

The Newsletter

September 2017

Rector:

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Clonenagh Rectory,
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Mountrath.
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Diocesan Reader:

*Mabel Peavoy,
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Sunset over Borris-in-Ossory, by Anne Marie Kealy

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Clonenagh Group of Parishes

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

Parish Notes

Social Evening & BBQ on Saturday 9th September in Lacca Hall.

Food commencing at 8.30ish.

Live Music & Dancing by Kieran Scott & Co. from 9.30 to 12.30

Tickets €6.00 (Must be purchased prior to event)

Bring your own Beverages!!

For Tickets please contact

Joyce @ 087 6571990

Valerie @ 087 7676244

Richard @ 087 6073156

Joanna @ 087 1198104

Sylvia @ 087 7425865

Everyone welcome.

This is not a Fundraiser.



GFS dates for your diary:

GFS Registration Parochial Hall Friday
15th September 19.30-20.45hrs (note
time)

GFS meeting 29th September Parochial
Hall 19.15 - 20.45hrs

Smiles

A kindergarten teacher was walking around observing her classroom of children while they were drawing pictures. As she got to one girl who was working diligently, she asked what the drawing was.

The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without looking up from her drawing, the girl replied, "They will in a minute."

At Sunday School they were learning how God created everything, including human beings. Johnny was especially intent when the teacher told him how Eve was created out of one of Adam's ribs.

Later in the week his mother noticed him lying down as though he were ill, and said, "Johnny, what is the matter?"

Johnny responded, "I have pain in my side. I think I'm going to have a wife."



Moses' first and last day as a lifeguard.



Take a minute, change a life.

Every year, more than 800,000 people die by suicide and up to 25 times as many make a suicide attempt. Behind these statistics are the individual stories of those who have, for many different reasons, questioned the value of their own lives.

Each one of these individuals is part of a community. Some may be well linked in to this community, and have a network of family, friends and work colleagues or school mates. Others may be less well connected, and some may be quite isolated. Regardless of the circumstances, communities have an important role to play in supporting those who are vulnerable.

This sentiment is reflected in the theme of the 2017 World Suicide Prevention Day: **'Take a minute, change a life.'** As members of communities, it is our responsibility to look out for those who may be struggling, check in with them, and encourage them to tell their story in their own way and at their own pace. Offering a gentle word of support and listening in a non-judgemental way can make all the difference.

Taking a minute can change a life

People who have lived through a suicide attempt have much to teach us about how the words and actions of others are important. They often talk movingly about reaching the point where they could see no alternative but to take their own life, and about the days, hours and minutes leading up to this. They often describe realising that they did not want to die but instead wanted someone to intervene and stop them. Many say that they actively sought someone who would sense their despair and ask them whether they were okay.

Sometimes they say that they made a pact with themselves that if someone did ask if they were okay, they would tell them everything and allow them to intervene. Sadly, they often reflect that no one asked.

The individuals telling these stories are inspirational. Many of them recount reaching the point where they did try to take their own lives, and tell about coming through it. Many of them are now working as advocates for suicide prevention. Almost universally, they say that if someone had taken a minute, the trajectory that they were on could have been interrupted.

Life is precious and sometimes precarious. Taking a minute to reach out to someone – a complete stranger or close family member or friend – can change the course of their life.

No one has to have all the answers

People are often reluctant to intervene, even if they are quite concerned about someone. There are many reasons for this, not least that they fear they will not know what to say. It is important to remember, however, that there is no hard and fast formula. Individuals who have come through an episode of severe suicidal thinking often say that they were not looking for specific advice, but that compassion and empathy from others helped to turn things around for them and point them towards recovery.

Another factor that deters people from starting the conversation is that they worry that they may make the situation worse. Again, this hesitation is understandable; broaching the topic of suicide is difficult and there is a myth that talking about suicide with someone can put the idea into their head or trigger the act.

The evidence suggests that being caring and listening with a non-judgemental ear is far more likely to reduce distress than exacerbate it so, intervene, Take a minute, change a life"

LIGHT A CANDLE NEAR A WINDOW AT 8PM ON WORLD SUICIDE PREVENTION DAY

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

Services & Readings

September						
First Sunday 3rd	<i>Exodus 3: 1-15</i> <i>Psalm 105</i> <i>Romans 12: 9-21</i> <i>Matthew 16: 21-28</i>	Seir Kieran 9.30am Morning Prayer	Roskelton 9.30am Morning Prayer	Lacca 10.30am Service of the Word	Mountrath 10.45am Holy Communion	Borris-in-Ossory 11.00am Morning Prayer
Saturday/Second Sunday 9th/10th	<i>Exodus 12: 1-14</i> <i>Psalm 149</i> <i>Romans 13: 8-14</i> <i>Matthew 18: 15-20</i>	Seir Kieran Saturday 8.00pm Holy Communion	Annatrim Sunday 11.00am Holy Communion		Mountrath Sunday 11.30am Morning Prayer	
Third Sunday 17th	<i>Exodus 14: 19-31</i> <i>Psalm 114</i> <i>Romans 14: 1-12</i> <i>Matthew 18: 21-35</i>	Seir Kieran 9.30am Morning Prayer	Roskelton 9.30am Holy Communion	Borris-in-Ossory 11.00am Holy Communion	Mountrath 11.30am Morning Prayer	Lacca 4.00pm Holy Communion
Saturday/Fourth Sunday 23rd/24th	<i>Exodus 16: 2-15</i> <i>Psalm 105</i> <i>Philippians 1: 21-30</i> <i>Matthew 20: 1-16</i>	Seir Kieran Saturday 8.00pm Evening Prayer	Annatrim Sunday 11.00am Morning Prayer		Mountrath Sunday 11.30am Holy Communion	Lacca Sunday 4.00pm Family Service
PLEASE NOTE: This timetable is <u>PROVISIONAL</u> and is subject to change						

Parish Diary

September

- 9th Saturday.....Lacca Social Evening & Barbecue (*page 2*)
 15th Friday.....GFS Registration (*page 2*)
20th Wednesday.....Closing date for October 2017 Newsletter
 29th Friday.....GFS Meeting (*page 2*)

Items for the October 2017 Newsletter need to be with the editor by **WEDNESDAY September 20th AT THE LATEST**, so that the Newsletter can be assembled in time for the Fourth Sunday, September 24th.

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