

The Newsletter

November 2016

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The holy table at Lacca decorated with symbols of God's goodness and loving kindness

Clonenagh Group of Parishes

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

Rector's Letter

November is the month when we remember all the saints, the good and faithful people who have served God down through the generations. Who are the saints we remember? For me, the saints for whom to give thanks include my primary school teachers.

Once, I was called upon to make the presentation at the retirement of a primary school teacher. It was a poignant occasion, (especially if you have to try to make the speech to say 'thank you'). After decades of teaching the youngest children, she was calling it a day, as gentle and kind and patient as I believe she had been throughout her career. It was sobering to think how many lives she had shaped.

Primary school teachers in small schools had an extraordinary power to influence us, for good or for ill. They were people held in extraordinarily high regard. In at least one part of rural Co Down, in the early 1990s, the headmaster of the local Catholic primary school was still referred to as 'Master' McCann, rather than as just plain 'Mister'. It made the point that here was a man who was important to the community.

When I was young we didn't even know what teachers Christian names were, they were just 'Miss', even if they were 'Mrs', (in primary schools,

'Mr' was rare). I only discovered that the headmistress of the first primary school I attended was called 'Susan' at a wedding I attended in Dublin in 1999 - a different country and thirty-two years later to discover that Miss Todd had a Christian name!

Miss Todd used to have groups of children to play board games in her house at lunch times. I remember having no idea about how to play the game, but at being overawed to be in Miss Todd's house. (Miss Todd was the niece of the Archbishop of Canterbury and had been to Lambeth Palace - lots of times!) Miss Todd must have felt frustrated at times, most of us would not have been the most exciting or inspiring of pupils, but my only memories of her are of a firm and gracious lady.

Who are the saints that we remember? For me, they include Miss Todd from Long Sutton and Miss Everitt and Miss Rabbage from High Ham, without whose efforts the lives of hundreds of children from small Somerset villages would have been very different.

It's not just our teachers, though, we should look around us this November and give thanks to God for all the saints that we know.



Church of Ireland News

A Message of Sympathy from Bishop Kenneth Kearon on the death of Anthony Foley

On behalf of the whole Church of Ireland community in Limerick and Killaloe let me express our shock and deep sadness at the sudden death of Anthony Foley. He was an iconic figure in Munster, demonstrating all that is great and exemplary in Munster rugby, and a true ambassador for Irish sport. Foremost in our thoughts and prayers at this time are his wife Olive, his sons Tony and Dan, parents Brendan and Sheila and the extended family, whose personal grief is unfathomable. That grief extends to all who knew and admired him, on and off the field. Ar Dheis Dé go raibh a anam Dóilís

Haiti Hurricane

The Church of Ireland Bishops' Appeal is partnering with Christian Aid to respond to Hurricane Matthew, following the destruction which it has caused in Haiti. Hurricane Matthew swept through the south-west of the country on Tuesday 4th October. Having worked in Haiti for over 20 years, Christian Aid has been on the ground since the hurricane's landfall, assessing the damage and working out how to best help the people of Haiti to get back on their feet as soon as possible. Christian Aid's initial response has involved providing the basics: food, clothing and shelter.

New Church of Ireland Secondary School

An Taoiseach Enda Kenny officially opened Temple Carrig School in Greystones, Co Wicklow on 7th October. The Archbishop of Dublin, Dr Michael Jackson, dedicated the building in the presence of almost 400 students, their teachers, government ministers, local TDs and public representatives. This is the first Church of Ireland secondary school in the voluntary model to be established since the foundation of the State in 1922. While it is under Church of Ireland management, Temple Carrig School provides education for the whole community in the Greystones and Delgany area. This makes the school unique in an Irish context in that it is run by a minority faith; just 20 percent of the students are from a Church of Ireland background. Temple Carrig was established in 2012 following the awarding of a grant of patronage by the Department of Education. The School took its first intake of pupils in September 2014 in temporary accommodation on the current school site. The school building was completed in December 2015 and now has first, second and third year students in place. This academic year will see the first students at the school sit State Exams.

Parish Notes

From the registers:

Holy Baptism: At Annatrim Church on Sunday, 9th October 2016, Emma Sonya Charlotte Lalor of Garrafin, Coolrain

Parish census: The Church of Ireland has still not learned that one does not fatten a pig by weighing it; it has not learned that constantly counting things does not add to their number. Another census of church attendance, like that held in November 2013, is being held on the four Sundays in November. Churchgoers will be asked to fill in a brief card on each Sunday on which they attend. Last time our average total attendance for each Sunday was 126. Please make sure you to be present in church during the month and complete one of the census cards.

Mothers' Union: The October meeting of our Mothers' Union branch takes place on Monday, 24th October at 8 pm in the Rectory. (We have changed the venue because the stairs in the parochial hall can be a difficult climb.) The door at the front of the Rectory will be open, allowing people to come in without needing to climb steps.

End of Summer Time: Please remember that the clocks go back an hour on the night of Saturday, 29th October/Sunday, 30th October. If you forget to put your clock back, you will arrive at church an hour early.

Fifth Sunday: 30th October is a fifth Sunday of the month and there will be Holy Communion in Mountrath church at 9 a.m.

Final Harvest thanksgiving: Our group service on Sunday, 30th October

is the harvest service at Borris-in-Ossory at 10.30 a.m. We welcome the Revd Ian Coulter as our preacher and look forward to a full church that morning.

All Saints' Tide Service: All Saints' Church in Ballinakill is open on just four Sundays of the year for a service at seven o'clock on those months that have five Sundays. It is like a church from long ago, without electricity, the services are candlelit. On Sunday, 30th October at 7 pm, the church holds its All Saints' Tide service. Everyone is welcome.

All Saints' Day: We remember all of God's holy people through the centuries with Holy Communion in Mountrath on Tuesday, 1st November at 8 pm.

Remembrance of loved ones: We hold our annual All Saints' Tide remembrance of loved ones in Mountrath church on Sunday, 6th November at 7 pm. We have experienced great sadness in our parishes in the past year and everyone is welcome at this service.

Fellowship Service: The monthly fellowship meeting takes place in Lacca church on Thursday, 10th November at 8 pm. We use the Late Evening Office from the Book of Common Prayer as the basis of our gathering, spend time discussing a passage of Scripture, and have a time for prayer in which anyone can participate.

Remembrance Sunday: We remember the fallen of our parishes on Sunday, 13th November. There will be acts of remembrance in Annatrim church at 11 am and at Mountrath church at 11.30 am. There will be poppies available in all of our churches on the Sundays leading up to Remembrance Sunday.

Third Sunday Service: Our winter series of four o'clock services at Lacca began with the harvest thanksgiving in October and continues on the third Sunday of each month, this month taking place on Sunday 20th November. Bishop Michael will be visiting Lacca on Sunday, 4th December at 10.30 am, when there will be prayers dedicating the new hall.

Mothers' Union Dinner: The branch will be holding their annual dinner at Mountrath Golf Club during late November (the date will be confirmed at the October meeting). All members, spouses and friends are welcome at the dinner.

Ecumenical Conference: The Rector is representing the Church of Ireland at an ecumenical conference, organised by Churches Together in Britain and Ireland, in Edinburgh on 22nd-23rd November. He will be flying to Edinburgh on the evening of 21st November and returning on the evening of 23rd November. He will have his phone with him and calls should reach him as usual.

Family Service: Lacca church holds its monthly family service on Advent Sunday, 27th November at 10.30 am. Everyone is welcome. Saint Andrew's Day: We try to observe a saint's or holy day in Mountrath each month. December is a very busy time for other engagements, so we shall observe Saint Andrew's Day, which falls on Wednesday, 30th November, when there will be Holy Communion in Saint Peter's Church at 8 pm. This will be four weeks after we

have celebrated All Saints' Day on 1st November and five weeks before we remember the coming of the wise men at the Epiphany on 6th January, so is conveniently timed.

Confirmation: The bishop has offered our parish the option of having a confirmation service on Sunday, 30th April 2017 at 3.30 pm. Preparation would take place between Christmas and Easter, which does not fall until 16th April next year. Persons who wish to confirm the promises made for them at their baptism should contact the Rector by 30th November.

Leprosy Mission boxes should be returned to Olga Telford by December 5th so that the money can reach the charity before Christmas.

Girls Friendly Society recommenced at the end of September. All girls aged 4yrs and over are welcome to join. We meet fortnightly on Friday evenings in the Parochial Hall and girls have the opportunity to participate in games; badge-work; handcrafts; Bible study and a few trips during the year.

If anyone is interested in joining us as a leader/helper, contact Jennifer (086 8185644) or the Rector for further information. We would greatly appreciate any offers of help as we have a lot of younger girls .

If anyone has any unwanted scraps of material at home, we would be delighted to receive them as several girls have to make a fabric bowl for their Diocesan Handcraft competition.

Items for the December 2016 Newsletter need to be with the editor by WEDNESDAY November 23rd AT THE LATEST, so that the Newsletter can be assembled in time for the fourth Sunday, November 27th.

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

Christmas Shoe Box Appeal for the homeless in the Leinster area, these boxes can be filled for men, women and teenagers, sizes small, medium or large. You can include in them warm socks, hats, vests, gloves, personal washing items,

reading material, small packets of sweets, playing cards, puzzle books. If you can help in any way please contact Sandra Condell 087 8107084 before November 30th. This is the label to put on your box:

A Christmas Gift for you

Christmas Shoe Appeal

Man	S	M	L
Woman	S	M	L
Child/Teen	Age _____		













UNHELPFUL THINKING HABITS

Over the years, we tend to get into unhelpful thinking habits such as those described below. We might favour some over others, and there might be some that seem far too familiar. Once you can identify your unhelpful thinking styles, you can start to notice them – they very often occur just before and during dis-

treasing situations. Once you can notice them, then that can help you to challenge or distance yourself from those thoughts, and see the situation in a different and more helpful way.

Do you recognise any?

*Emily Dunne
Counselling & Psychotherapy
Dip, B.A, B.A (Hons), M.A, A.P.C.P.*

 <p>Mental Filter When we notice only what the filter wants or allows us to notice, and we dismiss anything that doesn't 'fit'. Like looking through dark blinkers or 'gloomy specs', or only catching the negative stuff in our 'kitchen strainers' whilst anything more positive or realistic is dismissed</p>	 <p>Judgements Making evaluations or judgements about events, ourselves, others, or the world, rather than describing what we actually see and have evidence for</p>
<p>Mind-Reading Assuming we know what others are thinking (usually about us)</p> 	<p>Emotional Reasoning I feel bad so it must be bad! I feel anxious, so I must be in danger</p> 
 <p>Prediction Believing we know what's going to happen in the future</p>	 <p>Mountains and Molehills Exaggerating the risk of danger, or the negatives. Minimising the odds of how things are most likely to turn out, or minimising positives</p>
<p>Compare and despair Seeing only the good and positive aspects in others, and comparing ourselves negatively against them</p> 	<p>Catastrophising Imagining and believing that the worst possible thing will happen</p> 
 <p>Critical self Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our responsibility</p>	 <p>Black and white thinking Believing that something or someone can be only good or bad, right or wrong, rather than anything in-between or 'shades of grey'</p>
<p>Shoulds and musts Thinking or saying 'I should' (or shouldn't) and 'I must' puts pressure on ourselves, and sets up unrealistic expectations</p> 	<p>Memories Current situations and events can trigger upsetting memories, leading us to believe that the danger is here and now, rather than in the past, causing us distress right now</p> 

Services & Readings

October						
Fifth Sunday 30th	<i>Habakkuk 1:1-4;2:1-4</i> <i>Psalm 119:137-144</i> <i>2 Thessalonians 1:1-4, 11-12</i> <i>Luke 19:1-10</i>	Mountrath 9.00am Holy Communion	Borris-in-Ossory 10.30am Harvest Thanksgiving			
November						
First Sunday 6th	<i>Haggai 1: 15b - 2: 9</i> <i>Psalm - Psalm 98</i> <i>2 Thessalonians 2: 1-5, 13-17</i> <i>Luke 20: 27-38</i>	Roskelton 9.30am Morning Prayer	Seir Kieran 9.30am Morning Prayer	Lacca 10.30am Holy Communion	Borris-in-Ossory 11.00am Holy Communion	Mountrath 11.30am Holy Communion & 7.00pm A Remembrance of Loved Ones
Second Sunday 13th	<i>Isaiah 65: 17-25</i> <i>Psalm - Canticale: Song of Isaiah</i> <i>2 Thessalonians 3: 6-13</i> <i>Luke 21: 5-19</i>	Seir Kieran 9.30am Holy Communion	Annatrim 11.00am Holy Communion & Act of Remembrance		Mountrath 11.30am Morning Prayer & Act of Remembrance	
Third Sunday 20th	<i>Jeremiah 23: 1-6</i> <i>Psalm 46</i> <i>Colossians 1: 11-20</i> <i>Luke 23: 33-43</i>	Roskelton 9.30am Holy Communion	Seir Kieran 9.30am Morning Prayer	Borris-in-Ossory 11.00am Holy Communion	Mountrath 11.30am Morning Prayer	Lacca 4.00pm Service of the Word
Fourth Sunday 27th	<i>Isaiah 2: 1-5</i> <i>Psalm 122</i> <i>Romans 13:11-14</i> <i>Matthew 24:36-44</i>	Seir Kieran 9.30am Morning Prayer	Lacca 10.30am Family Service	Annatrim 11.00am Morning Prayer	Mountrath 11.30am Holy Communion	

Parish Diary

October	24th Monday.....Mothers' Union meeting (<i>page 4</i>)
	30th Sunday.....Winter Time begins - 2.00am (<i>page 4</i>)
	30th Sunday.....Borris-in-Ossory Harvest Service (<i>page 4</i>)
	30th Sunday.....All Saints' Tide Service, Ballinakill (<i>page 4</i>)
	30th Sunday.....Coolrain 6K Family Fun Run
November	Each Sunday.....Census of church attendance (<i>page 4</i>)
	1st Tuesday.....All Saints' Day Service (<i>page 4</i>)
	6th Sunday.....Remembrance of Loved Ones Service (<i>page 4</i>)
	10th Thursday.....Fellowship Service (<i>page 4</i>)
	13th Sunday.....Remembrance Sunday (<i>page 4</i>)
	20th Sunday.....Third Sunday Service (<i>page 5</i>)
	21st-23rd.....Ecumenical Conference (<i>page 5</i>)
	23rd Wednesday.....Closing date for December Newsletter
27th Sunday.....Monthly Family Service (<i>page 5</i>)	
December	30th Wednesday.....Saint Andrew's Day Service (<i>page 5</i>)
	30th Wednesday.....Christmas Shoe Box Appeal (<i>page 5</i>)
	Date T.B.C.Mothers' Union Annual Dinner (<i>page 5</i>)
	4th Sunday.....Dedication of Lacca hall (<i>page 5</i>)
	5th Monday.....Final date for return of Leprosy Mission boxes (<i>page 5</i>)