

The Newsletter

December 2017

Priest in Charge:
Archdeacon Andrew Orr
087 4196051

Pastoral Care:
Rev. Jane Galbraith
087 3825336
Rev. Tim Irvine
087 9444113

Diocesan Reader:
Mabel Peavoy,
Shannon Road,
Mountrath.
057-8732331

Linda Wharton was recently awarded a Master Of Arts in Art Therapy



Margaret Griffith (nee Lalor) recently graduated with a Distinction in Nursing Studies

Lisa Lalor recently graduated with a Bachelor of Science Degree in Applied Health Care



Amanda Dunne graduated recently with a BSC (Hons) in Psychology

Clonenagh Group of Parishes

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

Parish Notes

Everyone of course remembers **Rev Amos** from Rwanda. Rev Ian brought him over to Ireland a few years ago under the auspices of the Church of Ireland. He studied in Gurteen College to learn farming techniques and also in Church of Ireland Theological College in Dublin. He is now an ordained Anglican Minister in Rwanda and is in charge of a number of Churches. Rev Ian supported him in every possible way, and visited him many times in Rwanda, he said they are extremely poor and life is very difficult.

If anyone would like to contact or support Rev Amos personally or in his ministry, to encourage him, please contact Joan (086 2226629) for his details.

Clonenagh National School has been an extremely busy place as usual. On the 27th October, the pupils dressed up as their favourite book characters. We had everything from Gangsta Granny to the Hungry Caterpillar! Staff and pupils made a great effort. We thank the Parents' Association for arranging a visit from The Pet Party. The pupils encountered lots of creatures, even a snake and a tarantula!

We will soon begin to prepare for our Carol Service, we hope to see you all there.

Please support our school by joining us on the 28th December at our **Annual Fun Run/Walk and Tractor Run**. This is a wonderful family day out and money raised goes towards our school.

Mothers' Union had their meeting on Monday night, a very enjoyable meeting with Edwina Cuddy giving a demonstration on card making and decorating candles.

Christmas dinner is in the Golf Club Mountrath on December 9th. Names to Emily, Mabel or Jean by December 5th please.

Castletown I.C.A. Book Launch of 100 years takes place in Golf Club Mountrath on December 8th at 7pm. Everyone is welcome to come along.

Preliminary Notice of **Rededication Service** in St Peters Church on Sunday February 4th at 3pm. More details nearer to time .

There will be a **combined Carol Service** of Clonenagh National School and the Parishioners in St. Peter's Church on Wednesday December 20th 2017 at 7.00pm.

Clonenagh National School will be holding its annual Family Run/walk on Thursday 28th December. Prizes for all children who take part. Walk commences at 11.30am. €10/ adult. Children free.

The Family Run/walk will be followed by the Annual Tractor Run at 1pm. A great day of music, refreshments, raffle and prizes. All welcome to attend.

Money raised goes towards Clonenagh National School.



ANNUAL
TRACTOR RUN
AND
FAMILY FUN RUN/WALK
on Thursday 28th December 2017
from Sheeran's Pub, Coolrain Village

Registration for Fun Run at 11am
& Tractor Run at 1pm

Refreshments & Music all day

For further information contact:
087 2664012

ALL WELCOME

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

Thursday Bible Club will meet in the Parochial Hall, Mountrath, 6.30-7.45pm on 14 December.

Lacca Fellowship Group meeting continues with the last meeting for 2017 on Thursday the 14th of December at 8pm followed by tea. All are welcome.

The **third Sunday service in Lacca** on the 17th December at 4pm will be a **Carol Service**. The service will be followed by mulled wine and mince pies, everyone is welcome.

Mountrath Historical Society will have their 2018 Calendar out from the beginning of December. Following on from its success last Christmas, it will have some interesting historical photos of Mountrath and its people.

The Calendar will be on sale in The Cottage Market or from committee members 085 2739338.

Come along to our

Bibles
Children's
Books
Nativity Sets
Gifts &
Handmade
Crafts
Christmas
CDs
& Much More!

CHRISTMAS
Book and Gift Days

23 & 30 November
THURSDAYS 7 December
10.00am—5.00pm

In the Parochial Hall, Mountrath
(Opposite Church of Ireland)



Tea and Coffee
available
throughout the
day



All Are Welcome!

For More Information contact:
Joanna Shore: 0871138134
Mervyn Tomb: 0860575462



30 DAYS TO A HEALTHIER YOU

Most of us hear the term wellness and assume that it's something beyond our reach. The truth is that anyone can achieve wellness if we choose to. It simply starts with one choice after another. Here is a checklist, that if followed, will have you well on your way to a healthier and happier you in just a month.

WEEK 1: KITCHEN TIPS

Eat berries with breakfast, rich in nutrients for our brain, our digestion and they're disease preventative.

Eat one green food per day, they alkalize our bodies and protect us from major forms of disease.

Drink a glass of water when you wake up.

Enjoy plain coffee and tea. Leave out the sugar and the milk.

Cook your own meals.

Use herbs instead of all the salt.

Ditch the sugary food, have some fruit instead.

WEEK 2: ACTIVITY TIPS

Aim to get in a 20-30 minute walk or jog.

Lift something heavy for 5 minutes a day.

Don't over sit your welcome, get up and move around.

Practice active errands and commutes, park further away, take the stairs.

Do some sort of stretching per day, even a couple of minutes, morning and night.

Spend a little time outside every day.

Try yoga.

WEEK 3: MIND AND MOOD TIPS

Eat for your hormone health. Certain foods can disrupt hormonal function and possibly even lead to mood disorders, anxiety, or de-

pression. Foods such as dairy, gluten, processed foods and sugar.

Do something you love every single day.

Eat magnesium rich foods. Magnesium is the anti-stress hormone with a host of other benefits.

Eat good fats. Healthy fats are like fuel for a good mood.

Ditch the negative self-talk and start creating new messages. When you change your mind set, you have the power to change your life.

Eat your B's. Vitamin B for example, reduces stress in the brain, promotes energy and enhances focus.

Eat more plant-based foods, a great way to enhance your mood.

WEEK 4: LIFETYLE TIPS

Get social, go out and meet people.

Learn to love sleep; sleep is a gift that is just as important as food and exercise.

Become a minimalist, it means that sometimes less is more, and sometimes, the little things can give us the most joy.

Try a new activity once a month.

Do something nice for someone when you can.

Bring energy into a room instead of taking it away. Try to maintain a positive outlook and energy, even if your life is not quite what it should be.

Spend time in the quiet each morning. This will help reduce the stress hormone cortisol in the body.

You can try one tip per day, or build up on each day as the month goes on.

Start your wellness journey today.

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

Services & Readings

December

First Sunday 3rd	<i>Isaiah 64: 1-9</i> <i>Psalm 80: 1-8, 18-20</i> <i>1 Corinthians 1: 3-9</i> <i>Mark 13: 24-37</i>	Seir Kieran 9.30am Morning Prayer	Roskelton 9.30am Holy Communion	Lacca 10.30am Holy Communion	Mountrath 10.45am Holy Communion	Borris-in-Ossory 11.00am Morning Prayer
Second Sunday 9th/10th	<i>Isaiah 40: 1-11</i> <i>Psalm 85: 1-2, 8-13</i> <i>2 Peter 3: 8-15a</i> <i>Mark 1: 1-8</i>	Seir Kieran Saturday 7.00pm Evening Prayer	Annatrim 11.00am Morning Prayer		Mountrath 11.30am Morning Prayer	
Third Sunday 17th	<i>Isaiah 61: 1-4, 8-11</i> <i>Psalm 126</i> <i>1 Thessalonians 5: 16-24</i> <i>John 1: 6-8, 19-28</i>	Seir Kieran 9.30am Holy Communion	Roskelton 9.30am Holy Communion	Borris-in-Ossory 11.00am Holy Communion	Mountrath 11.30am Holy Communion	Lacca 4.00pm Carol Service
Wednesday 20th	Mountrath 7.00pm Carol Service					
Fourth Sunday/Christmas Eve 24th	<i>2 Samuel 7: 1-11, 16</i> <i>Psalm 89: 1-4, 19-26</i> <i>Romans 16: 25-27</i> <i>Luke 1: 26-38</i>	Lacca 10.00am Holy Communion		Roskelton 11.30am Holy Communion		
	<i>Isaiah 52: 7-10</i> <i>Psalm 98</i> <i>Hebrews 1: 1-4, 5-12</i> <i>John 1: 1-14, 15-18</i>	Seir Kieran 7.00pm Holy Communion		Borris-in-Ossory 8.30pm Holy Communion		
Christmas Day 25th	<i>Isaiah 9: 2-7</i> <i>Psalm 96</i> <i>Titus 2: 11-14</i> <i>Luke 2: 1-14, 15-20</i>	Annatrim 10.00am Holy Communion		Mountrath 11.30am Holy Communion		
Fifth Sunday 31st	<i>Isaiah 61:10 - 62: 3</i> <i>Psalm 148</i> <i>Galatians 4: 4-7</i> <i>Luke 2: 15-21</i>	Mountrath 10.30am Group Service				
PLEASE NOTE: This timetable is <u>PROVISIONAL</u> and is subject to change Check on www.clonenagh.com for the most up to date information						

Parish Diary

December

- 5th Tuesday.....Closing date for return of Leprosy Mission Boxes (*page 2*)
 8th Friday.....Castletown ICA Book Launch (*page 2*)
 9th Saturday..... Mothers' Union Christmas Dinner (*page 2*)
 14th Thursday.....Fellowship Group Meeting (*page 3*)
20th Wednesday...Closing date for January 2018 Newsletter
 20th Wednesday.....Combined Carol Service (*page 2*)
 28th Thursday.....Fun Run/Walk & Tractor Run (*page 2*)

Items for the January 2018 Newsletter need to be with the editor by WEDNESDAY December 20th **AT THE LATEST**, so that the Newsletter can be assembled in time for the Fourth Sunday, Christmas Eve, December 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