly meaning life, and about how I did some meditation every day before I went to work, connecting with my own breath. And so, having made such a public statement, I made a silent promise to continue this practice and aspire to live up to what I had said.

In the time that has passed since the pandemic began, we have been very busy, but more than the often exhausting physical labour, it has been the emotional demands that have been so challenging. C.S. Lewis asserts that “to love at all is to be vulnerable. Love anything and your heart will certainly be broken”.



**God of the watching ones, the waiting ones,  
the slow and suffering ones,  
give us your benediction,  
give us your good word for our souls,  
that we might rest.**

**God of the angels in heaven  
and of the child in the womb  
give us your benediction  
that we may rest and rise  
in the kindness of your company.**

*Celtic Daily Prayer*

I was reflecting on the meeting of the two women in today's Gospel, both of them on journeys into the unknown, entrusting their vulnerability to the Lord. I find the connection between them – the response when Mary greeted Elizabeth, so truly heart-felt; a recognition of the depth of each other's faith and of their God given gifts. Maybe it reminds us how the Holy Spirit can enable us to see Christ in one another.

In these uncertain times, I hold the words of Brother Roger of Taizé close “In the silence of your heart He whispers, ‘Don't be afraid; I am here.’ ”

*The newsletter usually appears fortnightly but the next issue will be on 16th January. For the next issue, please send contributions by Friday 14th January 2022 to Barbara Bond: [bond\\_barbara@ymail.com](mailto:bond_barbara@ymail.com)*

# CAFOD: Afghanistan Crisis



**EMERGENCY!**  
Afghanistan Crisis Appeal



CAFOD  
DEC MEMBER  
TOGETHER  
WE'RE  
STRONGER

Afghan families are in urgent need of humanitarian assistance: food, water and shelter. **More than eight million people are on the brink of famine, because of drought, a collapsing economy, lack of food, conflict and coronavirus. The United Nations warns that the country is “fast becoming the world’s largest humanitarian crisis”.**

**A million children under the age of five are at risk of dying over the next three months.**

DEC (Disasters Emergency Committee) of which CAFOD is a member, have launched the Afghanistan Crisis Appeal to provide urgent assistance to families in need of food, clean water, and healthcare to survive. With the arrival of winter, temperatures can reach as low as minus 12 degrees Centigrade.

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



**'To a Safer Shore?'** The Arundel & Brighton Diocese Justice and Peace Assembly this year focusses on the difficulties and challenges faced by individuals and families of all ages who are compelled to leave their homes and seek safety and longed-for sanctuary, in countries far from their homes.

**Saturday 15th January 2022, 9.30am - 2pm NOW ONLINE NOT IN PERSON.**

Details and to book your free place: <https://www.abdiocese.org.uk/news/jp2022>

## Speakers include:

- Aidan Cantwell, from the Jesuit Refugee Service who will explore current legislation in the UK and how best we can respond;
- Karen Goldsmith, who has first-hand experience of the refugee crisis, having spent time volunteering at a refugee camp in Chios, Greece;
- Canon Rob Esdaile who will provide insight on Pope Francis' Encyclical *Fratelli Tutti*;
- and John Paul de Quay, from the Ecological Conversion Group, who will examine the links between the plight of refugees and climate crisis.

*“Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths. For out of Sion shall go forth the law, and the word of the Lord from Jerusalem.” Isaiah 2: 3*



# Community News – St Patrick's

St Patrick's fundraising for the year (four major weekend sessions) raised £2,095.00.



Outstanding achievement for our cooks, plant providers, helpers, and donors. **Thank you all soooo much.**

*Fund raising ideas for 2022 and an outline of when we do things would be welcome.*



Happy Christmas and a blessed New Year to all St Patrick's parishioners, our parish team, our families and friends and helpers, and our neighbours in Woodingdean and further afield! Happy Christmas to our fellow believers and all men and women of good will in our communities!

Deepest thanks to Fr Benny, Canon Daithi Foley and Canon Oliver Heaney, Deacons Neil and Bernard, and the staff at the parish office. Blessings and a happy, healthy and holy New Year!

## Pre-recorded carols & readings for Christmas Day, 8.30—9.00 am.

- 1 Once in Royal David's City
- 2 Dominus Dixit Ad Me – plainchant
- 3 As With Gladness
- 4 Reading: carol, c 1500: "The Other Night/I saw a Light"
- 5 The Angel Gabriel
- 6 O Little Town of Bethlehem
- 7 Reading: "Christmas" by John Betjeman
- 8 Silent Night
- 9 In the Bleak Midwinter (Darke)
- 10 Reading: "I heard the bells on Christmas Day" by H W Longfellow
- 11 In Dulci Jubilo
- 12 Away in a Manger
- 13 Hark the Herald Angels Sing

## Plaque for Don and Kath Young

We have been very fortunate to have local wood turner Ren Nowak make a wooden commemorative plaque with wording agreed by the Young family, acknowledging Don and Kath's inestimable contribution to St Patrick's. It will be unveiled early in the New Year.



## Parish Advent Reflection

Every Wednesday morning in Advent, St Patrick's Church will be holding an **Advent Reflection**. It starts at 9.15am for around 30 minutes and will include prayer, meditation and music. All are welcome, coffee afterwards if you have time to stay. Tracy [tracy.stickland@gmail.com](mailto:tracy.stickland@gmail.com)

## CHRISTMAS MASSES 2021

**Christmas Eve: Our Lady of Lourdes: Friday 24 December - 5:00pm Vigil Mass with Blessing of Crib. 7.00pm Mass. First Mass of Christmas - 10:30pm preceded by Carols at 10pm**

**Christmas Day: Saturday 25 December - 9:00am at St Patrick's preceded by (recorded!) carols and readings from 8:30. And at Our Lady of Lourdes: 10:30am**

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

*"Juda shall not want a branch from his stem, a prince drawn from his stock, until the day when he comes who is to be sent to us, he, the hope of the nations." Gen 49: 10*

# Twitter Chirps, Prayer, and Personal Views



Botanic Gardens, Edinburgh  
Christmas Lights

The analysis also gives me a world map of people who are distant relatives. I don't think I am going to follow them up!



In the Light Cathedral

**Twitter** @chrischirp from Professor Christina Paqe

December 15<sup>th</sup> London

**A friend was at a small party last weekend (11 people). Everyone had negative Lateral Flow tests first, all vaxxed including 3 boosted. All windows open.**

**1 person tested positive 2 days later.**

**Now another 7 have tested positive (including my boosted friend).**

**2 out of the remaining 3 have symptoms & are waiting for PCR (updated: they are also positive!).**

## **Ancestry DNA** Irene Green

I've had my ethnicity confirmed by DNA, it is 54% Scottish, 44% Irish, 2% other. My ancestors lived and worked in a small geographical space for the previous 300 years. The shareable link is

<https://www.ancestry.co.uk/dna/origins/share/923149bd-459e-40c1-8df3-579be1af52b6>

I knew that I have very few living relatives in Ireland or Scotland: the majority are in the US, emigration started after the Irish famine in 1845. In 2022, after a long break I need to get back on to the Ancestry website and continue the family tree building with a cousin, who has nearly 3,000 people on the tree. There are other

ancestry testing websites like 23andme <https://www.23andme.com/en-gb/> which gives data in addition to ethnicity – on personal traits and what you might be predisposed to – ideal for the hypochondriac! There are 23 pairs of chromosomes in human DNA, which explains the odd name.

## **Scientists and Vaccines - a personal view**

Irene Green

See Prof Sarah Gilbert's expert account of the Astra Zeneca covid vaccine, on the Richard Dimpleby lecture <https://www.bbc.co.uk/programmes/b006ptbl>

I also recognised her very accurate description of how science is funded – this was the story of many university scientists. When governments want to cut budgets, one of the first they can slash is science research – the public don't notice, until they need liberation from a plague or a magic bullet for every long term condition.

Scientists work on a continuum and build on each other's research making new discoveries.

But Governments in the UK's medieval democratic system go for short termism. In my career, the first dramatic science cuts were made by Margaret Thatcher in the early 1980s and by other Conservative governments since. Many people are alive in the world today by science informing medical developments – procedures and pharmaceuticals, think antibiotics, drugs for chronic diseases, vaccines.

## **A Prayer of Thomas Merton**

My Lord God I have no idea where I am going.  
I do not see the road ahead of me.  
I cannot know for certain where it will end.  
Nor do I really know myself,  
and the fact that I think that I am following  
your will  
does not mean that I am actually doing so.  
But I believe that the desire to please you does  
in fact please you.

And I hope that I have that desire in all that I  
am doing.  
I hope that I will never do anything apart from  
that desire.

And I know that if I do this  
you will lead me by the right road though I may  
know nothing about it.

Therefore will I trust you always  
though I may seem to be lost and in the  
shadow of death.

I will not fear, for you are ever with me,  
and will never leave me to face my perils  
alone.

<http://www.liturgyoffice.org.uk/Prayer/Spirituality/Merton.shtml>

*"The maiden is with child and will soon give birth to a son whom she will call Immanuel. On curds and honey will he feed until he knows how to refuse evil and choose good." Isaiah 7: 14b-15*



# Floods in Kanji — Update on 15th December

## News - Flood relief provided through your donations

Welcome to our first news update! The trustees of The Kanji Project wanted to find a way to keep supporters up-to-date with the flood relief situation in India. We also post updates on our website, but we know it's not always easy for everyone to access this. We hope that brief email news bulletins will be a useful way to keep you informed.

Our partners in India have shared with us some of the actions they have been taking to provide relief to the community. For example:

- They distributed bags of rice, mats and blankets and other sundries to over 70 disabled people
- They have repaired houses damaged by the floods, and



provided low-cost housing

- A week's worth of food was given to 30 families, in the immediate aftermath of the floods
- Walking aids have been given to more than 20 disabled people
- Outreach support has been provided by the Rose Sisters, helping 500 - 600 families with food and bedding.



Our partners in India kindly sent us some photos, so you can see how your donations have been used to help the community. From everyone at The Kanji Project, may we say thank you for your support in this time of crisis!

<https://thekanjiproject.org.uk/donate/>

If you are happy to donate online, simply use the link above. If you prefer to donate with a cheque, then please send it to: The Kanji Project, 34 Vicarage Drive, Eastbourne BN20 8AP. And please, do keep those affected by this disaster in your thoughts. Thank you!



## For Info on Coronavirus Virus (not political)

Irene Green

There will not be evidence on whether the Omicron virus is milder or worse than Delta at killing people until after Christmas. Comparison of like for like must include later delta cases where people have been vaccinated.

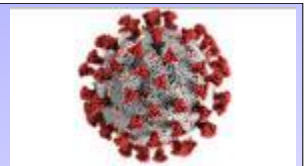
Do not expect the best or plan for the best in every situation!

And if you are exposed to enough virus, or virus enough times, you will probably catch Covid.

Follow the experts, they are speaking on Twitter and in the press. I follow some in the US too. There is a great knowledge base in the UK. These medics and scientists are realists and do consider the devastating effect of Covid on other diseases.

Start with: Devi Sridar; Linda Bauld; **Independent SAGE** (providing advice to the government in an emergency); Christina Pagel on Twitter; John Burn Murdoch (the Financial Times); Deepti Gurasan (Twitter)

Independent SAGE conducts meetings for us all to see on zoom: [https://www.youtube.com/watch?v=MjU6zwL\\_4GU](https://www.youtube.com/watch?v=MjU6zwL_4GU)



*“Rain righteousness, you heavens, let the skies above pour down; let the earth open to receive it, that it may bear the fruit of salvation with righteousness in blossom at its side.” Isaiah 45: 8*

## Poem by John Betjeman

<https://gretchenjoanna.com>



### Christmas

The bells of waiting Advent ring,  
The Tortoise stove is lit again  
And lamp-oil light across the night  
Has caught the streaks of winter rain  
In many a stained-glass window sheen  
From Crimson Lake to Hookers Green.

The holly in the windy hedge  
And round the Manor House the yew  
Will soon be stripped to deck the ledge,  
The altar, font and arch and pew,  
So that the villagers can say  
'The church looks nice' on Christmas Day.

Provincial Public Houses blaze,  
Corporation tramcars clang,  
On lighted tenements I gaze,  
Where paper decorations hang,  
And bunting in the red Town Hall  
Says 'Merry Christmas to you all'.

And London shops on Christmas Eve  
Are strung with silver bells and flowers  
As hurrying clerks the City leave  
To pigeon-haunted classic towers,  
And marbled clouds go scudding by

The many-steepled London sky.

And girls in slacks remember Dad,  
And oafish louts remember Mum,  
And sleepless children's hearts are glad.  
And Christmas-morning bells say 'Come!'  
Even to shining ones who dwell  
Safe in the Dorchester Hotel.

And is it true,  
This most tremendous tale of all,  
Seen in a stained-glass window's hue,  
A Baby in an ox's stall ?  
The Maker of the stars and sea  
Become a Child on earth for me ?

And is it true ? For if it is,  
No loving fingers tying strings  
Around those tissue fripperies,  
The sweet and silly Christmas things,  
Bath salts and inexpensive scent  
And hideous tie so kindly meant,

No love that in a family dwells,  
No carolling in frosty air,  
Nor all the steeple-shaking bells  
Can with this single Truth compare -  
That God was man in Palestine  
And lives today in Bread and Wine.



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

1. I feel as young as I ever did, apart from the occasional heart attack.
2. In 1969 I gave up women and alcohol. It was the worst 20 minutes of my life.
3. There are two tragedies in life. One is not to get your heart's desire. The other is to get it.
4. I was born to be a punctuation vigilante.
5. There is only one thing in the world worse than being talked about, and that is not being talked about.
6. I hope there's a tinge of disgrace about me. Hopefully, there's one good scandal left in me yet.
7. I hate to spread rumours, but what else can one do with them?

*"A ruler shall appear, one of themselves, a governor shall arise from their own number. I will myself bring him near and so he shall approach me, says the Lord. So you shall be my people, and I will be your God."*

*Jeremiah 30: 21, 22*



## Poems & Prayers

### Henry Wadsworth Longfellow

I heard the bells on Christmas Day  
Their old, familiar carols play,  
And wild and sweet  
The words repeat  
Of peace on earth, good-will to men!

And thought how, as the day had come,  
The belfries of all Christendom  
Had rolled along  
The unbroken song  
Of peace on earth, good-will to men!

Till ringing, singing on its way,  
The world revolved from night to day,  
A voice, a chime,  
A chant sublime  
Of peace on earth, good-will to men!

Then from each black, accursed mouth  
The cannon thundered in the South,  
And with the sound  
The carols drowned  
Of peace on earth, good-will to men!

It was as if an earthquake rent  
The hearth-stones of a continent,  
And made forlorn  
The households born  
Of peace on earth, good-will to men!

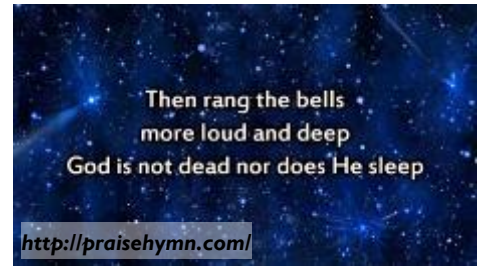
And in despair I bowed my head;  
"There is no peace on earth," I said;  
"For hate is strong,  
And mocks the song  
Of peace on earth, good-will to men!"

Then pealed the bells more loud and deep:  
"God is not dead, nor doth He sleep;  
The Wrong shall fail,  
The Right prevail,  
With peace on earth, good-will to men."

*About the poem (from Wikipedia):*

In 1861, two years before writing this poem, Longfellow's personal peace was shaken when his second wife of 18 years, to whom he was very devoted, was fatally burned in an accidental fire at their home. Then in 1863, during the American Civil War, Longfellow's oldest son, Charles Appleton Longfellow, joined the Union Army without his father's blessing. In November, he was severely wounded in the Battle of Mine Run. Charles eventually recovered, but his time as a soldier was finished.

Longfellow wrote the poem on Christmas Day in 1863. The refrain "peace on Earth, goodwill to men" is a reference to the King James Version of Luke 2:14.



### Come Lord, Come Again

Come Lord, your wounded world is yearning for you to come again.  
Come Lord, your weary world is crying out for you to lift us up, out of our despair, our hunger, our thirst for something better, our need for the food that will last.  
Come Lord, come again,  
we need to begin again.

*Sue Allerton/CAFOD*

### Business Names which made me do a double-take...

For a car driving school in Lewes:

**Round the Bend**

For a hairdresser on the South Bank in London:

**Tête Modern**

For a chip shop in Rotherham:

**In Cod we Trust**

— Can anyone supply more?

*"How beautiful on the mountains are the feet of one who brings good news, who heralds peace, brings happiness, proclaims salvation, and tells Zion, 'Your God is king!' Listen! Your watchmen raise their voices, they shout for joy together, for they see the Lord face to face as he returns to Zion." Isaiah 52: 7-8*

Yes, blessed is she who believed that the promise, made her by the Lord, would be fulfilled. Luke 1: 45

The small bush conifers in our back garden stand out against the muted and faded greens of buddleia, nettle and sage. Most leaves have fallen, or, like the apple tree, hang on defiantly in ones and twos at the very tip-tops of the branches, in single slashes of orange-yellow. But these conifer shrubs are vibrant in steely-blues and yellow-greens, with channels of shadow running through like dark glaciers.



Great Tit, RSPB

I am sitting outside, tucked into a corner out of the wind. The birds are not inclined to take much notice, though a young blackbird comes bouncing along the path quite oblivious, looks up at me with patent disapproval, and takes flight on to the garage roof. A train passes on the raised embankment, rumbling en route to Brighton from Lewes. Herring gulls over Southover sing their normal demented carols, and a carrion crow produces its four identical *craaks*, just for effect.

The small birds are endlessly busy at the feeders, or in the near-about: three goldfinches monopolise the sunflower kernels for a while then disappear. A pair of sparrows sit on the mixed feeder looking muscular and busy. One, or perhaps two, robins flit and perch on lookout twigs, constantly monitoring their territory. The great tits are quite stunning in their full plumage, the crowns pure matt black, and the white cheek patches so stylish and handsome. In the gloomy light of midwinter midday, the blue tits are bundles of mixed or muddied blue, their arrival highlighted by the sheer energy of their darting to and fro, and their erratic, dog-leg flight-paths.

Dunnocks, small and dusky brown, identify themselves by their constant wing-flirting as they move through the bushes or scurry, mouse-like, among the roots and leaf-litter on the ground, seeking out food. We have a pair of chaffinches too, nervously dropping down under the feeders to pick up fallen fragments of sunflower kernels, and flitting up again to the safety of branches. Their wing flashes and colour highlights make me think of old-fashioned racing cars.

Sometimes the wren will come through, bouncing through the branches of the apple tree, looking impossibly small, speedy, and elegant.

At this turning point of the year, as the solstice comes closer, the garden might seem, superficially, to be untidy and cheerless. Yet to me it is only withdrawn into itself, a hidden powerhouse of energy waiting for the “yes” of lengthening days and stronger light. Even in its most quiet phase, the garden whispers “yes” – as we do now, knowing that the darkness is greatest just because the new time is so near. Come, Lord Jesus! Yes!



Wren, RSPB

**Jesus, our Master, meet us  
while we walk in the way,  
and long to reach the  
heavenly country;  
so that, following your  
light, we may keep the  
way of righteousness, and  
never wander away into  
the darkness of this  
world's night,  
while you, who are the  
Way, the Truth, and the  
Life, are shining within us;  
for your own name's sake.  
Amen.**

From the ancient  
Mozarabic (Spanish)  
Sacramentary

### Trivia answers (from p.6)

1. Robert Benchley (1889-1945) attributed
2. George Best (1946-2005) attributed.
3. George Bernard Shaw (1856-1950) *Man and Superman* 1950.
4. Lynne Truss (1955-) *Eats, Shoots and Leaves* 2003.
5. Oscar Wilde (1854-1900) *The Picture of Dorian Gray* 1891.
6. Diana Rigg (1938-2020) in *Times* 3.5.1999.
7. Amanda Lear (1939-) interview, 1978

**“A shoot shall grow from the stock of Jesse, and a branch shall spring from his roots. The spirit of the Lord shall rest upon him, a spirit of wisdom and understanding, a spirit of counsel and power, a spirit of knowledge and the fear of the Lord.” Isaiah 11: 1-2**