

Services & Readings

March

Sunday 4th 3 rd Sunday in Lent	Exodus 20: 1-17 Psalm 19 1 Corinthians 1: 18-25 John 2: 13-22	Seir Kieran 9.30am Morning Prayer	Roskelton 9.30am Holy Communion	Lacca 10.30am Holy Communion	Borris-in-Ossory 11.00am Morning Prayer	Mountrath 11.30am Holy Communion
Monday 5th St. Kieran's Day	1 Kings 8: 22-30 Psalm 122 Hebrews 12: 18-24 John 10: 22-29	Seir Kieran 8.00pm Bilingual St. Kieran's Day Celebration				
Sunday 11th 4 th Sunday in Lent	Exodus 2: 1-10 or 1 Samuel 1: 20-28 Psalm 34: 11-20 or Psalm 127: 1-4 2 Corinthians 1: 3-7 or Colossians 3: 12-17 Luke 2: 33-35 or John 19: 25-27	Annatrim 11.00am Holy Communion		Mountrath 11.30am Morning Prayer		
Sunday 18th 5 th Sunday in Lent	Jeremiah 31: 31-34 Psalm 51: 1-13 or 119: 9-16 Hebrews 5: 5-10 John 12: 20-33	Seir Kieran 9.30am Holy Communion	Roskelton 9.30am Morning Prayer	Borris-in-Ossory 11.00am Holy Communion	Mountrath 11.30am Holy Communion	Lacca 4.00pm Service of the Word or Evening Prayer
Saturday/Sunday 24th/25th Palm Sunday	Isaiah 50: 4-9a Psalm 31: 9-16 Philippians 2: 5-11 Mark 11: 1-11	Seir Kieran Saturday 8.00pm Evening Prayer	Lacca Sunday 10.30am Family Service	Annatrim Sunday 11.00am Holy Communion	Mountrath Sunday 11.30am Morning Prayer	
Thursday 29th Maundy Thursday	Exodus 12: 1-4, (5-10), 11-14 Psalm 116: 1, 10-17 1 Corinthians 11: 23-26 John 13: 1-17, 31b-35	Mountrath 8.00pm Holy Communion				
Friday 30th Good Friday	Isaiah 52: 13 - 53: 12 Psalm 22 Hebrews 10: 16-25 John 18: 1 - 19:42	Roskelton 10.00am Ecumenical Walk		Mountrath 2.00pm		Lacca 8.00pm
Saturday 31st Easter Eve	Acts 10: 34-43 or Isaiah 25: 6-9 Psalm 118: 1-2, 14-24 1 Corinthians 15: 1-11 or Acts 10: 34-43 John 20: 1-18	Annatrim 7.30pm Holy Communion		Seir Kieran 9.30pm Holy Communion		

April

Sunday 1st Easter Day	Acts 10: 34-43 or Isaiah 25: 6-9 Psalm 118: 1-2, 14-24 1 Corinthians 15: 1-11 or Acts 10: 34-43 John 20: 1-18	Roskelton 9.30am Holy Communion	Borris-in-Ossory 9.30am Holy Communion	Lacca 11.00am Holy Communion	Mountrath 11.30am Holy Communion	
--	--	--	---	---	---	--

March Diary

- 2nd Friday.....World Day of Prayer Service for children (page 2)
- 2nd Friday.....G.F.S. Meeting (page 2)
- 4th Sunday.....RTE St. Kieran's Day broadcast (page 2)
- 6th Tuesday.....Closing date for Diocesan Magazine Notes (page 2)**
- 8th Thursday.....World Day of Prayer Service (page 2)
- 9th Friday.....G.F.S. Meeting (page 2)
- 16th Friday.....G.F.S. Meeting (page 2)
- 21st Wednesday...Closing date for April 2018 Newsletter**

The Newsletter

March 2018

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



Girls and leaders at the GFS Enrolment Service in Annatrim Church

Clonenagh Group of Parishes

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

Parish Notes

Condolences

To the Peavoy families on the death of **Benjamin Peavoy**, Kinnity.

To the Treacy family on the death of Jean's mother **Mrs Harriet Bourke**, Westport.

To the Hayes family on the death of Jillian's cousin **Joe Dempsey**, and her aunt **Rita Armitage**.

To the Gee family on the death of Douglas. It was with great sadness that we learned of the death of **Douglas Gee** on Sunday morning February 18th. We express our sympathy to his wife Ann, sons Trevor and Andrew, his daughters-in-law Trudi and Nicola, grandchildren Hannah, Sam, and Charlie, and to his mother, brother and sisters and all his relatives.

Please keep in your **thoughts and prayers** all our fellow parishioners who are unwell at the moment.

Congratulations to Hazel Williams and Nigel Peavoy on the birth of baby boy Adam James, a little brother for Daniel, born on 13th February. Congratulations too to grandparents Charlie and Mabel.

The **Stations of the Cross Ecumenical Walk** will commence at 10am on Good Friday 30th March from Roskelton Church to the Hollow Church.

On Sunday 4th March at 11:10am, RTE 1 TV will broadcast a **bilingual celebration of Holy Communion**. Bishop Burrows be involved, as will amongst others the Revd Trevor Sargent and there will be references to it being the **eve of St Ciaran's Day** with some nice visuals of Seir Kieran along with other places with Ciaran associations.

As the broadcast coincides with many of the Group's regular Sunday services, the Bishop suggests that people might perhaps record it or watch it on the RTE Player instead of missing church!

World Day of Prayer Service for children on Friday 2nd March at 10:30am in St. Peter's Church Mountrath. All are welcome.

'All God's Creation is Very Good!' World Day of Prayer Service in St. Fintan's Church Mountrath on Thursday 8th March at 8:00pm. All are welcome.

Clonagh Parish fundraising committee are once again holding the **Golf Classic** in Mountrath Golf Club on Friday June 8th 2018. More details nearer the time.

On Sunday 11th February, 16 GFS girls were **enrolled** at the **GFS Service** in Annatrim Church. We were delighted to have Diocesan President Deirdre Alexander in attendance. The Service was officiated by GFS Diocesan Chaplain Rev Mairt Hanley.

The girls are currently busy preparing crafts and completing bible study for Diocesan Competitions

GFS Meetings:

Friday 2nd March, 9th March and 16th March, 7.15-8.45pm in the Parochial Hall Mountrath.

Anyone who has notes for the **Diocesan Magazine** should get them to Emily Jackson or Serena Senior by March 6th.

Plans are now underway for a the **Lacca Holiday Bible Club** this summer. Please note the dates and plan to bring the children along. Monday 16 - Friday 20 July, 10.30am -1pm. Booking Forms will be available later. Those hoping to help will have to be Garda Vetted, and forms are available from Moira Harvey.

Details of **The Faith Mission Summer Camps** are now available at:

<https://form.jotformeu.com/80257923326357>

Early booking is advised, as camps often fill up quickly. It would be great to see children and teenagers from around Mountrath attending again this year.

Easter Vestries:

Tuesday 17th April: **Mountrath and Roskelton** at 7.30pm, followed by **Borris-in-Ossory and Seir Kieran** at 9pm.

Tuesday 24th April: **Lacca and Annatrim** at 8pm.

The **annual Lacca Ladies Dinner** is on the 27th of April in Mountrath Golf Club (time to be confirmed).

€25 per person, please give your names to Moira Harvey 083 4408002 if you would like to attend.













Our **Fellowship Service** will be held on Thursday the 8th of March at 8pm in Lacca, followed by tea. All are welcome.

Lacca third Sunday service is on the 18th of March at 4pm with tea afterwards, all are welcome.

The **Family service** at **Lacca** continues on the fourth Sunday, the 25th of March, at 10.30am.

Please note change of time: Easter Sunday 1st April **Lacca** Holy Communion service is at **11:00am**.

UNHELPFUL THINKING HABITS

 <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>

Over the years, we tend to get into unhelpful thinking habits such as those described above. 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 distressing 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.

Items for the April 2018 Newsletter need to be with the editor by WEDNESDAY March 21st AT THE LATEST, so that the Newsletter can be assembled in time for the Fourth Sunday, March 25th.

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

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