



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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### Live streaming of Mass from Our Lady of Lourdes:

Fr Benny continues to say MASS which is streamed live : 09.30 on Mondays, Tuesdays, Thursdays and Fridays, preceded by Adoration at 08.30; 18.30 Saturday evening and 10.30 Sunday.

<https://www.youtube.com/channel/UCc4VXBr3EOa43nCxzB-Edw>

**Welcome to the thirteenth "apart but together" e-newsletter (19th September 2020)**

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

## To Be Forgiven, You Must Forgive

Barbara Bond

At the height of the coronavirus outbreak in April a story emerged in the press, of a tragedy that hit a grieving family. The father had died from the virus and in the days that followed his son, a young NHS worker, was murdered in an unprovoked knife attack. He made it home, knocked on his front door and died – in the arms of his mother, who is an NHS nurse. Her appeal for information was remarkable and challenging: "To the people who did this, I forgive you from my heart," she said. "I forgive you because you did not know what you were doing. I pray for mercy for you. I don't know why you have done this but wherever you are, please come forward."



I thought of Desmond Tutu. He, rather counter-intuitively, describes forgiveness as one of the "Eight Pillars of Joy". How can pain and hurt make you joyful? In his 'Book of Joy' he describes many instances where people have shown remarkable compassion and magnanimity in the face of great pain; but this in turn began a process of healing.

Most of us, thankfully, do not find ourselves facing such profoundly difficult times, but day to day life is full of things that can make you feel ill will towards others. It's good to be reminded that *resentment and anger, these are foul things* (Ecclesiasticus 27:33) even if it's pretty tough to respond in the right way. 'Lord, how often must I forgive my brother or sister who wrongs me? As often as seven times?' Jesus answered, 'Not seven, I tell you, but seventy-seven times.' (Matt 18:21-22)

Underpinning those profound responses are the Lord's words *Love one another just as I have loved you* (John 13). It is perhaps our lack of understanding of what that really means which is the stumbling block – love is a steadfast promise, something utterly stable and utterly unaffected by any emotion.

Like faith, love just is...

Christ, we rise today

Knowing that you alone

Know our hearts,

You alone can change

Our sadness into joy.

Forgive us our shortcomings

Teach us patience

Teach us kindness

Help us to forgive

Those who have injured us

And keep us from injuring others

Keep our way lighted

With your steadfast love

Amen.

Beth Maxwell Boyle

Note: all previous editions of this newsletter are available on [https://www.ololandstp.org/st\\_-\\_patrick's-woodingdean](https://www.ololandstp.org/st_-_patrick's-woodingdean)

Apology: this issue has been delayed by staff sickness... not COVID-19! Next issue out on 3rd October. Send your thoughts about life, parish and Coronavirus: short pieces (about 300 words) before Friday 2nd October to me, Barbara Bond: [bond\\_barbara@ymail.com](mailto:bond_barbara@ymail.com)

## Novena to Saint Francis, for a world under threat



Speckled Wood 16/9/20

Nine brief reflections asking St Francis of Assisi to pray for us and our world, based on his beautiful *Canticle of the Sun*.

This novena is a song of penitence and praise, guiding us to care for the earth and for our most vulnerable sisters and brothers, especially the Amazon peoples. They are currently under grave risk from coronavirus, given their fragile situation, often in remote locations far from government services.

Communities with whom we work are reporting a sharp increase in predatory attacks on land. People smugglers are also active and those being trafficked are in more danger than ever, having no access to healthcare.

The pandemic shows us that “we have not heard the cry of the poor and our seriously ill planet” warns Pope Francis, describing this as “a time to choose what matters and what passes away”. (*Urbi et Orbi*, 2020).

<https://cafod.org.uk/Pray/Prayer-resources/Novena-to-St-Francis>

### Third prayer: Wind and air

“We praise you, Lord, for Brothers Wind and Air, fair and stormy, all weather's moods, by which you cherish all that you have made.” (St Francis of Assisi)

“We ourselves are water, air, earth and life of this environment created by God.”  
(*Guaviare people, Colombia*)

Creator God, we have disturbed the natural cycle, upset Earth's fragile balance. Forgive us for our lack of care.

St Francis, joyful steward of creation, you lived in peace with nature and with God. Inspired by your witness, may we defend our common home.

St Francis, pray for us.

## CAFOD: Vigil for the World Day of Prayer for the Care of Creation

<https://cafod.org.uk/News/UK-news/Celebrate-World-Day-of-Prayer>

We invite you to download this prayer vigil service (see address above and look for “Download a Prayer Vigil for the care of creation”), to use at home to celebrate the World Day of Prayer for the Care of Creation on 1 September... **And it can also be used at any point during Creation Time**, an ecumenical season dedicated to prayer for the protection of creation and the promotion of sustainable lifestyles running from 1 September to 4 October (the feast of St Francis of Assisi).

Pope Francis calls us all to celebrate this moment to “reaffirm [our] personal vocation to be stewards of creation, to thank God for the wonderful handiwork that he has entrusted to our care, and to



implore his help for the protection of creation, as well as his pardon for the sins committed against the world in which we live.”

*Editorial Note: we will print one prayer of the Novena in each issue: the ninth will appear on 12th December... God willing! You can see a short (one minute) video presentation for each prayer at*

<https://cafod.org.uk/Pray/Prayer-resources/Novena-to-St-Francis>

**“The Lord does whatever he wills, in heaven, and on earth, in the seas, and in all the depths. He summons clouds from the ends of the earth, makes lightning produce the rain; from his treasures he sends forth the wind.” Psalm 135: 6-7**

*“He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?” Micah 6-8*



On September 5th, not long after sunrise, I set off on the first leg of my “Try-athlon”. Patrick waved me off, and I was fittingly attired in a very colourful Event T Shirt for a ten kilometre walk. My route took me past Lewes Castle which looked stunning in the morning light, and then along the Ouse, with the famous Snow Drop cliffs above, and seagulls wheeling in the clear blue sky.

It was still, and alone with my thoughts I felt a huge sense of wonder in just being out and about. I turned west towards the village of Kingston, climbed up to Ashcombe windmill, from where you can see Seaford Head, Firlie Beacon and also Mount Caburn, and paused, always moved by the vista – and the skylarks who are constant companions. Then as I came down Love Lane towards home and a lovely cuppa, I was met by my daughter, Kate.

Kate didn’t know the story of Edith Cavell and as we walked the last few yards I told her that inspiring story.



After a quick change at home, I climbed on my bike and cycled to the Pells, Lewes’ own outdoor pool and the oldest Lido in the country. Although it was sunny, the water temperature was 16°C and quite a few of the hardy swimmers were in wet suits. One kilometre later I felt very proud to have completed the second part of my challenge.

It was time for the final push(bike) – a ten mile cycle. I set off along the Ouse again but this time upstream towards Hamsey. If you ever get the train from London to Lewes this is what you see from the window after you leave Cooksbridge, part of the Ouse valley Way. The view from the window doesn’t do justice to the peaceful flow of the river and the sounds of the birds as they go about their business.

The lane up to Cookbridge takes you past a sign that announces you have crossed the Greenwich Meridian and travelled from the western to the eastern hemisphere – who knew? After this I cycled parallel to the Downs through a number of “spring-line” settlements under the escarpment running towards Ditchling Beacon, turning north at the Half Moon and arriving in Plumpton Green, where my trusty Kate met me with flowers to put on my Dad’s grave.

And so a fund raising challenge to mark my 40 years as a nurse – and also a landmark birthday – became something rather different; but most of all a

*I grew up in Plumpton Green; visiting this time, suddenly I was a very young woman again, and I recalled the November night when, walking from the station on a visit back home from my nurse training, I saw a light shining up into the starlight... It turned out to be an elderly lady who had fallen over whilst nipping through the hedge to take her neighbour a share of her supper...*

time to reflect on all those who have inspired me and touched my life in so many ways and who continue to do so. And I managed the physical

challenge – realising after the event that though I had been training, I hadn’t actually done all three challenges one after the other, prior to the big day!

Many thanks to all the people who have sponsored me – I am close to £300 for the Cavell Nurses’ Trust.

<https://www.10kforursesandmidwives.org/barbara-bond>



*“I will walk in the presence of the Lord in the land of the living.” Psalm 116:9*

# Cavell Nurses' Trust

We help nurses, midwives and healthcare assistants, both working and retired, when they're suffering personal or financial hardship. This is often due to illness, disability, older age, domestic abuse and the impact of coronavirus.

When nurses suffer hardship, Cavell Nurses' Trust gives help. We transform their lives. The nurses, midwives and healthcare assistants we help say they're often happier, healthier and able to stay in or return to work.

Cavell Nurses' Trust is the charity supporting UK nurses, midwives and healthcare assistants, both working and retired, when they're suffering personal or financial hardship often due to illness, disability, older age, domestic abuse and the impact of the coronavirus.



From simple, essential support like money to repair a broken cooker or boiler, to vital life-changing aid like helping a family flee their home due to domestic abuse, Cavell Nurses' Trust is here to help. The numbers seeking our help increase year on year so it's clear there's a need for nursing professionals to access our support.



Please donate on: <https://www.cavellnursestrust.org/>

Edith Louisa Cavell (4 December 1865 – 12 October 1915) was born in Swardeston, a small village in Norfolk where her father was the Reverend. She was the eldest of four siblings, Florence, Mary and John. Her childhood was quite idyllic, drawing and painting flowers in the summer and ice skating in the winter.

## Nursing Career

After living and working in Belgium as a Governess, Edith returned to Swardeston when her father became very unwell and she assisted with nursing him back to health. In 1896, Edith began her training in nursing at the Royal London Hospital in Whitechapel, under Matron Eva Lückes, a friend of Florence Nightingale.



At the time of the outbreak of the First World War, Edith was at home in Norwich visiting her family. She told those closest to her that "at a time like this, I am more needed than ever", and made plans to return to Belgium. Edith cared for all the wounded, regardless of nationality. She was greatly criticised by many at the time for assisting the German and Austrian soldiers. Edith also smuggled Allied soldiers under her care across the border to neutral Holland. It is believed that she saved the lives of over 200 men.

## Arrest and Execution

German officials grew suspicious, and after a lengthy investigation, Edith was arrested. She was found guilty of treason and sentenced to death by firing squad. At dawn on 12th October 1915, nurse Edith Cavell was put to death by a German firing squad. She is recorded as saying, just before her death, "**I realise that patriotism is not enough. I must have no hatred or bitterness towards anyone.**"

<https://www.cavellnursestrust.org/what-we-do/who-was-edith-cavell/>

*At the time, millions of soldiers and civilians owed their lives to the dedication, self-sacrifice and hard work of nurses. In 1917, The Daily Telegraph and The Mirror newspapers launched a national appeal for funds in her memory, raising £12,500. The fund was intended to be used for nurses "**shattered mentally and physically, who have sought the health of others at the expense of their own.**" It came to be known as the Nation's Fund for Nurses, which later became Cavell Nurses' Trust.*

*"How can I repay the Lord for his goodness to me? The cup of salvation I will raise; I will call on the Lord's name. My vows to the Lord I will fulfil before all his people. How precious in the eyes of the Lord is the death of his faithful." Psalm 116: 12-15*

# Community News

## St Patrick's Fund Raising 2020

Irene Green

Great Woodingdean Boot Sale walk: <https://www.bootsalewalk.co.uk/events>

20th-21st June made £362 in 3 hrs; 19th-20th July made £305 in 3 hrs;

3rd boot sale walk in August - we did not take part

4th this weekend one day: 19th Sept; 2 hours, 11am until 1pm.

**Income** from St Patrick's open air Mass, sale table: 9 weekends £379.30

Irene home sales - mostly plants £126.00

Sale Items: We sell plants, lavender, jams, chutneys, compotes, jellies, frozen yogurt, savoury and sweet baking. Advantages of outdoor sale table: people pay for items generously, many are happy to see 'normality', parishioner generosity may be instead of putting money in collection basket, St Patrick's are delighted to have residents come along.

Total raised from June to now: £1,172.30



Conte de Chambord

## Covid News

Local info for Brighton and Hove on COVID

<https://new.brighton-hove.gov.uk/covid-19-key-statistics-brighton-hove>

**Data from the symptoms app** <https://covid.joinzoe.com/data> – both good and bad news from Tim Spector from Kings College (Prof of Genetic Epidemiology).

Increase in COVID positive cases brings level of infection back to that in June when we were in lockdown. Hospital admissions are increasing accordingly, but measuring number of people with symptoms, the age range of those affected has not changed significantly e.g. it's not all younger people. Children's symptoms are not easy to identify since children don't seem to get chest problems but get gastrointestinal disturbance (vomit, diarrhoea).

Better news

Cases currently seem to be milder, it may be that use of face masks is lowering the **dose** of virus transferred. There is no *resurgence* in areas which had bad infections such as London or among health care workers. Re-infection rate (when you've had it before) is incredibly low, negligible.

**Watch point** from most doctors and health care workers – there is an upturn in case numbers, there will be a second peak - how high, how severe, how long, depends highly on human activity, we are the hosts of this virus.



A huge increase in demand for testing was seen, even by the "man in the street", to be part of the return to school, university, the office or workplace in September, following August holidays and the very successful *eat out to help out*. It is important to know if you do NOT have Covid and can return to work. Locals

say children are not wearing masks on buses.



Late summer in Lewes



Unknown visitor

*"The Lord is righteous in all his ways, and holy in all his deeds. The Lord is close to all who call him, who call on him in sincerity." Psalm 145*

## Community News (2)

### Church Opening (from OLOL website)

Fr Benny

Since we welcomed the news of 'Re-Opening of Places of Worship' for the celebration of Mass on July 4th much has happened. From the first tentative steps and following the strict Government guidelines we, as a Community of Faith in Our Lady of Lourdes and St. Patrick's, have been adhering to the regulations so that those who come to our churches are safe.

**ALL Masses at Our Lady of Lourdes** continue to be Live Streamed so that those who are unable to attend can still participate, as parishioners have been since March 23rd when the Lockdown was originally introduced. (See front page for YouTube address)

Because of 'social distancing' it will not be possible, for now, to accommodate the number of parishioners who usually attended Sunday masses pre-Covid. However, because of 'shielding' the numbers attending Mass are not back to former levels and so there has not been a problem accommodating those who come to Mass. I am grateful to those who have volunteered to help as Stewards and ask for patience and understanding from those who come to the Church to attend the various Masses during this time.

**At St. Patrick's in Woodingdean** the Good Lord has been very kind to us so far as we have been able to celebrate each Sunday Mass since July 11th out of doors in the Parish Garden. We are hoping for an 'extended' summer so we can continue to enjoy the fresh air on the South Downs for a while yet. Julie Williams, our Parish Secretary, has now returned to the Parish Office one day each week. Since returning Julie has been organising a 'ticketing system' so that parishioners will be able to **BOOK** a seat when we have to go indoors at St. Patrick's for Sunday Mass. This system will also be arranged for Our Lady of Lourdes Church. It will mean that parishioners will not be 'turned away' when they come to Sunday Masses.

We are in such 'unknown' territory in all of this! Hopefully, we can welcome all those who come to Mass – Safely in our Churches. It will be of great help if those attending are in the Church at least ten minutes before Mass begins so that the Stewards can indicate where you can sit.

God bless, Fr. Benny

#### Mass attendance Woodingdean Irene Green

Mass attendance at St Patrick's as compiled by me and Bernadette for each Sunday since 12 July (except Aug 9th when I was in Edinburgh):—

The average attendance is 32.7 people, varies from 28 to 45, last Sunday 36.

The pool of people who have attended is 70 individuals over 2 months, only about 7 or 8 of those were visitors from afar.

We continue to celebrate Mass outdoors in the Parish Garden for now.

### More conversations with Mum

Mary Barriff

*A woman in her 50's is on TV saying she has 15 children.*

*Mum: "Wouldn't you think that after 10 she'd have had herself circumcised!"*

*Mum's got home from her day centre and asks me what I had for dinner, I tell her a ham sandwich.*

*Mum: "You had a sandwich yesterday too, and if you keep missing your dinner you'll get rigor mortis!"*

*We're driving through the front gates: Mum: "Those bushes are a right sore-eye."*

*Watching a programme on tsunamis: Mum: "Those salamies are dangerous things"!!*

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

1. (*Julius Caesar, of his assassins*): Infamy, infamy, they've all got it in for me!
2. Moral indignation is jealousy with a halo.
3. I'm very mild, I'm very meek,/ My will is strong, but my won't is weak;/ So don't look at me that way!
4. A bank is a place that will lend you money if you can prove that you don't need it.
5. (*On being told that money doesn't buy happiness*) But it upgrades despair so beautifully.

*"The world you made firm, not to be moved; your throne has stood firm from of old. From all eternity, O Lord, you are." Psalm 93:2*

## Charity Causes



<https://cafod.org.uk/Fundraise/Family-Fast-Day>

We usually have a **CAFOD Family Fast Day** around Harvest time. The focus of the Fast Day is Survive, Rebuild, Heal. This year it is timely to think about how really vulnerable communities in countries with fragile infrastructures can keep themselves safe.

October 9th is the day; I will soon be attending a Zoom meeting to be briefed on how parishes can approach this. All will be revealed in the next newsletter (Oct 3rd).

God, you call us out of darkness.  
May we hear your voice  
in the cry of our brothers and sisters in crisis.  
As you walk alongside us always,  
may we walk beside one another  
listening and responding in love.  
Shine the light of your compassion through us,  
dispelling chaos, fear and despair.  
Breathe hope and courage into all our hearts  
as we work together to rebuild once more.  
Strengthen us, Lord, and keep us steadfast.  
Bring healing and comfort to all  
and lead us renewed into your marvellous light.  
We ask this through Christ our Lord,  
Amen.

### We at St Patrick's support 2 charities: the Kanji Project India, and our local charity, St Anne's Day Centre in Kemp Town.



St Anne's cares for vulnerable people, normally providing breakfast and lunch, showers, clothes, advice and friendliness. For many years we have had a monthly collection averaging £100. Other parishioners have collected clothes and donated sugar. When COVID-19 hit, St Anne's was closed. It reopened a couple of months ago. Volunteers and the resident chef prepare hot takeaway

meals, about 60 a day but no drinks. They also give out 'goody bags' when they have the products. Ted went to visit them to find out what they most needed, to replace sugar for the teas and coffee. Funds are always needed but the Cash and Carry had flour on offer, oil was a good buy and a box of 80 Tunnock bars. All very welcome. However they also need carrier bags. They try to use paper carriers like the ones MacDonaldis use, but they are pricey, so plastic carriers are a backup. If you have a surplus of carriers please bring to St Pats and we can deliver for you. For up to date news:

<http://www.stannesdaycentre.org.uk/>

**Bernadette and Ted**



#### The Kanji Project

The Ovingdean Boot Sale Ramble on Saturday August 29th was a great success. We had a stall in our front garden selling preserves, scones, cheese scones, buns and cakes, some Indian items and a few of Ted's 'treasure store'. We sold 95 jars of jams and chutneys and made £310. Kind parishioners gave us another £90 on Sunday so we sent £400 for Kanji funds. Thank you to all who helped in any way. <https://thekanjiproject.org.uk/>

### SVP Awareness Month – September 2020 – 'Will you rise to the challenge?'

Our Lady of Lourdes parish SVP group has been doing vital work during the COVID-19 pandemic but now they need your help. They have been delivering grocery supplies to vulnerable people who are shielding and cannot get to their shops, as well as providing food to those who are struggling to afford to feed their families.

In addition, they have been phoning or writing to lonely and isolated people, providing friendship and someone to talk to for those who cannot visit family or friends. Now they need your support in one of the following ways:

**Volunteer with the SVP** and give a little time to help out in some way.

**Donate** to them - send a cheque payable to *Our Lady of Lourdes, Rottingdean SVP*, to The Treasurer, 34, Eley Drive, Brighton BN2 7FH, or if you prefer make a donation online at [www.svp.org.uk](http://www.svp.org.uk)

**Raise money** by fundraising - you choose what to do!

The SVP has been rising to the challenge of helping those in need during the pandemic; will you now rise to the challenge of supporting them?

*“Open to me the gates of holiness: I will enter and give thanks. This is the Lord's own gate, where the just may enter. I will thank you for you have answered, and you are my saviour.” Psalm 118: 19-21*

# Afterthoughts

## The Path of Change

Patrick Bond



Chiffchaff

We are easing into autumn with sunshine and breezes, but the leaves are saying that change is on the way. They dangle, still green, but a little curled and dry, with hints of yellow here and there. Berries turn from orange to red. Sparrows, blue and great tits, and blackbirds are here in abundance, but also little-seen visitors, like chiffchaff and blackcap. Dragonflies settle on high tips of the Virginia Creeper, with a shimmer part angelic and part aerial predator. A Speckled Wood butterfly sits for ages on the frame of the kitchen window, basking in the sun, an unexpected guest.

This week I have been letting go of the past. Boxes have come out of corners and cupboards, and perhaps in the spirit of these uncertain times, I have felt a strong need to sift through my storage boxes. One

unexpectedly difficult moment came when my old cassette tapes emerged. All that music, all those memories of long car journeys and difficult separations – how they saved my sanity! But who plays cassette tapes now? Out they went.

Perhaps it's the beginning of a new phase, a prelude to transformation. 21st September is the Feast of St Matthew: I bet when he was a vile tax collector he never imagined what he would one day turn into. Not that I expect to turn into an Apostle and Evangelist! But then, "my thoughts are not your thoughts, my ways are not your ways – it is the Lord who speaks" (Isaiah 55: 6-9).

And on 29th we have the archangels: Michael, the leader of the hosts of heaven; Gabriel, the bringer of the Annunciation and interpreter of visions, and Raphael, the one whose name means "God heals". Maybe the threat of the pandemic is not "ours to call" – in that modern



Anemone

phrase! Maybe we just have to call on the Lord: "The Lord is close to all who call him" (Psalm 145). And let his thoughts do the thinking, his path be our path.

### Morning Prayer

I believe, O God of all gods,  
That thou art the eternal Father of life;  
I believe, O God of all gods,  
That Thou art the eternal Father of love.

I believe, O Lord and God of the peoples,  
That Thou art the creator of the high heavens,  
That Thou art the creator of the skies above,  
That Thou art the creator of the oceans below.

I believe, O Lord and God of the peoples,  
That Thou art He who created my soul and set  
its warp,  
Who created my body from dust and ashes,  
Who gave to my body breath and to my soul its  
possession.

Father, bless to me my body,  
Father, bless to me my soul,  
Father, bless to me my life,  
Father, bless to me my belief.

*Mary Gillies, crofter in the Outer Hebrides, a prayer from the oral tradition of Gaelic songs and blessings, translated and published by Alexander Carmichael in Edinburgh, 1900.*

**Items wanted:** Irene would like (a) spare compost bin for leaves; (b) old ladder up to 6 feet high, wooden or metal for decorative purposes i.e. to put plants on. Email: icgreen@ntlworld.com

**St Patrick's air flow:** We are still working on a quote from Modern Air company for an extractor fan to increase air flow in the church. The fan would be located on brackets on the flat roof over the extension on the north side of the church and the vents would be in one of the sealed windows at the back of the church. If anyone has knowledge of air conditioning companies who could give other quotes please let us know.

### Trivia answers

1. **Talbot Rothwell** (1916-1974) *Carry on Cleo* (1964) Actually written by Frank Muir & Dennis Norder for a sketch in 'Take it from Here'. 2. **H. G. Wells** (1866-1946) *The Wife of Sir Isaac Hardman* (1914). 3. **Cole Porter** (1891-1964) *Paris*, 1928 musical. 4. **Bob Hope** (1903-2003). 5. **Richard Greenberg**: *Hurrah at Last* (1999)

*"The works of his hands are truth and justice; his precepts are all of them sure, standing firm for ever and ever, wrought in uprightness and truth." Psalm 111: 7-8*