



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

**MASS is streamed live:** 09.30 on Mon, Tues, Thurs, Fri; Church open for Adoration from 08.55 Mon and from 08.30 Tues, Thurs, Fri; for Adoration or Divine Mercy/Private Prayer Tues & Fri 10-10.30.

**Vigil Mass Saturday 6.30 pm ; Sunday Mass: 10.30 am**

**St Patrick's – Mass on Sunday 10th October 9 am, 28th Sunday in Ordinary Time, Prisoners' Sunday**

**Welcome to the fortieth "apart but together" e-newsletter (10th October 2021)**

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

## On Adjusting to the New Normal

**Barbara Bond**

*Everything is possible for God* (Mark 10)

It is hard to believe that it is fifteen years since Worth Abbey's Fr Christopher published his book *Finding Sanctuary*, which followed the TV programme "The Monastery".

Fr Christopher says that the starting point for entering sacred sanctuary is the quality of your day to day dealings with other people – recognising the sacred in your daily living. The first step, he asserts, is silence and he quotes the Rule of St Benedict, "There are times when good words are to be left unsaid out of esteem for silence."

When I read the book back then, I remember having a response along the lines of – "It's all very well for him. He's a monk..." But on reflection now, his words were wise and some of what he suggests is precisely what gets me through the day.

As we approach another winter I can't help thinking that my life – and especially at work – is full of worries: will I have enough petrol? Will any of my team be off sick? If I have sent someone into hospital, will they be on a trolley for hours? Will their loved ones be able to be with them...?

It's endless, and I am blessed that my worries don't include having to choose between heating and eating... It would be so easy to lose hope.

In today's gospel Jesus teaches about worldly values, telling the rich man he should sell everything he owns and give his money to the poor and he will have treasure in heaven.

It is as far out of my reach as following monastic principles, but Fr Christopher suggests that we ask for God's blessing and live out the vocation that he will give us in return – a vocation to love others in a way that is unique to each of us.

Maybe my vocation is to strive, in hope, to recognise the sacred – day by day.



**All shall be well,  
and all shall be well,  
for there is a force of love  
moving through the universe  
that holds us fast  
and will never let us go.  
Saint Julian of Norwich  
1342-1416**

*The newsletter appears fortnightly. For the next issue, please send contributions by Friday 22nd October to Barbara Bond: [bond\\_barbara@ymail.com](mailto:bond_barbara@ymail.com)*

# Prisoners' Sunday 12th October — the work of PACT

## What is Prisoners' Sunday?

Prisoners' Sunday - this year on **10th October** - is the national day of prayer and action for prisoners and their dependants, as marked by the Catholic Church and across the Christian denominations.

It is a day to direct our thoughts and prayers to prisoners, their families and children. Prisoners' Sunday is the time to reflect on how we as individuals, as a Church and as a community are serving those affected by imprisonment.

Prisoners' families, prisoners and people with previous convictions often find themselves on the margins of society due to the social stigma associated with imprisonment. They are often forgotten or come lower down on the list of causes to 'hold a hand out to'. But the gospel of Matthew 25: 36 reminds us of our duties towards them:

**Pact (Prison Advice & Care Trust) is a national charity that provides support to prisoners, people with convictions, and their families:**

- Prison-based family engagement workers
- Prison visitors' centres
- In-prison visitor support, supervised play, catering and enhanced family activities
- Prison and community based relationship and parenting education programmes
- Court and community family support
- 'Through the Gate' and community based mentoring and befriending programmes
- National helpline and digital information service

**We build stronger families and safer communities. We reduce the risk of harm to prisoners, their children and families. We create solutions. OUR VISION is of a society in which justice is understood as a process of restoration and healing, in which prisons are used sparingly and as places of learning and rehabilitation, and in which the innate dignity and worth of every human being is valued.**

*I was naked and you clothed me, sick and you visited me, in prison and you came to see me.*

**Pact's work embodies the Christian value of mercy** and belief in the innate dignity of every human being. Through this campaign we ask you to engage with a core element of Catholic social teaching and put our faith into action.

Prisoners' Sunday marks the first day of the ecumenical Prisons Week, a week of prayer which raises awareness of issues faced by those affected by the criminal justice system.

**Lord Jesus you know what it is to be held captive. We pray for all those resident in prison and their families.**

**May they be aware of your presence with them and may your spirit bring them peace and the hope of new life in Jesus Christ.**

**May the walls of prison provide a secure place for them to discover both their need for you and that they are loved unconditionally by you.**

**We pray for all who work in prisons, keep them safe and help them to know and demonstrate your compassion and grace in their daily lives.**

**We pray for all victims of crime; may your spirit bring them healing and peace as they rebuild their lives.**

**Gracious God, whose love extends over all the Earth, across all time and for all people, hear our prayer.**

**Amen**

Current prison population, England & Wales:  
**78,830**

Children with a parent in prison tonight: **89,866**

<https://www.prisonadvice.org.uk/donate/donate-now>

*"It is the Lord who grants favours to those whom he loves; the Lord hears me whenever I call him. Fear him; do not sin; ponder on your bed and be still. Make justice your sacrifice and trust in the Lord." Psalm 4*



## “Me/Us/the World” – online conference – a Personal View Patrick Bond

In August something prompted me to sign up for a “Global Online Conference” organised by Fr Richard Rohr’s “Centre for Action and Contemplation”; – a three-day affair (September 24th-26th) with six speakers on spirituality. Some 5,000 people were subscribed, all over the world.

The mechanics of watching were simple: establish an internet connection, log on to the website, and watch and listen. The timetable was 8 am till 4 pm – *Pacific Time*. Oops! In British Summer Time, that’s 4 pm till midnight. Well, in for a penny...

The stage was set by an amazing “Welcome” from one of the Indigenous peoples of the Americas – Pat McCabe, given the name *Woman Stands Shining* in her own language. She said straight away that she wanted to remember all the Indigenous children forcibly removed from their families during the 19th and 20th centuries (by law), and put into boarding schools run by the state and various Christian denominations. There, they were indoctrinated to forget and despise their own culture; many of them died, and were buried in unmarked graves.



Pat McCabe, or Weyakpa Najin Win, *Woman Stands Shining*, is a Diné (Navajo) mother, grandmother, activist, artist, writer, ceremonial leader, and international speaker. She is a voice for global peace.

May it be beautiful before me.  
May it be beautiful behind me.  
May it be beautiful below me.  
May it be beautiful above me.  
May it be beautiful all around me.  
In beauty it is finished.  
In beauty it is finished.

Now Talking God  
With your feet I walk.  
I walk with your limbs  
I carry forth your body  
For me your mind thinks  
Your voice speaks for me.  
Beauty is before me  
And beauty is behind me  
Above and below me hovers the  
beautiful  
I am surrounded by it  
I am immersed in it  
In my youth I am aware of it  
And in old age I shall walk quietly  
The beautiful trail.  
*Navajo Nightway Song*

Those burials have now been discovered: something like 6,000 have been revealed so far. Pat McCabe sang in her own language, yet the power of her lament was such that tears came to my eyes. It was heart-wrenching.

She then said how important it was, that all of us, Indigenous and non-Indigenous alike, were co-witnessing, in love and sorrow, together, this episode in history, knowing that descendants of those children (like herself) are with us now and still carry the scars.

The Canadian Catholic Bishops’ Conference issued a statement last month formally apologising to the country’s Indigenous peoples for the Church’s role in running residential schools.

Pat McCabe, brought up in a Christian school, was noble in her grief, and it felt good to be a “co-witness” to something that I had hardly ever thought about before. I was deeply touched by the closing words of her song: she said the same phrase four times, with a little gesture of the hand like drawing a short horizontal line in the air and closing it by pinching thumb and fore-finger. In English, it ran “In Beauty it is finished. In Beauty it is finished. In Beauty it is finished. In Beauty it is finished.”

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

1. I can’t see the sense in it really. It makes me a Commander of the British Empire. They might as well make me a Commander of Milton Keynes – at least that exists. 2. The national sport of England is obstacle racing. People fill their rooms with useless and cumbersome furniture, and spend the rest of their lives in trying to dodge it. 3. (*asked who wore the trousers at home*) I do. I wear the trousers. And I wash and iron them too. 4. All I need is room enough to lay a hat and a few friends. 5. There’s no greater bliss than when the plumber eventually comes to unblock your drains. No writer can give that sort of pleasure.

**“They will see the Lord face to face, and his name will be written on their foreheads. It will never be night again and they will not need lamplight or sunlight, because the Lord God will be shining on them.”**

Rev 22: 4-5

## Yorkshire Praises

Hilary Lee

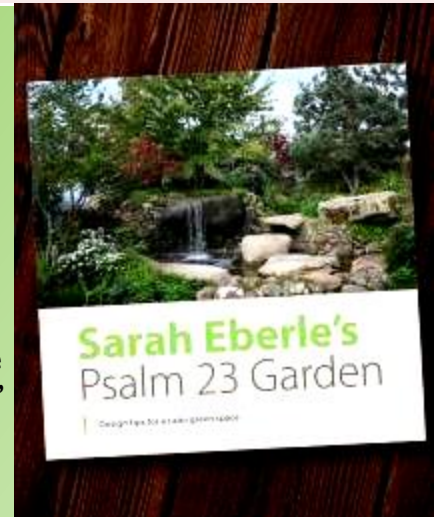
'Psalm 23 Garden' 'The Lord is my Shepherd' – What a thrill to see this amazing garden win a truly deserved Gold Medal at the long awaited RHS Chelsea Flower Show.

<https://www.biblesociety.org.uk/psalm-23/>

At the beginning of September, I spent a delightful week away in Yorkshire – Harrogate to be precise.



After 12 plus years residing and working in Singapore, my Son and his lovely Wife have finally returned home and have chosen 'God's Own Country' to live – hearty cheers all round! They live in a very quiet, leafy suburb within easy reach of both Harrogate and Leeds in which, at the start of my week, a lot of retail therapy was done by me!



Second day in, a 5 mile walk was achieved within the beautiful Grassington National Park with a timely 'sit down on a rock' in between – just to admire the pleasing views you understand! The Dales are truly breathtaking.

Mid week I had an amazing experience of visiting Grantley Hall in Ripon. After a lengthy picturesque drive towards the Hall – felt a Royal Wave coming on – we were ushered into a magnificent dining room where a Champagne Tea was served – quite overwhelming.



The Hall is steeped in history (Google for details) being built in the 1600's by the River Skell. Four families have owned it, namely the Nortons, Furness, Aykroyds and finally a wonderful spritely 75 year old, Valeria Sykes, who bought the property a few years ago for a princely sum.

Apparently she and her now ex husband saw the 'For Sale' sign whilst out for a Sunday afternoon drive having just dined on a bowl of soup and a cup of coffee in a nearby café! Valeria rose from rags to riches being the daughter of a Coal Miner living in

Barnsley. She married Paul Sykes, a tyre fitter turned property and internet tycoon but after 45 years of marriage they sadly divorced leaving her with a handsome settlement.

The Hall over the years has been a convalescent home catering for English, Canadian and American soldiers plus a learning college. Today it stands as a 5 star Hotel with all the luxury trimmings including a helipad! Needless to say,

whilst driving away, I was left with a huge sense of awe, complete with a full tummy! Coupled with an immense feeling of gratitude towards my Son and Wife for having treated me to a wonderful afternoon.

The rest of my week was punctuated with having spent another afternoon tea drinking with friends I had worked with in Derbyshire for 5 years in the 80's, and with whom till this day I still communicate, by letter writing and not emails! Old habits die hard. To say I had a 'Grand' week in Yorkshire would be putting it mildly!



*“What can bring us happiness?” many say. Let the light of your face shine on us, O Lord. You have put into my heart a greater joy than they have from abundance of corn and new wine.” Psalm 4*

## Fund raising at St Patrick’s

On **Saturday 23rd October** we will have an **Autumn Sale Event** at St Patrick’s in the morning 10.30 until 13.00.

We will sell jams, chutneys, baked goods incorporating fruit and vegetables, lavender scents, and elderflower cordial. There will be some plants – garden perennials or houseplants. There will be some indoor and some outdoor stalls.

If you can manage to cook savoury food that is great - examples are tartlets, quiches, sausage rolls, filled pancakes, samosas, cheese scones, potato cakes, filo parcels, tortilla wraps, pizza.

Otherwise go for cakes, muffins, traybakes, fudge, tartlets with fruit, biscuits, whatever you know works. Please bring to St Patrick’s 9.30am on 23rd or between 16.00 and 17.00 on Friday 22nd October (expecting stroke club to be there 11-15.00 – you can creep in and put in fridge earlier if necessary).

We will advertise our freebee table - but we can sell items of value!

Sign up sheets allowing you to offer food and help will be available in the porch.

It is more reassuring for others including customers if you can confirm that you have been vaccinated against Covid and have not been in contact with COVID positive people beforehand. Contact details [icgreen@ntlworld.com](mailto:icgreen@ntlworld.com) 01273 303676



## Booster vaccines, PCR Covid testing and Covid status

\* You can book your covid booster vaccination at <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/book-or-manage-a-booster-dose-of-the-coronavirus-covid-19-vaccine/>



but wait to be contacted saying you are eligible, because your last vaccination was 6 months ago. You can't have a booster if you have had a positive Covid PCR test in the previous month. If you wonder whether your symptoms are cold or Covid 19 you can do lateral flow tests but for accuracy have a PCR test: <https://www.gov.uk/get-coronavirus-test>

I had a test at the East Brighton tennis court site (bottom of Wilson Avenue), booked at 4pm Monday, result 1pm Tuesday. The East Brighton facility was quite empty. There are drive through options on the website. I had the PCR test as part of the ZOE symptom app study, I didn't have enough relevant COVID symptoms to qualify for a free PCR test.

My test result was negative for Covid 19, confirming that I had acquired a common cold when away in Scotland. I am told colds are everywhere now. Symptoms are worse than normal because the immune system hasn't been challenged for 18 months. I really don't want to get Covid, if a cold has such a strong effect on my dodgy respiratory system. Medics are warning about the danger of getting the two viruses together.

I have left a box of lateral flow tests for COVID with the first aid box at St Patrick's to be used as needed. It isn't a very sensitive test, and misses Covid in children (not enough antigen).

Covid cases are going down slowly in Brighton and Hove but are rising very slowly at the moment in England, though with good news on natural immunity (Zoe App). We have almost 4 times more hospital admissions per 100,000 compared to other countries. The rises in COVID cases are because the government health security agency hasn't adjusted the symptoms of the delta variant compared to the early coronavirus and about 40% of people aren't getting tested but are spreading the disease. Symptoms are runny nose, headache, sneezing, sore throat, loss of smell.

*“O Lord, you are good and forgiving, full of love to all who call. Give heed, O Lord, to my prayer, and attend to the sound of my voice. In the day of distress I will call, and surely you will reply.” Psalm 86*

## More Community and Opinions

### Diocesan Event Starting 19th October

You can join the next sessions of **INVITED** by going to this link <https://www.abdiocese.org.uk/invited>  
It says: even before Covid-19, the Church was experiencing a decline in numbers. How can we inspire people who worship at our churches to reach out to those who do not know the goodness of God? We can proclaim the Good News! And we use all that we have learnt during the pandemic to reach out in new ways...

### **Back to the Stone Age**

When I was a child I read with disbelief the literary folktale by Hans Christen Andersen of the Emperor's New Clothes. I feel we are living in that tale from 1837 – so much has fitted this in the last months. Delusion in some key parts of the country is off-scale.

Or we could be living in a bad dream, facing predicted increased gas prices and food costs, chasing petrol supplies, making do with food shortages, lost harvests of farm produce and fruit, needless slaughter and waste of pigs and of sea food, and hiccups in the supply of many household and building products.

People in the rest of the world – and many within England – marvel that the British aren't protesting. Leaders of industry, farming, energy supplies are very clear about the urgency. There are obvious solutions for our woes, but they don't fit the political dogma and certainly no one in power takes responsibility.

So my sympathy to families and disadvantaged people in particular and to anyone whose health fails. Think about the Emperor's New Clothes, except this time it has serious consequences.

### **Bad Arithmetic**

Is the cost of the uplift in Universal Credit really £6 billion? The true cost is far lower, and may be nothing at all.

When people on the edge use the money to buy groceries, it provides profits for the Supermarket, and jobs for its workers. The Supermarket pays some tax on its profits, and buys supplies from other firms, who employ workers in turn. The workers pay tax, and buy goods from other firms, who employ workers and buy supplies from other firms. The £6 billion goes round the economy and, bit by bit, comes back to the Government. If the extra profits and jobs help the economy to grow, the Government may even get back more than £6 billion.

Decency is a lot cheaper than we think.

### **Irene Green**

Lord, since you exist, we exist.  
Since you are beautiful, we are beautiful. Since you are good, we are good.

By our existence we honour you. By our beauty we glorify you. By our goodness we love you.

Lord, through your power all things were made. Through your wisdom all things are governed. Through your grace all things are sustained.

Give us power to serve you, wisdom to discern your laws, and grace to obey those at all times.

St Edmund  
Rich 1180-  
1240



**St Patrick's Taichi Qigong class** runs weekly on Tuesdays from 14th September, 7–8pm, with Barbara Bond. 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](mailto:bbshiatsu@gmail.com)).

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

*“Show me, Lord, your way so that I may walk in your truth. Guide my heart to fear your name. I will praise you, Lord my God, with all my heart, and glorify your name for ever; for your love to me has been great: you have saved me from the depths of the grave.” Psalm 86*

We have just returned from a holiday in the Wye Valley having enjoyed 10 days of lovely sunshine interspersed with a few showers. We were blessed.

*Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water' (John 7: 38-39)*

My husband, John, and myself have a small camper van which we use, together with an awning where we can dump our bags, chairs, etc. All wonderful in good weather... !

We were lucky – our camp site, near Monmouth and very near the river Wye, was in a field surrounded by woodland. Facilities were good and the site was quiet most of the time. There were goats in a nearby field and chickens were kept by the site manager. We walked over to Wales, along the banks of the river Wye, around the Forest of Dean.



We encountered Offa's Dyke and its many paths, and we went to Tintern Abbey. What a magnificent place it must have been at its peak. The building that remains is strikingly beautiful, and in sunlight captures the essence of monastic life as it must have been. A very 'mindfulness' place. You can easily imagine the monks in the cloisters going about their prayers routines, and then their jobs in the fields and gardens.

Camp sites are marvellous places for 'nosey parkers'! It is so fascinating to see what tent, van, caravan, or motor home people are in. At the weekend the site was very busy with so many families and groups pitching tents and hiring fire buckets; blowing up beds and chairs; and putting up fairy lights. And all sitting round camp fires at night talking, singing, dancing! Great fun.

My camping memories as a child were not happy – cold, damp, uncomfortable, miserable in fact. Now of course, Caravans, Camper vans and their much larger versions, the Motor Home, are so comfortable. All the facilities of home if you want it!! Some even tow their cars as well!! Not really camping as in the old days but so many now get pleasure from it. Covid has meant more 'staycations' for a holiday so it is a great way to escape and rest in nature for a complete break.

The surrounding woodland meant there was still some bird song and owls hooting at night. Lots of squirrels!!



Thanks to Ted for this witty cartoon!

On our way home we had a stop at Slimbridge Wildfowl Reserve. I was thrilled to see 8 or 9 cranes there with one baby! They have been successfully re-introduced into this country and it is great to see them feeding in the fields around.



We spent most of our time out of doors on this trip which was so rewarding. Sitting in nature, walking, admiring views and listening to sounds of birds was a real treat and break from routine. Refreshment for both of us!!

With grateful thanks to nature and the beautiful Wye Valley!

*"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. Give joy to your servant, O Lord, for to you I lift up my soul." Psalm 86*

Every scribe who becomes a disciple of the kingdom of heaven is like a householder who brings out from his storeroom things both new and old.  
Matthew 13:52

I am sitting in the full glare of the sun at three in the afternoon. The top of my head is hot (my bald patch): I am recharging my brain by solar power, stocking up on sunshine to combat the long dark nights



and short grey days of winter to come. At my feet, growing in a crack in the patio, a wild strawberry is producing the last harvest of the summer, the fruits glowing ruby-red in the bright sunlight. Their taste is as miniature and concentrated as a jewel set in green leaves.



The Cosmos which was growing skyscraper-high in my last piece was snapped off by the violent winds of a week ago, but that has not stopped it flowering. It is lying prone on the floor, but the flowers have not shrivelled, and they still turn to look at the sun as it tracks across the sky.



This morning was cold and foggy but temperatures have climbed all day, so that I can sit outside and write without extra clothing. The Virginia Creeper has changed colour, sprawling out across the cypress trees like a lava-flow of deep claret-red. Ash and sycamore trees have not turned yet, however, and the red, pink and white roses in the garden are lingering in a spectacular, solitary display of shape, texture and tone, even as autumn comes walking through the door.



As if on cue, heavy clouds muscle in from the south-east and the air becomes suddenly chill on my brow. Dewdrops in the long grass glimmer as they mirror the changing sky. Sun-rays spill out from behind the dark clouds in spokes of dense light radiating out in the moist upper air. It is a "God's coming" sky.

*O wonder of wonders! When I think of the union of my soul with you, O God! You make my soul flow out of herself in joyful ecstasy, for nothing but you can content her. A spring of divine love surges over my soul, sweeping her out of herself into you, O God, her original source.*

Meister Eckhart, 1260-1329

### Trivia answers (from p.3)

1. **Spike Milligan** (1918-2002) *attributed*, D.Telegraph 28/2/02.
2. **Herbert Beerbohm Tree** (1852-1917) H Pearson *Beerbohm Tree* (1956).
3. **Denis Thatcher** (1915-2003) *attributed*. Times, 27/6/03.
4. **Dorothy Parker** (1893-1967) R E Drennan *Wit's End* (1973).
5. **Victoria Glendinning** (1937-) Observer 3/1/93.

*"Among the gods there is none like you, O Lord; nor work to compare with yours. 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." Psalm 86*