

The Newsletter

May 2016

Rector:

Canon Ian Poulton,
Clonenagh Rectory,
Portlaoise Road,
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Phone: 057-8732146

Diocesan Reader:

Mabel Peavoy,
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Mountrath.

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**Midland players from Mountrath and Cloughjordan Table Tennis Clubs
who competed for their provinces in recent Inter-Provincials**

BACK - Jimmy Hayes (Coach for both clubs and Leinster), Jessie Hayes,
Amylou Hayes (Coach Mountrath & Cloughjordan, Munster & Ireland) Dylan
Grace, Tiegán O'Connor, Richard Thompson, Paddy Vaughan & Katie Hayes
FRONT - Amy Jestin, Laura Hayes & Jake Adler

Clonenagh Group of Parishes

Annatrim, Borris-in-Ossory, Lacca, Mountrath, Roskelton, Seir Kieran.

Rector's Letter

“A wise old owl sat on an oak
And the more he saw, the less he spoke,
The less he spoke, the more he heard,
Why don't you be like that wise old bird?”

The rhyme taught at home in childhood days would be recited when we spoke out of turn, particularly when we talked about things that were of no concern to us. Gossip of any sort was frowned upon; our school teacher would tell us that when we pointed a finger at another person, four fingers pointed back at ourselves.

The Bible takes gossip seriously, writing to Timothy, Saint Paul complains about “gossips and busybodies.” Concerned about the behaviour of the Christians at Corinth, Saint Paul writes, “I fear that there may perhaps be quarrelling, jealousy, anger, selfishness, slander, gossip, conceit, and disorder.” In the letter of Saint James, idle talk and gossip is described as poisonous, Saint James writes, “but no one can tame the tongue—a restless evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers and sisters, this ought not to be so.”

The Bible regards all gossip as wrong. When we start to talk about

someone else, whatever the situation, we would do well to ask how we would feel about other people talking about us. When we meet someone who starts to tell us something about another person, we should be sure that they are talking about us when our back is turned.

In the Church of Ireland, gossip is too often assumed to be part of everyday life; there is a joke that confidentiality in the Church of Ireland means telling one person at a time. At boards of nomination, the meetings, that appoint new rectors, and at electoral colleges, which elect new bishops, those who attend take an oath not to disclose what has taken place. Often, however, word will quickly spread about whose names were considered and what took place.

Jesus says in the Sermon on the Mount that we should be people of our word, that our “yes” should be “yes” and our “no” should be “no,” for anything else comes from the “Evil One.” Jesus would reprimand severely anyone who spread gossip.

Lest anyone think anyone is being “got at”, they are not. It is simply to say that anyone who suggests that I am moving should remember the wise old owl.



Parish Notes

Holy Baptism: On Easter Eve, 26th March at Annatrim Church, Emma Alexander of Mountainy, Killanure.

8th May at 3 pm in Bagenalstown church. We hope for a good attendance from our own branch.

Rector away: The Rector is taking a post-Easter break from Saturday, 30th April until Saturday, 7th May. The services he usually takes on the first Sunday of the month will be taken by Mr Alec Acheson in Roskelton and by Archdeacon John Murray in Lacca and Mountrath. Emergency calls will be taken by Canon Patrick Harvey, Telephone 057 873 1243.

General Synod: The Church of Ireland General Synod takes place in the Royal Marine Hotel, Dun Laoghaire from 12th-14th May. Mr Joe Peavoy will be in attendance from our parish. The synod business will include the report of the Commission on Episcopal Ministry and Structures, a report that has no immediate relevance for our own diocese, but which may have substantial implications in the future. General synod members will have to ask if having one bishop for the whole west coast of Ireland is a reasonable proposal.

Ascension Day: There will be Holy Communion for Ascension Day in Saint Peter's Church, Mountrath on Thursday, 5th May at 8 pm. Canon Harvey will officiate.

Confirmation: Bishop Michael will be holding a meeting for confirmation candidates in Mountrath church on Saturday, 7th May at 11 am. Candidates from Clonenagh Group of parishes who will be confirmed on Sunday, 22nd May will be joined by those from Rathdowney Union, whose confirmation service is on Sunday, 8th May and those from Portlaoise and Ballyfin Union, whose confirmation is on 29th May.

Fellowship Group: The meeting of the Fellowship Group at Lacca Church takes place on Thursday, 12th May at 8 pm. The meetings have been an encouragement to those who have come along; everyone is welcome.

May Hatters Dance: A fundraising dance for the **badminton club** takes place in Abbeyleix Manor Hotel on Saturday, 7th May, doors open at 9 pm and tickets are available from Wendy Carry, 087 178 7245.

Western Front: The Rector is taking a Church of Ireland group from the diocese, including four clergy and two lay readers, to Flanders and the Somme from Monday 16th until Thursday, 19th May. Among the places visited will be the grave of George Franks from Westfield in Mountrath, who died leading a cavalry charge against machine guns in October 1918, a charge in which 117 horses and 110 men died. George Franks is commemorated on the war memorial in Mountrath church and on a tablet on the south wall of the church. In some of the 1916 commemorations in recent weeks, there has been a return to the old

Mothers' Union Festival Service: This year's Mothers' Union diocesan festival service takes place on Sunday,

claims that the men from our community died for the wrong country and the wrong cause. If Ireland is ever to move on from the past, there needs to be an acceptance that our community is as Irish as any other.

Golf classic: Clonenagh Parish hold their golf classic on Friday, 20th May at Mountrath golf club. This has raised over €5,000 for our church window fund in each of the past two years and we are very grateful to all those who have given such generous support and hope we can count on similar generosity this year. Entries are now open for teams, golfers and non-golfers are most welcome. Contributions would be most gratefully received towards sponsorship of a hole or of prizes for the raffle following the main prizegiving. Please contact Mabel Peavoy, 057 873 2331 for details. (We have now been given permission by Laois County Council to proceed with the work.)

Confirmation service: There will be seven candidates from our parishes for confirmation this year at the confirmation service in Mountrath church on Sunday, 22nd May at 4 pm – four from Lacca, and one each from Annatrim, Roskelton and Borris-in-Ossory. The bishop has invited the candidates themselves to choose the topic for the sermon, sending him a postcard with their request at least nine days before the service. One of the complaints throughout the Church of Ireland is the disappearance of young people after confirmation, but what is noticeable is that young people who continue to attend are usually those whose families are regular attenders. If young people do not receive encouragement within their own homes, it is hardly surprising that they disappear.

Group service: Sunday, 29th May is the fifth Sunday in the month and the services that day will be Holy Communion in Mountrath at 9 am and a group service in Roskelton at 10.30 am. Apart from Borris-in-Ossory, where there were over fifty for a group service, the numbers in the congregations tend to be no more than the average for that church. It would be an encouragement to the Rector if people would attend church every Sunday and not just on the Sundays when there is a service in their church.

1916 Commemoration: The Easter Rising Commemoration in Mountrath will take place on Sunday, 29th May at 3 pm. Every group and organization in the town is invited and the reading of the Proclamation will include participation from our own community.

GFS Service: Our GFS branch will be attending the annual festival service in Saint Canice's Cathedral on Sunday, 29th May at 3 pm. It has been a good year in the life of the branch and we extend our thanks to all our leaders.

The Visitation: We try to observe at least one of the saints' days or holy days in Mountrath each month so there will be Holy Communion for the Feast of the Visitation of the Blessed Virgin Mary on 31st May at 8 pm.

The Mothers' Union diocesan tour this year is to Kenmare from 2nd-6th May. Please contact Phyllis Foot for details, 057 873 9627.

Please remember **Census night** is 24th April, Census enumerators are in the area, for Security they will all have i.d with them. Confidentiality is guaranteed, so make your mark on Census night

(The following are abbreviated versions of reports in the Irish Independent of Tuesday 29th March 2016)

CARNAGE AS CHRISTIAN CHILDREN BOMBED

In Lahore in Pakistan a suicide attack killed 72 people among them were 29 children. The bomb was targeting Christian families celebrating Easter. The bomb ripped through a children's play area in a public park in the city of Lahore killing mainly women and children and leaving up to 300 injured.

A faction of the Pakistani Taliban claimed responsibility for the attack and said it had deliberately targeted Christians on Easter Sunday. "We claim responsibility for the attack on Christians as they were celebrating Easter" a spokesperson for the terrorist group

said. "It was part of our annual martyrdom attack we have started this year" and he warned there were more attacks to follow.

PRIEST 'WAS CRUCIFIED' BY ISIL AT EASTER

An Indian Catholic priest was crucified by Isil on Good Friday in Yemen. A Dubai based prayer group reported Father Tom Uzhunnallil's (56) death on its Arabic website. He had been kidnapped on the 4th March by gunmen who raided the Aden Mother Teresa's Missionary Home where he had been working as a chaplain. Sixteen people were killed in the attack.



Leinster Boys U13 Table Tennis team at recent Inter-Provincials
Ryan Farrell (coach), Richard Thompson, Art McGloughlin, Tommy Ngeyen, Dillan Byrne & Vivian Barry (Umpire)

Aware Lifeskills

Stress

Stress is our emotional and physical response to pressure. That pressure can arise from external factors including life events, illness, living conditions, work, home and family, study, lack of some necessity, or the demands we place on ourselves. Even those events which we see as enjoyable can be stressful, such as holidays, moving home, starting a better job, parenthood, etc.

Actually, we all need a healthy amount of stress or pressure to motivate us and push us to strive for things that are important to us. It is important to recognise unhealthy, ongoing, long-term stress and take steps to limit it as much as possible.

Identify Your Stressors What's Making You Stressed? Ask Yourself:

Where am I when I'm feeling stressed?

What am I doing?

Who am I with?

What helpful changes can I make?

What is within my control?

Even if there is little you can do about some situations, maybe making some small changes – in routine, in the way you handle things, doing things differently, taking time out, thinking about it in a different way, in getting help, seeking advice – could make all the difference.

Doing Things Differently

Do something different to what you would normally do.

Make time for yourself; allow time for activities which give you a sense of achievement and a sense of enjoyment. Focus your attention fully on another activity.

Put on some music.

Meditation or Prayer.

Help others.

Be with others; contact a friend, visit someone.

Talk to someone.

Physical exercise: go for that walk.

Engage in a hobby or interest.

Limit your responsibilities; it's ok to say NO.

Just one step at a time; don't plan too far ahead.

Use positive self; talk encourage yourself.

Tell yourself: "This will pass, it's only temporary".

Eat a healthy balanced diet, drink less caffeine and more water.

Pamper yourself.

*Emily Dunne
Counselling & Psychotherapy
B.A, M.A, A.P.C.P.*

Items for the June 2016 Newsletter need to be with the editor by WEDNESDAY May 18th AT THE LATEST, so that the Newsletter can be assembled in time for the fourth Sunday, May 22nd.

PLEASE make your item as ready for publication as possible, and most importantly, please ensure that names are spelled correctly.

Ideally, items should be submitted by e-mail to- newsletter@clonenagh.com

Otherwise to- Ivor Clegg, Cloncourse, Mountrath, Co. Laois. 057-8621277/087-2522162

This Newsletter and many older editions can be downloaded directly from

www.clonenagh.com

Table Tennis News

Mountrath Table Tennis Players Complete Another Fine Year With Inter-Provincial Gold.

Following a season of travelling nationwide and competing in over twenty high level Table Tennis events, it all came to a superb finish for the 2015/16 season at the prestigious Inter-Regionals which were staged in DCU recently.

These team events see the leading players in each province join forces in team events at U13, U15 & U18 Boys and Girls.

Following a long day of Round Robin events Leinster took overall Gold to collect the Victor Barna Shield.

For Coach Jimmy Hayes it was a unique experience with having players on both Leinster (Mountrath) and Munster (Cloughjordan) teams. While he coached Leinster at training camp and Inter-Regionals, his daughter Amylou who attends UL did likewise with Munster.

Among the Gold medal team winners were Dylan Grace U18, Katie

Hayes U18 and Paddy Vaughan U15.

The past season has seen rich pickings for the midland players with many claiming tournament victories in different leading events throughout the country, from Gooleen (West Cork) to Castlebar, Dublin, Lisburn etc.

While all events are nail-biting occasions with the usual pressures of sports competition, Table Tennis also brings together lots of occasions for players and families to get weekends away where parents can enjoy the social occasions.

For many players and coaches the training for the new season starts right away with a short summer break in July or August; this will be no different in the Midlands but in a somewhat relaxed manner for a couple of months. It also gives time for some cycling with Mountrath Cycling Club among other things.

For any young people wishing to take up table tennis in the area parents can contact 0868684693 for further details.



Leinster U13 Girls Table Tennis team at recent Inter-Regionals

*L-R: Orla O'Toole,
Pravasha Ragi,
Amy Jestin,
Sadhb McLoughlin
&
Philip McLoughlin
(coach)*

Services & Readings

May						
First Sunday 1st	Acts 16: 9-15 Psalm 67 Revelation 21: 10, 22 - 22: 5 John 14: 23-29	Roskelton 9.30am Morning Prayer	Seir Kieran 9.30am Morning Prayer	Lacca 10.30am Holy Communion	Borris-in-Ossory 11.00am Morning Prayer	Mountrath 11.30am Holy Communion
Second Sunday 8th	Acts 16: 16-34 Psalm 97 Revelation 22: 12-14, 16-17, 20-21 John 17: 20-26	Seir Kieran 9.30am Holy Communion	Annatrim 11.00am Holy Communion		Mountrath 11.30am Morning Prayer	
Third Sunday 15th	Acts 2: 1-21 Psalm 104: 26-36, Romans 8: 14-17 John 14: 8-17, 25-27	Roskelton 9.30am Holy Communion	Seir Kieran 9.30am Morning Prayer	Lacca 10.30am Service of the Word	Borris-in-Ossory 11.00am Holy Communion	Mountrath 11.30am Morning Prayer
Fourth Sunday 22nd	Proverbs 8: 1-4, 22-31 Psalms 8 Romans 5: 1-5 John 16: 12-15	Seir Kieran 9.30am Morning Prayer	Lacca 10.30am Family Service	Annatrim 11.00am Morning Prayer	Mountrath 4.00pm Confirmation Service	
Fifth Sunday 29th	1 Kings 18: 20-39 Psalm 96 Galatians 1: 1-12 Luke 7: 1-10	Mountrath 9.00am Holy Communion		Roskelton 10.30am Group Service		

Parish Diary

April

24th Sunday..... Census Night (page 4)
25th Monday..... St. Mark's Day Service

May

2nd-6th..... Mothers' Union diocesan tour (page 4)
5th Thursday..... Ascension Day service (page 3)
7th Saturday..... Confirmation candidates meeting (page 3)
7th Saturday..... May Hatters Dance (page 3)
8th Sunday..... Mothers' Union Festival Service (page 3)
12th-14th..... General Synod (page 3)
12th Thursday..... Fellowship Meeting (page 3)
16th-19th..... Western Front Trip (page 3)
18th Wednesday..... Closing date for June Newsletter
20th Friday..... Clonenagh Parish Fundraising Golf Classic (page 4)
22nd Sunday..... Confirmation Service (page 4)
29th Sunday..... GFS Annual Festival Service (page 4)
29th Sunday..... Mountrath Easter Rising Commemoration (page 4)
31st Tuesday..... Holy Communion of the Feast of the Visitation (page 4)