

IN MINISTRY TOGETHER



CHRISTMAS 2020 - Different, yet the same

For as long as I can remember, Christmas Day has been my favourite day of the year. It is, in my experience, the day that brings out the very best in most people – even in some where the best might not be automatically expected.

I do also appreciate that for many others Christmas day is a painful day. Over the years I have enjoyed the build up to Christmas – all the preparations – the Nativity Plays in our schools, the organising of presents for family and friends – the push to have everything ready on time – the celebratory “thank you” parties with Parish groups and finally to hear Silent Night sung so beautifully at Midnight Mass reminding us, that at the centre, the very heart of Christmas is the birth of Jesus Christ- Gods Son, who came into the world to show us the love God has for each one of us. I feel some of my own memories of Christmas past will evoke memories for very many of you. Of course, Christmas would not be Christmas, especially for the children, without a visit from the great man – Santa Claus.

This year because of the restrictions in place to help prevent the spread of Covid-19 – Christmas and all that goes with it will have to be celebrated in a much lower key. Maybe that is not necessarily a bad thing for it will cause each of us and each family to reflect a little bit about how we celebrate Christmas. What is essential about our Christmas? What about the excess of Christmas? What part does Jesus play in our personal celebration of Christmas?

This Christmas we need to acknowledge the pain, suffering and struggle that this year has been for so many of our own people. Sadly, we recognise the pain and sorrow that has come to all families who have lost loved ones to the pandemic.

We acknowledge too the many people who have suffered the loss of jobs or businesses in the past several months. For all of us who value Mass and public worship this has been a very painful year. One could go on, but I won't. We warmly acknowledge and salute all those who have generously given of their time and talents in the service of all whose lives have been touched by Covid-19 – be they on the front, middle or back line.

This is a Christmas where above all we need to be positive, hopeful, and encouraging of one another as we continue to hope for an effective vaccine. Meanwhile, I wish you and yours three important gifts for this Christmas Season.

Firstly, I wish you the **gift of a stronger faith** so that you may more fully appreciate the gift of God's coming amongst us at the first Christmas, the **gift of family**, its love, its supports, its encouragement and finally the **gift of friendship**, so that we may truly be mutually enriched by the sharing of that gift.

Meanwhile, a blessed Christmas to you all and to better things in 2021.

FR. MARTIN COSGROVE,
Moderator of the Ballyroan, Churchtown and Rathfarnham Grouping of Parishes.

BALLYROAN CHURCHTOWN RATHFARNHAM PARISH NEWS

Winter 2020

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Christmas thoughts...

I love Christmas.

There is something about the cold, dark nights of Christmas that make me happy. The bundling up in big, heavy coats, scarves wrapped tight and warm gloves to keep the cold from nibbling at your fingertips. It is the fresh breeze that stings your cheeks, it makes you feel alive. The stars twinkling in through the trees on a cloudless night that gives off a magical feeling in the air. Lights hung on homes light the road guiding you home at every turn.

I know for some, Christmas can be a challenging time of year, a time to remember loved ones and to reflect on the twelve months that have passed. A time to recount fond memories of those no longer with us but it is also a time to make new memories.

As parents of a young family, Christmas in our house is all about excitement and decorating at the moment. Days are spent with paper, glue and glitter and I think we have now made at least 3 or 4 Christmas cards for all of our family members (the postman will definitely be busy on our behalf!).

Like all families with young children it has been very hard to explain why we cannot see cousins, aunties, uncles and more importantly in my house, Granny and Grandad for the last few months. We have tried our best to keep the Corona Virus out of conversation when little ears are listening but to our disbelief my 4 year old was able to tell me all about the virus as he was taught about it in his Creche. He can now comprehend why we cannot go and see Granny and Grandad like we would usually

do. He also understands that we will see them again soon (hopefully).

For both of our boys, the best gift they will receive this Christmas will be seeing those who they have not seen in months. The smiles on the faces of all involved will be the best present. It will be a time to make new, happy memories and I am sure there will be lots of photos taken but joyous times like these should be etched in your mind and into your heart. We should cherish the moments that we get to spend together in the next few weeks and to try and forget about the time that we have lost spent locked away from the ones we love.

I know, I for one will look forward to my drive home on Christmas Eve, knowing that there is a warm welcome ready to greet me and to see the joy on my children's faces when they see the jolly little round man with the big grey beard (otherwise known as grandad!).

Christmas can be a magical time of year if you let it and this year, of all years, I think we need a little bit of that magic in our lives.

Christmas Blessings to you and all your family and may this Christmas fill your heart with special memories for years to come.

Jason Monahan



Jason Monahan & family

Let there be light...

The annual Carol Service has been a traditional part of parishioners' festive celebrations for many years, as essential as a visit to the crib or to Santa.

While we are unable to gather in person to experience 'comfort and joy', the Parish team is delighted to announce that we are teaming up once again with Kairos Communications and Church Services to bring you a Virtual Carol Service.

Pre-recorded in the beautiful setting of the Church of the Annunciation in accordance and compliance with COVID-19 19 guidelines, this special online carol service, will beam the spirit of Christmas directly into your home.

The hour-long programme will feature Christmas readings, reflections, and music from a host of familiar faces, including members of the **Rathfarnham Concert Band, Parish Choir, Folk Group, Gospel Choir** and our local – **Loreto Primary and Secondary School Choirs**.

So, get cosy at home with your nearest and dearest, and join us on

Sunday 20th December at 7pm

for what promises to be a very special and moving celebration of light, hope and comfort for all in these difficult times.

You can view the event on our parish website www.rathfarnhamparish.ie or via Church Services <https://www.churchservices.tv/rathfarnham>

Parish Grouping Changes

Even in this time of pandemic, change has touched the personnel of our BCR team.

The Diocesan summer changes saw Fr. Peter O'Connor appointed to the Parish of Blackrock. We thank him for his time with us and wish him every God's blessing in his new appointment.

Fr. Michael Murtagh, Castlebar native, and of Arklow Parish for the last several years has been appointed to Ballyroan Parish and is already at work amongst us. We wish him every good wish and blessing as he settles into our area.

We also congratulate Rev. Frank Browne and his family on his recent ordination to the Permanent Diaconate and look forward to ministering with him in the coming years.

We wish Ms. Aine Mullaly, Parish Secretary in Ballyroan, who is moving on after many years of service, every blessing and fulfilment in the next phase of her life's journey.

Unfortunately, due to Covid-19 restrictions it has not been possible to celebrate all these comings and goings in our usual Irish way.

Ms. Deirdre Mc Dermott, Parish Pastoral Worker in Rathfrankham has been on sick leave for some time. We send Deirdre the prayerful good wishes of all of us.



FR. MARTIN COSGROVE,
Moderator of the Ballyroan, Churchtown and Rathfrankham Grouping of Parishes.

Baptism is a sacrament that all Christian churches share, but what is it all about?

“Make disciples of all nations and baptise them in the name of the Father and of the Son and of the Holy Spirit.” **Matt Ch 28:19-20.**

Your child becomes part of the Christian community after Baptism. Baptism (the sacrament) is a **sign** (of life) we use to show our union with a loving God- **we cannot see or hear the Holy Spirit**- but we may sense God's presence, in particular moments, alone, (beauty of creation) a sad time or a happy moment or when we take time to look into the face of our beautiful new baby- we use signs/ or sacraments to acknowledge the Spirit's presence at a community/ parish ceremony. Baptism is the **gateway sacrament** to all the others, especially Confirmation and Eucharist. Parents make the commitment for their baby, but they will decide for themselves, when they are older on how they will practice their faith.



Jesus' own baptism by John the Baptist was a turning point in his life- he had left home to go into the desert, (and this was not the done-thing in the ancient world, where you were expected to remain within your extended family), but he did and had a powerful experience of the Spirit of God, a sense of his mission, and over the next three years he shared the good news that God's reign or kingdom of love is here now. Jesus demonstrated this in his life by showing compassion for the most vulnerable, teaching, healing, and loving those he met.

Anne-Marie Mulhall outlines her important parish role as part of the Rathfrankham Baptism Team:

‘The birth of a child is an incredibly special and joyful event in a family. Here in the Church of the Annunciation, we welcome and support parents who wish to have their child baptised and received into the community of, ‘The People of God’.

A Preparation Meeting for parents is arranged a few days before the Baptism; where I extend a warm welcome, inviting people to introduce themselves and chat about their babies and the names they have chosen, aiming to make them feel at home. On the practical side, I must check all the paperwork, i.e. Child's birth certificates, letters of release, if living outside this parish.

I outline the role of the sacraments and the importance of Baptism, the role of the parents and godparents, symbols of Baptism and the stages of the Baptismal ceremony, which normally takes place on a Saturday afternoon. On the actual day, I welcome all the parents, babies, godparents, and extended family at the entrance of the Church. I show them to their seats and check that they have the Baptismal candle and the white shawl.

I assist the Priest/Deacon with the proceedings i.e. by announcing the different stages of the Baptismal ceremony, handing him the ointments, lighting the candles, etc. I feel very privileged and blessed to be part of our Parish Baptism Team, as Baptism is the first step of the child's journey to God.’

Presently: Baptisms in our three Churches are only permissible at Level 1 or 2 of COVID-19 restrictions which we hope to return to shortly. For those who are on the Baptism waiting list we are looking forward to meeting you and the newest member of your family very shortly.



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Parish Sec: Aine Mullally

Ballyroan Parish Welcomes Fr. Michael Murtagh as our new Parish Priest

“
In truth, I was lucky to be
ordained at all. In my mid-20s,
I almost got a red card in
Maynooth College Seminary.
”

‘Christmas greetings to you all. My name is Michael Murtagh (Fr.), and this will be my first Christmas in Ballyroan Parish. I come from Mayo (Castlebar), and I was ordained on 13th of June 1976 by Archbishop Joe Cunnane. In truth, I was lucky to be ordained at all. In my mid-20s, I almost got a red card in Maynooth College Seminary. The truth is, as a young man I was far more interested in playing football rather than attending lectures and classes, and I was hopeless at getting up for morning prayer @6.30am in the morning. When one comes from a grocery shop come pub, one gets into the habit of staying up late. So, I worked very hard not to be chosen as a priest-even praying that the seminary authorities would tell me to ‘buzz off’, they almost did.



Now after 44 years in the priesthood-I am at the starting gate in Ballyroan and I can only hope that the best is yet to be.

One thing stands out for me, true worth comes from being a person, not just being ordained. I am looking forward, (when this worldwide pandemic ceases), to meeting parishioners who are interesting, challenging, dynamic and fundamentally funny. Being a priest is a joy, as people allow us to be at the centre of their lives in their most vulnerable and joyous moments.

I enjoy all kinds of sports and I play a spot

of golf. I am blessed with two brothers and three sisters. I count myself lucky to be a Mayo supporter, like the Church itself, Mayo fans are all about optimism and hope for a wonderful future, here's hoping...'

Fr. Michael Murtagh



Ballyroan Parish Ushers keeping everyone safe while attending Mass during the Summer. We are so grateful to all those who have volunteered to be ushers across all our three parishes.

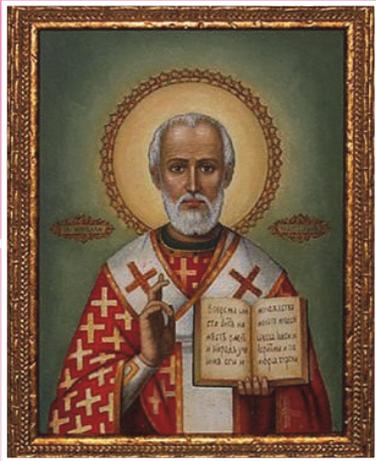


Husband and wife team, Barry & Felicity, our volunteer sacristans.

Goodbye to Fr. Peter

A small group (due to COVID-19 restrictions) wished Fr Peter O'Connor well, as he leaves Ballyroan parish to take up his new appointment as parish priest in Blackrock. Barry, Felicity our volunteer sacristans, and Avena our parish pastoral worker enjoyed coffee and cake with Fr Peter at the Ruah Parish Centre.

St. Nicholas: The man behind the story of Father Christmas



St. Nicholas was a bishop who lived in the fourth century, in a place called Myra in Asia Minor (now called Turkey). He was a rich man because when his parents died, they left him a lot of money when he was still young. He was known for his kindness and tried to help the poor and gave secret gifts to people who needed it. Like other bishops, St Nicholas wore red robes!

There are several legends about St. Nicholas, but the most famous story goes like this: There was a **poor man who had three daughters**. The man was so poor that he did not have enough money for a dowry, so his daughters could not get married. (A dowry is a sum of money paid to the bridegroom by the bride's parents on the wedding day.) One night, Nicholas secretly dropped a bag of gold down the chimney and into the house (this meant that the oldest daughter was then able to be married). The bag fell into a stocking that had been hung by the fire to dry! This was repeated later with the second daughter. Finally, determined to discover the person who had given him the money, the father secretly hid by the fire every evening until he caught Nicholas dropping in a bag of gold. Nicholas begged the man to not tell anyone what he had done, because he did not want to bring attention to himself. But soon the news got out and **when anyone received a secret gift, it was thought that maybe it was from Nicholas**. Because of his kindness Nicholas was made a Saint and is the saint of children.

Many countries, especially ones in Europe, celebrate St. Nicholas' Day on 6th December. In the Netherlands and some other European Countries, children leave clogs or shoes out on the 5th December (St. Nicholas Eve) to be filled with presents. They also believe that if they leave some hay and carrots in their shoes for Sinterklaas's horse, they will be left some sweets.

St. Nicholas became popular again in the Victorian era when writers, poets and artists rediscovered the old stories.

In 1823 a famous poem 'A Visit from St. Nicholas' (or 'Twas the Night before Christmas'), was published. Dr Clement Clarke Moore



Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there;
The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads;
And mamma in her 'kerchief, and I in my cap,
Had just settled our brains for a long winter's nap,
When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.
The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below,
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer,
With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name:
"Now, Dasher! now, Dancer! now, Prancer and Vixen!
On, Comet! on, Cupid! on, Donder and Blitzen!
To the top of the porch! to the top of the wall!
Now dash away! dash away! dash away all!"
As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky;
So up to the house-top the coursers they flew,
With the sleigh full of Toys, and St. Nicholas too.
And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Down the chimney St. Nicholas came with a bound.
He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot;
A bundle of Toys he had flung on his back,
And he looked like a pedler just opening his pack.
His eyes – how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow
And the beard of his chin was as white as the snow;
The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath;
He had a broad face and a little round belly,
That shook when he laughed, like a bowlful of jelly.
He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself;
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread;
He spoke not a word, but went straight to his work,
And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose;
He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle,
But I heard him exclaim, ere he drove out of sight,
"Happy Christmas to all, and to all a good-night."

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All photographs in the Churchtown section are pre Covid-19 restrictions.

Back to school during Covid-19



My experience of coming back to school was very different than other years. That is a fact. When I came back to school after lockdown, I began to worry about being in a pool with children and not being able to play with my friends, but I had nothing to worry about.

I am in a pod with some of my best friends I am able to play with them every day. But a lot has definitely changed there are no longer tables with 6 children, there are only 2 people at one desk and the teachers have microphones because it is hard to hear them with their masks on.

There are also things that are still the same as previous years for example we are still learning new stuff and we get to do fun games and activities. Most importantly your friends are there. This for me is the best part of school having fun with everyone I missed during lockdown.

By Charlie Spain, 5th Class

De La Salle – Spring 2020



What a year it has been for Badminton in De La Salle! This season the Under 19A Badminton Team have taken the double, winning the Dublin and Leinster Schools Finals. Team Captain Conor Bradley led his team Jakub Kowalczyk, Maverick Labastilla, Evan Morton and Russel Flores through the initial league and on to two great finals where they played some spectacular matches. They are currently in training for the All Irelands on 25th March 2020. Our Under 16As are also Dublin Champions and in training for the Leinster's while our Under 14s will soon play for the Dublin Championship title. The U 15s became winners of the Dublin Community Games and this term will compete for the All Ireland Title. There is no doubt that this sport is going from strength to strength and huge acknowledgement must go to their very dedicated and hardworking coach Lynn McCrave.

Good Shepherd National School Churchtown

Catholic Schools Week 2020

Intercultural Day



'Living in Harmony with God's Creation' was the theme for Catholic Schools' Week 2020. Many events were celebrated all around our school. A particular highlight was on Thursday January 30th when we celebrated INTERCULTURAL DAY. Each class completed school projects on different countries. Children wore traditional dress. Food from all around the world was cooked by our families for all our school community to taste. An amazing dance and song performed by our children from MOLDOV. The children also enjoyed a drumming work shop from Brazil. It was an amazing day WELL DONE TO ONE AND ALL!

Teaching in the Time of Covid-19

I love a busy school day. I love hearing the children read a story, helping them with a maths problem, refereeing a football match in the yard, caring for the odd grazed knee, and getting covered in glitter during arts and crafts. It's why I became a teacher. Despite all of that, just like the students, every year I count down the days to the school holidays. As much as I enjoy my job, we all know how important it is to get some time off, be with our families, and recharge our batteries.

However, none of us had been counting on the announcement made on the 12th of March. Suddenly schools were to close, meaning there was no early morning school rush, no reading corners, no P.E., no lunch bell, and no queues for the photo copier.

But this was no holiday! We were to stay home, all day, every day.

Like everyone else, I had to adapt to living through a pandemic. Every day the news from around the world focused on new outbreaks, case numbers, and overwhelmed healthcare systems. We were all concerned, especially for those close to us who were in at-risk groups. The world seemed increasingly chaotic, but we all tried to do our best to keep things as normal as we could. That included giving students the best education possible.

To do this, teachers needed to adapt to new ways of teaching and learning. Zoom and Seesaw became our new virtual classrooms... away from books, away from the children and away from our co-workers. Students, parents, and teachers all worked hard during those difficult months to keep children engaged with their schoolwork. However, it just wasn't the same, and I realised just how much I missed the hustle and bustle of it all. As September approached, I couldn't wait to get back to school.

Of course, I was nervous about what the school day would look like now, and what the risks would be. But, thanks to the careful planning and wonderful work from our principal, board of management, teachers, SNAs and admin staff, it was a much more seamless transition than I had anticipated.

Obviously, everything was a little different, with social distancing, one-way systems, classroom pods/bubbles, and a lot of hand washing. But the halls were suddenly filled again with loud voices and cheerful laughter. Almost immediately, the children relaxed into the new routine. Old friends were reunited, while new friendships quickly formed. I was just as excited to see the children as they were to see us. We had the hustle and bustle back, and I wasn't going to take it for granted.

We are all still learning to live in a new world with Covid-19. While lockdown took a lot away from all of us, it also brought me a lot of perspective. The past three months have given me an even better appreciation for the importance of the teacher student dynamic. We need the children in the classroom just as much as they need us. Their confidence grows from the instant praise and approval from their teacher, as well as their peers. Huge amounts of progress have been made by every child, despite their time spent away from school.

I feel the school spirit is stronger now and there is a renewed sense of community. The children's eagerness and enthusiasm in class and their need for routine has fueled their love for learning, even more than ever before. That in turn, has deepened my appreciation for this busy, noisy but ultimately rewarding job. If there are any positives to be found in this new Covid-19 world, that is my number one.

**Lisa Younge, First Class teacher,
The Good Shepherd National School, Churchtown**

Glendalough – February 2020

Children who are preparing for their Confirmation visited the beautiful surroundings of Glendalough, Co. Wicklow to take part in a pilgrimage around the monastic settlement of St. Kevin. We followed in the footsteps of those who used this area as a place of worship long ago. We saw the amazing structures that still stand, such as the cathedral, the round tower and the cemetery. The children took the time to reflect on their lives, on their personal journey and on their hopes for the future thanks to our wonderful guides Ruth and Collette. We also experienced the visitor centre where many artefacts from the area are kept.



Coping Mechanisms if Experiencing Difficulties during Covid-19 Pandemic

Teresa McCluskey



Covid-19 disease is caused by the Severe Acute Respiratory Syndrome Coronavirus (SARS), which is so contagious and so dangerous for identified vulnerable groups in society. The safety measures and guidance we receive from our Government, Health Service Executive and NPHET has been invaluable as we are fully informed, on a daily basis, of the protective measures we must adopt to keep safe in these unprecedented times. We are all in this together. People are making great sacrifices, which needs to be acknowledged.

MEDIA INTAKE

As we are guided through the 5 Levels of the Plan for Living with Covid-19, we need to be aware of the affects these restrictions place on our mental wellbeing, and on society in general.

Limit the exposure to media coverage of the virus to 15 -20 minutes daily. Use trusted sources for reliable updates.

GENERAL PRINCIPLES FOR KEEPING HEALTHY DURING THE PANDEMIC INCLUDE:

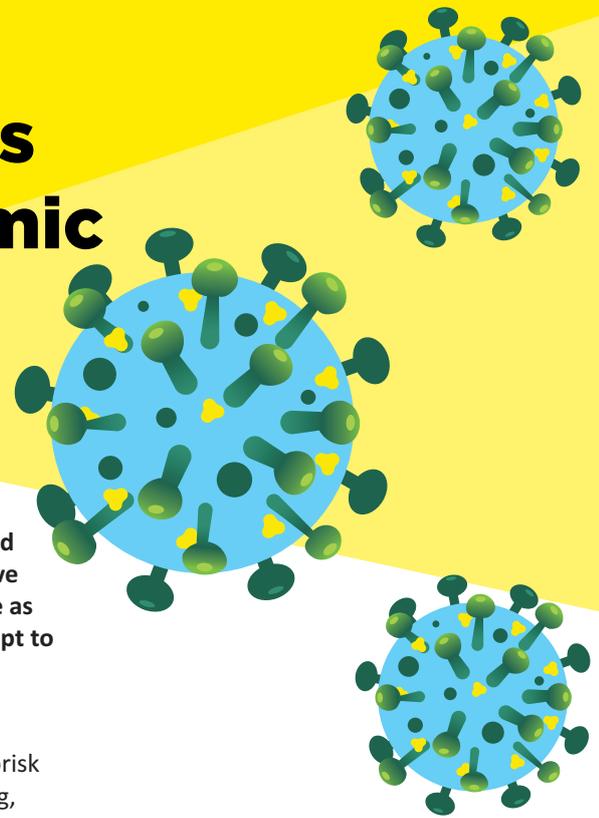
- **Routine:** Routine is imperative for daily living, especially when so many people are now cocooning and working from home.
- **Diet / Nourishment:** Eat a balanced diet and at regular intervals. Drink lots of water. Avoid over snacking, to avoid excessive weight gain. The Pharmacist will advise on Supplements to boost the immune system.
- **HSE:** The HSE rolled out the Seasonal Flu Vaccination Programme and provided vaccines free of charge. Society receive great support from the HSE with PPE, advice and clinic activities, to keep communities safe.
- **GP Practices:** GP practices remain open for phone in advice and appointments.
- **Hospitals:** Keep all hospital appointments, to take care of our general health. Hospitals and clinics are adapted to protect our health in this pandemic, and are very safe while attending appointments.

- **Exercise:** Go outside daily for a brisk walk if possible. Running, walking, stretching Yoga.
- **Loneliness:** Keep in touch with loved ones, family and neighbours by phone, zoom, text, email or facetime etc. If required contact your GP by phone, for further advice.
- **Home Cocooning:** Keep active walking around the house, gardening, painting, knitting, baking, crosswords, puzzles and music and get as much natural light as possible.
- **Rest & Sleep:** Ensure you get adequate rest and sleep.
- **Working from Home:** As the pandemic has altered every facet of our lives, working from home presents further challenges. Staff who are required to work from home can experience isolation and work load management challenges, home schooling with children and adults, Zoom fatigue, lack of access to various equipment, internet connection problems or lack of dedicated work station. Ensure the discipline of work hours and breaks is maintained.

POSITIVE OUTLOOK - VACCINES:

The pandemic will pass, and that time is getting closer.

Safe vaccines look likely to be approved by Regulators; FDA and EMA by end 2020. Logistics of vaccine rollout by end of first quarter 2021, with target completion by end 2021.



ETHICS, PRIORITY RESOURCE ALLOCATIONS

Governments and International Agencies together with Health Systems have an obligation to ensure, to the best of their ability, the provision of medicines, vaccines and Personal protective Equipment (PPE) during this pandemic. Difficulties will arise due to scarce resources. (WHO. April 2020)

PUBLIC HEALTH MEASURES MUST CONTINUE ALONGSIDE VACCINE INOCULATIONS.

Focus our minds on protecting one another. Each individual must be committed take personal responsibility to protect themselves and each person they are in contact with, as Covid-19 virus is in the community and households. The Covid-19 virus spreads rapidly in noncompliance situations and Covid-19 fatigue.

Testing, tracing and social isolating, social distancing of at least 2 meters, hand washing, face covering, avoid touching eyes, nose and mouth with unwashed hands and disinfect worktops and frequently touched surfaces. Use hand gels regularly.

Those aged over 70 and medically vulnerable groups are advised to continue cocooning and avoid large groups and stay home unless the journey is necessary.

Keep Safe, Physically and Mentally at this time of Covid-19 Restrictions

ALONE

Supporting older people
to age at home

Contact ALONE on 0818 222 024 if you have concerns about your own wellbeing, or the wellbeing of an older person you know. Further information can be found on www.alone.ie.

seniorline
National Confidential Listening Service
for Older People

Senior Line are there for older people, their families, and carers. If an older person you know is worried about something, pass on their number. It offers a confidential listening service for older people provided by trained older volunteers, that is open 365 days a year, from 10am to 10pm. Freefone 1800 80 45 91



SpunOut.ie is a youth information website created by young people, for young people. It aims to educate and inform young people about the importance of holistic wellbeing and how good health can be maintained, both physically and mentally. 50808 is a free 24/7 text service, providing support for people going through a mental health or emotional crisis - big or small. Crisis Volunteers are available 24/7 for anonymous text conversations, providing support in the short term and connecting people to resources that will help them in the future. Text SPUNOUT to 50808 to begin.

Contact Jigsaw
info@jigsaw.ie
+353 1 472 7010

Jigsaw offers a listening ear and gives advice and support to young people aged 12 – 25 years-old. It offers families, teachers, and those who support young people's mental health ways to cope and skills to be there for young people.



Samaritans are providing emotional support to anyone in distress or struggling to cope, call freephone 116 123 (any time, day or night) or email jo@samaritans.ie

Some useful advice on the HSE website

www.hse.ie

Keep Mentally Well

How to address feeling stressed at this time

Try to be active

Exercise will reduce some of the emotional intensity that you are feeling. It helps to clear your thoughts and to be calm when dealing with your problems.

Connect with people if you can by phone or try a socially distanced walk together

A good support network of colleagues, friends and family can ease your troubles. This can help you see things in a different way.

Avoid unhealthy habits

Do not rely on alcohol, illicit drugs, smoking and caffeine as your ways of coping. These will not solve your problems. They might create new ones. Instead try to eat well and sleep well as it will help the way you think and feel about things.

Try to be positive

Look for the positives in life and things for which you are grateful for.

Accept the things you cannot change

Try to concentrate on the things you do have control over, not on the things you do not have control over.

Doing something creative can help improve your mood when you feel anxious or low.

Creative activities can also increase your confidence and make you feel happier. This is because creative hobbies often completely absorb your attention. This helps you to forget any negative thoughts. Experiment until you find something that suits you. Creative activities include:

- writing
- singing
- painting
- cooking
- playing an instrument
- photography
- knitting
- gardening
- meditation

When you tap into your creativity, you can achieve amazing things. You can also develop talents you never knew you had.

IN THE MONTH OF NOVEMBER, WE TAKE TIME TO REMEMBER THOSE WHO HAVE GONE BEFORE US

We remember in particular loved ones in our parish communities who have died
within the past year.

**“Praying for the dead is, above all, a sign of gratitude for the witness they have left us, and the good they have done. It is a thanksgiving to the Lord for them and for their love and their friendship.”
(Pope Francis)**

Sebastian Patrick Stroie, Emer Linton, Mary O'Reilly,
Deirdre Kelleher, Joan Lee, Thomas Ivers,
Fiona Cribben, Kathleen Nolan, Moira Quigley, John

Heffernan, Edward Griffin, Don Coughlan, Dermot Devlin, Hilary Brennan, Monseigneur Ivor Egan, Myra (Monica) Cree, Maureen Callanan, Brian Conroy, Catherine (Kay) McCarthy, William Grimes, Maureen Lernihan, Joan Marie Bradley, John Treacy, Sr. Marie Louise O'Connell, Colm Kane, Dennis McGrane, Anne Doolan, Helen Forsythe, Kevin Hoban, Alice Fowler, Nuala (Helen) Quinn, Mark Tully, Frank Walsh, Cathal Higgins, Tina Mac Sweeney O'Donoghue, Daniel O'Keeffe, Benedicta (Bennie) Jordan, Hilda Murray, Charlotte Daly, Grainne McGill, Doreen Forde, Anne (Nancy) Doyle, Brendan Christle, Sr. Frances Jerome O'Sharkey, John (Jackie) Sheridan, Sr. Deirdre Mellett, Kay Sweeney, David Griffin, Barbara Petrie, Kevin O'Connor, Lt. Col. Norman Leckey, Noel Shiels, Peter Walker, Gus (Augustine) Mullarkey, Loreto O'Brien, Agnes Gannon, Julia Murphy, Ann Mulholland, Patricia (Pat) Crosbie, Catrina Scanlan, William (Bill) Harrington, Florence Policky, Martin Scanlon, Rose Harris, Maureen Taylor, Bill (William) Derham, Damian O'Donovan, Sean Walsh, Una O'Flanagan, Brigid Morrison, Mary Brennan, John Carroll, Barry O'Connor, Michael Conlon, Bridget Campbell, Patrick Cahill, Joshua Begley-Taylor, Mary Donnelly, Sheila Buckley, George (Ernie) Kelleher, Michael Murphy, Margaret Mooney, Norah Fisher, Evelyn Duggan, Helena McCormack, Sr. Sheila O'Sullivan, Anna McDonnell, Bill McMunn, Madeleine Cogley, Philomena (Phil) Young, Josephine (Phenie) Condon, Bridget Catherine (Irene) Hodgins, Keith Fitzsimons, Ann Dunne, Marie Plant, Vincent Price, Maureen Barry, Phyllis Carberry, Eugene O'Connell, Jim Fitzgerald.

Lorraine Kennedy, Bridie Sullivan, John Bolger, Eileen Griffin, Teresa Mc Menamin, Cora Mooney, Tom Mc Cabe, Michael Fleming, Gerry Murray, Patrica Hand, Mary O Domhnaill, Elizabeth Mahon, Mona Synnott, Bernard O Carroll, Eileen Horgan, Kevin Mullan, Kitty Kidd, Ken Merriman, James Kennedy, Marie Mc Donagh, Evelyn Graham, Edmond Cahill, Myles Warren, France's Wall, Dick Murray, Teresa Moore, Brendan Christle, Joan Fagan, Bernard Dunleavy, Aggie Silke, David Griffin, Molly Kevane, Patrick Sweeney, Evelyn Gibbs, Michael Naughton, Sean Flynn, Paddy Corrigan, Pauline Eager, Fergus Kiernan, Ailbe O Connell, Frances Hussain, Monica Norris,

Rococo Aprile, Danny Kerr, Paddy Caffrey, Dermot Fitzsimmons, Brendan Halligan, Brendan Halpin, Nora Kenny, Dan Lehane, Miriam Masterson, Frances Conlon, Helen O Kelly, Margaret Compton, Maureen Mc Cabe, Margaret Connelly, Seamus O Brien, Edward Hughes, Brid Daly, Kitty Murray, Wally Putt, Ann Marie Mongey, Michael Daly, Edmond O Connell, Paula Doake, Catherine Mc Grane, Maureen Callinan, Ben Quinn, Mai Dillon, Nuala Brooks, Betty Keegan, Mary O Kelly, Maisie Grealley, William Sweeney.

Dermot Kelly, Mary Brooks, Vincent Masterson, James Daly, Liam O'Sullivan, Muriel Behan, Tony McGuire, Annie Larrigan, Ronnie Cregan, Charles Glennon, Peadar Wiley, John McMahan, Kathleen McCann, Margaret Matthews, Rosaleen Kelly, Margaret Reid, Carmel O' Feinneadha, James Moran, Teresa Edwards, Kathleen Dillon, Sarah Carney, Jim Cunningham, Patricia Malin, Thelma Gallagher, Tim Ryan, Sean Murray, Joan McMahan, Maeve Duff, Jim Connors, Michael O'Toole, Maura Moriarty, Caitlin Fletcher, Marie O' Dwyer, Georgie Greene, Seamus Murray, Eileen Curtis, Helen O'Sullivan, Rose Collins, Una Kelleher, Frances Murray, May Groome, John Kidd, Brian Gleeson, Christopher Cullen, Winnie McCann, John Daffy, Breda Webster, Tom Godson, Larry Staunton, Ross Edwards, Margaret Palmer, Catherine Stapleton, Sean Scully, Michael Hanlon, May Kneeshaw, Mary Farrell, Billy Jordan, William Wall, Michael Blake, Tony Doyle, Paschal Lyng, Gerard O'Kelly, Peter Finlay Myles, Richard O'Brien, Ben McCarthy, Camilla McLaughlin, Paul Carroll, Kay Mannion, May Biddulph, Danny Carroll.

*We also think of
those of other
churches and
other faiths and
none, who ask
for our prayers
and those who
have no one to
pray for them.*



Please come and remember
with thanksgiving at all
Services of Remembrance
in your Parish.

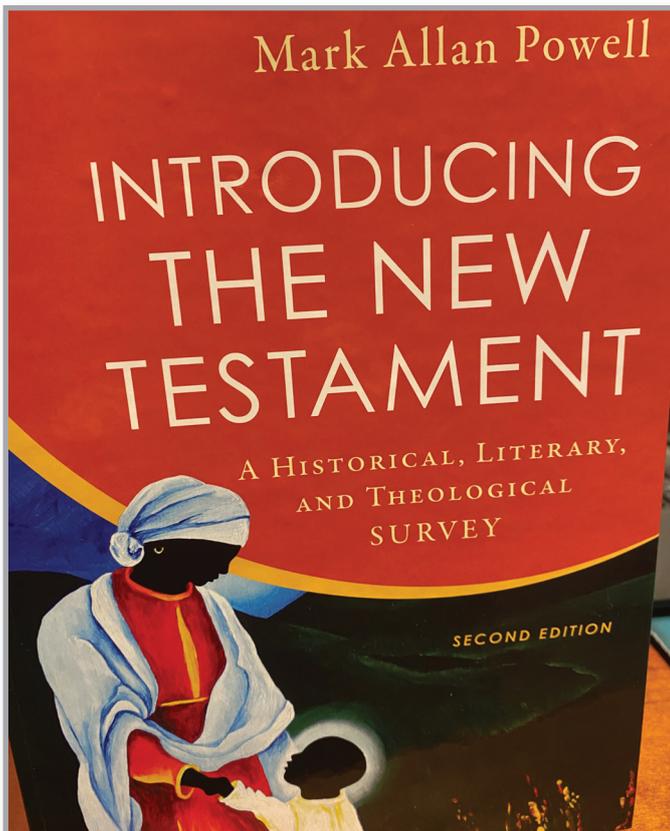


Rathfarnham SVP

The Rathfarnham conference of SVP are appealing for donations this Christmas. They have not had a Church Collection since February and urgently need your help to continue their work with those in need in our parish.

They plan to distribute a letter door to door in December in place of their annual Christmas Appeal. These letters will include different ways to donate. There will also be special envelopes at the back of the Church, which can also be used to donate.

SVP greatly appreciate all donations received from parishioners since March, but they once again ask us to remember those who have to make very difficult choices this Christmas due to circumstances beyond their control including loss of income due to the pandemic.



Mark Allan Powell's book 'Introducing the New Testament (a historical, literary and theological survey)' is a user friendly introduction to anyone who would like to understand more about the Gospels and Letters within the New Testament. The book has a companion website that features many additional resources.

www.introducingnt.com

USEFUL SPIRITUAL RESOURCES

Fr Gerard W. Hughes SJ: God of Surprises: In Hughes' own words 'this book has only one purpose- to suggest some ways of detecting the hidden treasure in what you may consider a most unlikely field, yourself.' A bestselling book that has been described as one of the great books of spiritual guidance. www.dltbooks.com reprinted 2015

Reimagining the Examen is a free APP that offers a unique prayer experience, that guides you through reflection on your day based on the spirituality of St Ignatius of Loyola. The Examen is often performed at night before we go to sleep. It allows us to replay the day we are leaving behind and helps us become more aware of how to live the next day. Radio Maria Ireland tune in via saorview channel 210 or download the app. www.radiomaria.ie

Sacred Space is a free APP developed by the Jesuits based on the spirituality of Ignatius Loyola, which emphasises seeing God in all things. The APP guides you through a prayer session in six stages

Aidan Donaldson: The Beatitudes of Pope Francis (a manifesto for the modern Christian) Veritas 2018.

Universalis is an APP that costs a few euros but is well worth it. It provides all the readings for Mass, the liturgy of the hours/ morning and evening prayers of the Church, and information about all the feast days.

Finbarr Lynch JJ: When You Pray Messenger Publications 2016

Spirit Radio is an Irish Christian radio station 89.9fm and has some excellent interviews and uplifting music, access podcasts www.spiritradio.ie

Congratulations to Ballyroan parishioner Frank Browne and his family on his ordination as a permanent deacon in August

The word deaconate comes from the Greek word meaning 'service', so Frank's role alongside caring for his family and his day job as a social worker is to support the parish priest, our pastoral worker, and all the many volunteers within the parish, in living our faith out in word and action. Frank can now celebrate baptisms, preside at funerals, and celebrate marriages. Frank can read the Gospel and give a homily at Mass. Finally, and importantly Frank will undertake works of charity such as visiting the sick, or bereaved, promoting social justice and human rights, youth ministry or helping in the administration of the parish.



Regular Church & Christmas 2020 Schedule

Church of the Holy Spirit, Ballyroan

Tuesday Dec. 22nd December

Confession on the altar
10.30am-11.30am

Wednesday December 23rd

Confession on the altar
6.30pm-7.30pm

Thursday December 24th Christmas Eve

5pm Mass
7pm Mass
9pm Mass

Friday December 25th Christmas Day

Mass 10am
Mass 12pm

Saturday Dec. 26th St. Stephen's Day

No Mass

During Advent there will be an
Advent Reflection "Thought for the Day" on
Monday & Wednesdays at 8pm

All Mass schedules are
provisional & subject to
change depending on
COVID-19 restrictions at
the time.

All ceremonies will be
restricted to 50
(please check with your
local Church as
capacity may vary
depending on the size
of the Church) but all
Masses will be
available on each
Parishes individual
web cams.

Church of the Good Shepherd, Churchtown

Mass Times – December 1st to 23rd 2020

Weekdays:

Tuesday 10am
(Additional Mass on Dec. 8th at 11.30am)
Wednesday 10am
Thursday 10am
Friday 10am

Weekends:

Saturday 5pm
Sunday 10am & 12noon.

Thursday December 24th Christmas Eve

3.30pm Christmas Eve Service of Prayer
with Blessing of Crib and Carols
4.30pm Christmas Eve Service of Prayer
with Blessing of Crib and Carols
6pm Christmas Eve Mass
7.30pm Christmas Eve Mass

Friday December 25th Christmas Day

8.30am Christmas Day Morning Prayer
with Carols
9.30am Christmas Day Morning Prayer
with Carols
10.30am Christmas Day Mass
12noon Christmas Day Mass

Saturday Dec. 26th St. Stephen's Day

10am Mass
No Vigil Mass

Sunday December 27th

10am Mass
12noon Mass

Monday December 28th

9am Church opens for Private Prayer

Tuesday December 29th – Thursday December 31st

10am Mass

Mass Times – January 2021

Weekdays:

Tuesday 10am
Wednesday 10am
Thursday 10am
Friday 10am

Weekends:

Saturday 5pm
Sunday 10am & 12noon.

Church of the Annunciation, Rathfarnham

Sunday December 20th

8.30am, 9.30am & 10.45am Mass
12pm Mass *A special Mass for all those
who find the Christmas period a difficult
time to get through*
7pm Carol Service

Monday December 21st

Mass 10am

Tuesday December 22nd

Mass 10am
Socially distant confession 10.30am –
11.30am
Reconciliation Service 7.30pm

Wednesday December 23rd

10am Mass
Socially distant confession 10.30am –
11.30am

Thursday Dec. 24th Christmas Eve

All Masses will have music

10am Mass
3pm Children's Mass
5pm Mass
7pm Vigil Mass
9pm "Midnight" Mass

Friday Dec 25th Christmas Day

All Masses will have music

7.30am, 8.30am, 9.30am, 10.45am &
12pm Mass

Saturday December 26th

11am & 6.45pm Mass

Sunday December 27th

8.30am, 9.30am, 10.45am &
12pm Mass

Mon. 28th, Tues. 29th & Wed. 30th

11am Mass

Thursday December 31st

11am Mass
4.30pm Service of Light & prayers to
mark the close of the year

Friday January 1st

11am Mass for World Peace and to ask
God's blessing for the year ahead

Saturday January 2nd

11am & 6.45pm Mass

Sunday January 2nd

8.30am, 9.30am, 10.45am &
12pm Mass

Monday January 3rd

Normal Mass Times resume

CHURCH OF THE GOOD SHEPHERD, CHURCHTOWN

On Christmas Eve and Christmas Day it will be necessary to present a ticket in order to attend any ceremony. This is due to the very large numbers that would normally attend on these days under normal circumstances. Tickets will be available from the Parish Office from Monday December 7th. All Masses and services will continue to be broadcast on the Parish Radio and webcam at www.goodshepherdchurchtown.ie/web-cam/

Please refer to the Parish website for guidance about the Sacrament of Reconciliation and the pastoral arrangements which are published weekly. We look forward to welcoming you to our ceremonies either in person or through the Parish webcam.