



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 each weekday, preceded by Adoration usually at 08.30; 18.30 Saturday evening and 10.30 Sunday.

Welcome to the seventeenth "apart but together" e-newsletter (14th Nov 2020)

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

Blessings

Barbara Bond

You have shown you can be faithful in small things; come and join in your master's happiness Matthew 25

As I write, we, at least here in Sussex, are a week into the second lockdown. This one feels very different. In my working life both we, as the care providers, and the families we are working with are tired; reserves of both good humour and resourcefulness are running low.

However, the other day, after a visit, I made a telephone follow-up, and the patient, who was really quite unwell and had received further bad news, surprised me. He told me how much he appreciated a lovely letter he had received, thanking him for a donation he had sent (as he wasn't able to actually come in and use the coffee shop) – and how our contact made him feel valued and supported.

I could feel the warmth of his smile down the phone line, and briefly wondered who was helping whom! The underpinning philosophy of Hospice care is to enable people to live as fully and as well as possible. The bit I always find challenging is supporting them to do that, in the context of an uncertain future. Now we are all forced to be very much 'in the moment', and perhaps this is actually a profound gift.

**The God of life with guarding hold you;
the loving Christ with guarding fold you;
the Holy Spirit, guarding, mould you;
each night of life to aid, enfold you;
each day and night of life uphold you.**

From the Patrick Compline
<https://www.northumbriacommunity.org/offices/saturday-the-patrick-compline/>



This is a time of going back to basics in our inner life, as well as having to re-evaluate what is "essential" in the day to day. Hope, endurance and acceptance are things that we can share with others – simple but deep, and I would suggest the ability to reach out to others and connect is a talent God gifted to all of us.

A look, or the sound of your voice can shine a great light – although it may seem the smallest of talents.

Next issue out on 28th November. Send your thoughts about life, parish and Coronavirus: short pieces (about 300 words) before Friday 27th November to me, Barbara Bond: bond_barbara@ymail.com

Novena to Saint Francis, for a world under threat

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 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).

Seventh prayer: Those who suffer

“We praise you, Lord, for those who pardon for love of you, who bear sickness and trial.” (St Francis of Assisi)

“I speak for my brothers and sisters who are threatened, assassinated, who do not hold the rights to their land... How long must we wait for a reply?”

(Rosildo da Silva, Jaminawa Arará people, Brazil)

Creator God, open our hearts to the sufferings of the landless poor who endure violence and threat. Forgive us for the sin of indifference.

St Francis, you were jailed and beaten, brother to the outcast. May your compassion be our guide.

St Francis, pray for us.

The Deeper Meaning of the Parable of the Talents

Patrick Bond

The second half of the Parable (Matt. 14-30) reads like a particularly harsh judgement, even though the servant is clearly an unattractive personality! I have always wondered if I was missing something. Here is an unexpected angle, given by Bishop Robert Barron, in *The Catholic World Report* (<https://www.catholicworldreport.com/2014/09/22/the-deeper-meaning-of-the-parable-of-the-talents/>):

“...a talent in ancient times was a measure of something particularly weighty, usually silver or gold. A single talent might represent as much as 50 pounds of precious metal and, as such, was not something that one carried around in one’s pocket. We might make a comparison between a talent and a unit of gold kept at Fort Knox, or an ingot of silver preserved in a safe deposit box.

What the contemporary reader will likely miss, and what the ancient Jewish reader would have caught immediately, is the connection to heaviness: a talent was weighty, and five talents was massively heavy. Heaviness would have brought to mind the heaviest weight of all, which was the *kabod* of Yahweh. That term was rendered in Greek as *doxa* and in Latin as *gloria*, both of which carry the connotation of luminosity, but the basic sense of the Hebrew word is heaviness, *gravitas*.

And this *kabod* Yahweh was to be found in the Jerusalem Temple, resting upon the mercy seat within the Holy of Holies. Therefore, what was heaviest (most glorious) of all was the mercy of God, which abided in infinite, inexhaustible abundance in the Holy Temple.

In light of these clarifications, we can read Jesus’ parable with fresh eyes. The talents given to the three servants are not so much monetary gifts or personal capacities; they are a share in the mercy of God, a participation in the weightiness of the divine love. But since mercy is always directed to the other, these “talents” are designed to be shared. In point of fact, they will increase precisely in the measure that they are given away.

The problem with the timid servant who buried his talent is not that he was an ineffective venture capitalist but that he fundamentally misunderstood the nature of what he had been given. The divine mercy—received as a pure gift—is meant to be given to others as a pure gift.”

“Your word is a lamp for my steps and a light for my path. I have sworn and have made up my mind to obey your decrees” Psalm 119: 105-106

The final part of our pandemic project has finally happened.

Monday 2nd November we went to Middle Farm to collect our 8 hens – 3 white, 3 brown, 1 grey and 1 black – and all very young. We may see an egg by Christmas!

They tentatively explored their pen, but at dusk they were clustered under the hen house instead of in it. We had to catch them and put them to bed.



The same the second night, but by the third

night three had ventured up the ramp, and put themselves to bed. All managed it the fourth night.

So now they have settled into a routine, and so have we. Hens need maximum daylight – so up and out by dawn, to open the hatches and feed and water the girls.

Looking forward to that first egg!

Midwifery Training

Maureen James

I went to a Kent hospital to study midwifery following my holiday camp experience and unfortunately had a false start when I almost fainted watching my first delivery. The Head Tutor had arranged to perform a normal delivery in front of the new students, but it turned out to be one of the most protracted and gory I was ever to see. Chairs were brought in for me and two other girls who were overcome. The tutor had made a wrong choice basically but we didn't know that at the time.

We had to study for the Part One midwifery exam while working in the hospital full time. So it often happened that we would finish night duty, have breakfast, and then wait another hour before going to the classroom and listen, dozing, to a lecture from a Consultant Obstetrician. The only thing I now remember is that he held up his chubby little hands and said, "Small hands are better in midwifery and obstetrics", so we girls all thought we'd passed the first hurdle already.

In those days Nursing was rather militaristic with badges, uniforms and surnames only for staff and patients. An order from a senior staff member was obeyed without argument. I was intimidated by nearly everybody, generally finding my level with the ward cleaner (and fellow students of course).

There were no concessions for the sensitive souls that some of us were. On my first night duty the Sister in Charge handed me a sheet of instructions on how to lay out a dead baby. I was then left alone in a small room to do that very thing - with tears running down my face most of the time.

That was then and this is now is all I can say in criticism. And in spite of all I really enjoyed this training period, especially looking after the babies. As students we lived together in a nurses' home, became firm friends and all passed the first examination.

Midwifery on the district lay ahead... Part Two to follow...



"The Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words." Rom 8: 26

St Patrick's will be back with Christmas festive wares in early December

In early December St Patrick's propose a Christmas fund raising stall on Sat 5th Dec 10-12.30 and Sunday 6th December after 9am Mass.

We have items which make desirable Christmas gifts and stocking fillers.

We ask you all to donate unwanted gifts, bring to our homes (Bernadette's berskin@hotmail.com or Irene's igreen@ntlworld.com, 3 Sycamore Close BN2 6SJ) or the church.

On this first weekend in December we will also sell jams, jellies and chutneys (good presents). We currently have quince jam, quince jelly, quince and other chutneys, raspberry jam and marmalade. Can you make some preserves for us? If you have unwanted fruit we can convert to preserves, please let us know. We will also sell some plants, bulbs, as well as gorgeous lavender bags (these last for well over a year).

We are hoping to have a Christmas food stall on Dec 12th and 13th.

Possible fayre : Christmas biscuits savoury or sweet (special shapes); home made mince pies, mulled wine, plum pudding – various sizes, savoury tarts, vegetable soups, cake or casseroles. Let us know if you can cook for us.

Prayer Groups

Monthly Ecumenical Prayer Group on Zoom

Last Monday of the month 8pm. Members of other local churches are very welcome to attend and also take turns to lead the Group. It can include Ignatian Meditation, Lectio Divina, and any other ideas around prayer. If you would like to join us please email tracy.stickland@gmail.com for a zoom link. Please feel free to join when you can.

Advent Prayer Group(s) on Zoom

Intend to hold an Advent prayer group on Thursday afternoons at 16.30 on three of the four Thursdays in Advent (3rd, 10th and 17th December). There will be a different leader each week.

Church weekly collections

No cash for the collection? Pay the church by regular or one-off payments. If you don't already donate by Standing Order please could you think about it. The form is on the website <https://www.ololandstp.org/> – Scroll way down to the bottom of the home page and you will find Gift Aid Standing Order form. If you are a UK tax payer, church can reclaim the tax back, equivalent to the amount that you would have paid on your donation. You would need to pay by Standing Order so that we are able to identify and record your donation. If you want to make BACS payments directly to the St Patrick's bank account, the details are sort code 40 05 20 account number 31076477 RCD A&B Woodingdean St. Patrick but single payments can also be gift aided, our gift aid co-ordinator is Fiona Chambers fiyule@yahoo.co.uk

The Council is helping recycle old electrics: Get rid of your old electrics from the comfort of your own home <https://www.brighton-hove.gov.uk/news/2020/get-rid-your-old-electrics-comfort-your-home> Goods which are working or can be serviced will be distributed to charities.

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

1. Marriage is a great institution, but I'm not ready for an institution yet.
2. Kissing don't last: cookery do!
3. The best thing about being married is having someone who puts out the rubbish.
4. *When asked how many husbands she had had:* You mean apart from my own?
5. So basically you're saying marriage is just a way of getting out of an embarrassing pause in conversation.
6. Every woman should marry an archaeologist because she grows increasingly attractive to him as she grows increasingly to resemble a ruin.

“When your words came, I devoured them: your word was my delight and the joy of my heart; for I was called by your name, Lord, God of Sabaoth.” Jer 15: 16

Parish & Diocese

Lockdown 2 in England

Adhering to latest Government Guidelines, from Thursday 5th November **St Patrick's Church will be shut** until lockdown restrictions are lifted. On-line Booking for Sunday 9 am Masses is suspended. Date of re-opening in December to be advised.

Grab-n'-Go Table postponed until after lockdown.



MASSES at Our Lady of Lourdes Queen of Peace, Rottingdean are live-streamed on <https://www.youtube.com/channel/UCc4VXBr3EOa43nCxxzB-Edw>

DAILY READINGS are available to view on www.universalis.com

MASS ON THE PHONE - If you are unable to access Live Streamed Mass you can listen to the celebration each Sunday at 12 Noon by ringing St. Mary's Cathedral, Middlesborough on 01642 130120

Catholic Diocese of Arundel and Brighton Bishop Richard's video podcast for 32nd Sunday of the year



Dear Brothers and Sisters in Christ,

At this time in our Church's year, the readings guide us towards what are often called 'the last things'. We have celebrated All Saints and All Souls day and November is the time of the year when we always remember the dead in a particular way.

This year, the difficulties of these last months have brought particular suffering to the sick, the dying and their families, as so many have been unable to be with their loved ones as death approaches and funeral rites have been curtailed. As you will know, deanery Station Masses are being celebrated around the Diocese to provide a particular opportunity to remember those who have died this year and these are continuing through the medium of live streaming. (see box; also <https://abdiocese.org.uk/>)

We are a people of hope, for hope is the mark of the Christian. Hope is a virtue. It is a gift from God: St. Paul, writing to the Thessalonians, offers words of comfort. He calls us not to grieve, people without hope. There is no need for 'grief-without-hope', since we believe in the One who rose from the dead and calls us to be with him. We must be open to this virtue, this gift and the longing for God that flows from this hope.

The Psalm of this Sunday's Mass begins with the words, 'O God, you are my God, for you I long; for you my soul is thirsting', and goes on to express this longing for the presence of God in every moment, day or night. The writer of the Book of Wisdom expresses longing for wisdom in terms of watching, being alert to wisdom's presence. Ask yourself a question: 'Do I really want God more than anything else?' 'Am I alert to His presence, day or night?'

The wise bridesmaids in the Gospel are alert, ready, their lamps lit and fuel for them in good supply. Can I truly say the same? Is my life fuelled, as it were, by persevering, fervent prayer? Am I showing the world, through witness, words, behaviour and action, the light of Christ? It is this witness, this preparedness, this alertness, that brings hope to us and to others. The sharing of the virtue of Hope is indeed a vital aspect of our Mission.

With every blessing,

+ Richard

Epsom & Redhill Deanery: Sacred Heart, Caterham, 9th November at 7.30pm
Guildford Deanery: St. Joseph's, Guildford, 12th November at 7.30pm
Lewes Deanery: St. Wilfrid's, Burgess Hill, 13th November at 6pm
Mayfield Deanery: Holy Cross, Heathfield, 20th November at 7pm
Weybridge Deanery: Christ Prince of Peace, Weybridge, 23rd November 7.30pm
Woking Deanery: St. Dunstan's, Woking, 1st December at 7pm
Worthing Deanery: St. Mary of the Angels, Worthing, 2nd December 6.30pm.

"O send forth your light and your truth; let these be my guide. Let them bring me to your holy mountain, to the place where you dwell." P43: 3

COVID CORNER

Coronavirus and relative humidity

The daily briefing on COVID from the NY times is very informative. On November 12th it looked again at buildings and viral spread in the winter. Dry air, caused by cold winter temperatures and heaters, can make it easier for viruses to spread. If we are indoors, in addition to hands, space and facemask we also must consider the relative humidity of the church, shop, restaurant.

I've been looking at work from the American Society for Heating, Refrigerating, and Air-Conditioning Engineers! Not my usual read. There is an association between indoor air and human health, which has been investigated for decades. Read in detail about the need for higher humidity to prevent particles containing virus from becoming smaller, therefore able to pass through masks and into lungs with ease.

This is the link: https://www.wired.com/story/covid-winter-is-coming-could-humidifiers-help/?campaign_id=154&emc=edit_cb_20201113&instance_id=24064&nl=coronavirus-briefing®i_id=121294328&segment_id=44379&te=1&user_id=9f093df9fb90d3cb153080fa89fb2ac8&utm_brand=wired&utm_campaign=onsite-share&utm_medium=social&utm_social-type=earned&utm_source=twitter

Covid-19 Vaccine and British interest

I was delighted to see the Turkish scientists talk about their vaccine, though it is still only in phase 3 trials and is yet to be approved by regulators. If it is, it would be the first mRNA vaccine ever approved. Dr Sahin goes to work on a bicycle and doesn't have a TV, so a dedicated researcher and co founder of BioNTech.

A company in Yorkshire is also involved in the manufacture of this exciting new Pfizer and BioNTech coronavirus vaccine based on a small piece of messenger RNA (mRNA) from the Sars-CoV-2 virus to provoke an immune response. mRNA is notoriously unstable.

The company Croda is FTSE listed but not a name I have heard of. It is a manufacturer of drug delivery systems, including lipids, vital for the stability and efficacy of the active compound and in the case of the mRNA vaccine there will be adjuvant addition, which will help with the immune response.

The Croda company director, speaking to the press yesterday, emphasised the importance of no delay in shipping their components to Germany and we - as hopeful vaccine recipients - need no delay in getting vaccine delivered fast into the UK, when it is at minus 80. Government negotiations on an EU deal in the coming week must work to meet these requirements.

Getting Away From It All

Just had a **virtual tour** of Brighton underground (Brighton Pavilion and other tunnels, rail tunnels and a little bit about sewers at the end) with **Guided Walking Tours in Brighton and Sussex**, Nick Richmond.

Great value £3, was worried because the date on the confirmation email was incorrect, but the zoom link was perfect. Two hours with 10 minute break! Highly recommended.

<https://www.meetup.com/guided-walks-in-BrightonandSussex/>

Gardener's world – video on snails and plants in pots

Writing this before I forget – a good solution to prevent slugs eating hostas and everything in pots is to use a kind of moat system.

Have your plant pot sitting on pot supports, or failing that stones or crocks, in a large plant 'saucer' full of water.

Or buy a garden centre plant stand, main thing is to get your plant pot off the ground, or if it is on the ground have water that the slugs won't negotiate, in order to get to the pot and its contents.

<https://www.facebook.com/BBCGardenersWorld>

The Royal Society | David Spiegelhalter: Communicating statistics in the time of Covid

He isn't predicting or modelling but interpreting data, you can see the lecture at <https://www.youtube.com/watch?v=JW9plVfanjo> How COVID deaths in the UK are counted has changed a couple of months ago. People are recorded as having died of COVID if they had a positive COVID test in the last month. The numbers of people who have unfortunately died from coronavirus infection are understated. We have passed the 62,000 mark according to the Office for National Statistics.

“You uphold the mountains with your strength, you are girded with power. You still the roaring of the seas, the roaring of their waves and the tumult of the peoples.” Psalm 65: 7-8

Send a Christmas Message to the Brave

Every day, human rights defenders and environmental activists across the world are risking everything to defend our brothers and sisters and protect our common home. Let's not forget them this Christmas – send a card or email of solidarity to the brave.

The devastation of coronavirus has meant that this year has been particularly tough for these brave people. Under lockdown, many have been exposed to increased threats, violence and intimidation as aggressors have exploited lockdown situations for their own gain. More than 300 human rights defenders were killed last year while fighting to protect their lands and nature, to halt the climate crisis or stand up for peace and human rights. Hundreds more were threatened or criminalised. This Advent, amid the busyness of the season and the waiting in joyful expectation, remember that they are waiting too – for justice and safety. In the face of threats, your email or card will help to show them that they aren't alone in their struggles, and that they have a community of people in the UK who are all praying for and standing with them.

One of the Brave

Maisoon Badawi, a Palestinian citizen of Israel, works for the Israeli human rights organisation, Yesh Din. Every day, she drives to the occupied Palestinian territory to meet with Palestinian victims of human rights violations, perpetrated by Israeli settlers expanding illegal settlements.

Maisoon reaches out to people in their time of great need, offering training and advice in pursuing justice, despite facing obstacles in the Israeli law enforcement system.



"It's important for these people to know that someone is willing to listen to them, to help them feel that they have a voice", she says. "I explain how the legal system works and how we can help them."
"Every morning I ask myself, 'Who will I meet today? Will I be able to help this person achieve justice?' Many times I feel helpless in the face of the brutal occupation, but then I get energy and encouragement when I see those affected, fighting to protect their rights."

How to join in

Choose one or more people featured on the CAFOD page below, to send an email message:

<https://cafod.org.uk/Campaign/Latest-campaigns/Messages-to-the-brave>

Be as personal as you can – it makes a big difference

If you are sending physical cards, please send them by 7 December to: [Name of Human Rights Defender] Campaigns team, CAFOD, Romero House, 55 Westminster Bridge Road, London SE1 7JB

Prayer for peace: one family

Lord God, Father of all,
We, your children, are all members of the same human family, your family.
We implore you to help us to accept your peace,
To be at peace with ourselves and to live in peace with others.
Help us to seek wisdom and justice in all we do.
Help us to be more understanding and compassionate when dealing with others,
To be ready to forgive when wronged,
To be willing to love when hurt,
And to strive for harmony and peace when threatened.
Eternal Father, in your mercy, hear our prayer
And grant us your everlasting peace.
Amen.

Diana Ng-Sutherland, CAFOD supporter

“Defend me, O God, and plead my cause against a godless nation. From deceitful and cunning men, rescue me, O God... And I will come to the altar of God, the God of my joy.” Psalm 43: 1, 4

Afterthoughts

Fragments and Flowers

Patrick Bond



This second lockdown has seemed very different from the first. I feel a whole lot grumpier, for a start... Why does everyone look shorter with a mask on? And has anyone identified a new COVID-related illness – HDD, or Hymn Deficit Disorder? I found myself whistling a tune the other day, not even one that I specially like – and I realised how much I miss singing hymns with everyone on a Sunday.

Nearly all the ash leaves have fallen now. The trees are not just shedding leaves, they are dying, poor things, as Ash Die-Back takes hold – and there is no vaccine for them.

I keep meaning to keep track of the little fragments of good news which come up, from time to time... So that I can keep some sort of balance. I suppose the news of a COVID vaccine is extremely good, but everyone keeps wanting to get back to “normal”. We have discovered what really makes life worth living – physical meetings, mutual cherishing, and worship in community – and I hope that knowledge won’t get swamped by getting back to “normal”.

We tried twice, during Barbara’s special week off, to get out into nature. Well, we had little choice, as lockdown cancelled every other treat we had planned, to celebrate her Big Birthday. But Tidemills on 2nd November was a trial more than a treat. Onshore winds gusting to 50 mph, along with a grey and white churning sea, were sending great gouts of spray over the Newhaven breakwater; like the explosion of artillery shells, the spray burst upwards and hung in front of the sun for a moment in a thick brown mist, before the wind blew it away.



The effect of wind-chill brought exposed skin temperatures down to zero, near enough. Walking into the stinging spray, the left side of my face went icy, then numb, then all the bones decided to join in a throbbing ache, which got worse and worse. Even walking on the flat felt more like climbing the side of a mountain, as the gale tried to whip us off our feet.

And yet, as is the way with nature, abundance and blessings were there. Using binoculars was partly pot-luck, as any birds in flight were keeping low to the ground and very fast; however our tally of sightings included a flock of about a dozen curlew, a murmuration of starlings over Newhaven, some wind-torn linnets, and a flock of greenfinches, gorgeous in full plumage, flashes of gold and emerald in amongst the shingle and concrete of the old mill basin.



Oh, and the little fragments? A honey bee flew past my ear, in a groggy sort of way, yesterday (11th November). I heard it as it passed by. I was amazed. And some of our roses have put out a late flower...



Trivia answers

1. Mae West (1892-1980) L J Peter *Quotations for our Time* 1980.
2. George Meredith (1828-1909) *The Ordeal of Richard Feverel* 1859.
3. Ulrika Jonsson (1967-) in *Mail on Sunday* 30th Oct 2005.
4. Zsa Zsa Gabor (1917-2016) *She had nine of her own*.
5. Richard Curtis (1956-) *Four Weddings and a Funeral* (1994 film).
6. Agatha Christie (1890-1976) R H Fitzgibbon *The Agatha Christie Companion* 1980.

“The waters saw you, O God, the waters saw you and trembled; the depths were moved with terror... The earth was moved and trembled when your way led through the sea, your path through the mighty waters, and no one saw your footprints.” Psalm 77: 17, 19-20