

# The Newsletter

May 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



*Pupils of Clonenagh National School participating  
in the Junior Entrepreneur Programme*

## Clonenagh Group of Parishes

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

# Parish Notes

## Condolences

To the Peavoy family on the death of Aileen's uncle Bobby Thompson in New Zealand.

To the Lalor family on death of Bob Nichols, Portlaoise.

To Moira Harvey and family on the death of her brother-in-law Robert Hill in Wexford.

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

**Congratulations** to Hazel Williams and Nigel Peavoy who have recently announced their engagement.

Casey James Fitzpatrick, infant son of Paul and Linda, was **baptised** in St. Mark's Church, Borris-in-Ossory by Archdeacon Murray on 17 March. We wish Casey every blessing throughout his life.

**Rev Victor Robert Andrew Fitzpatrick B.A.** will be Installed as rector of Clonenagh Group of parishes on August 24th 2018 at 8pm in St. Peter's Church.

**Mother's Union** held their monthly meeting on March 26th. Guest speaker was Bernadette Cass from the Fruit n Nut Health Shop Portlaoise, who gave a talk on vitamins and their benefits.

The **Lady Day Service** was held in St. Peter's Church on Tuesday April 10th when Archdeacon Murray very kindly conducted the service, which was followed by a short meeting and a cup of tea. Thank you to the ladies who provided the tea.

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

Clonenagh Parish fundraising committee are once again holding the **Golf Classic** in Mountrath Golf Club on Friday June 8th 2018. If you are interested in sponsoring a hole or entering a team please contact Mrs Mabel Peavoy on 057 8732331.

**GFS Meetings:** Friday 27th April and Friday 11th May, 7.15-8.45pm in the Parochial Hall Mountrath.

GFS Diocesan Service and Prizegiving St Canice's Cathedral Kilkenny Sunday 13th May at 2.30pm.

GFS Awards presentation, Friday 25th May 7.30-8.30pm, Mountrath Parochial Hall.

Fifth and Sixth Class of **Clonenagh National School** took part in the Junior Entrepreneur Programme this year. After a Dragons' Den process, they discovered that they would be producing a cookbook called "*Let's Cook*". The children were divided into different teams - Design & Production, Sales, Marketing, Finance and Story Telling.













It is selling for €7 and is sponsored by lots of local businesses.

On Thursday, 12th April, there was a Showcase evening at the school where the book was officially launched. Over 100 people turned up to support the children! The crowd consisted of parents, local business people, a photographer and of course the pupils! After completely selling out, the book is now being reprinted.

The Second Edition will be on sale in some shops in Mountrath very soon. If you would like to purchase the book, please email us at [school@clonenagh.com](mailto:school@clonenagh.com).

We are all so proud of the children and their great accomplishment!

## UNHELPFUL THINKING HABITS

 <p><b>Mental Filter</b> 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><b>Judgements</b> Making evaluations or judgements about events, ourselves, others, or the world, rather than describing what we actually see and have evidence for</p>
<p><b>Mind-Reading</b> Assuming we know what others are thinking (usually about us)</p> 	<p><b>Emotional Reasoning</b> I feel bad so it must be bad! I feel anxious, so I must be in danger</p> 
 <p><b>Prediction</b> Believing we know what's going to happen in the future</p>	 <p><b>Mountains and Molehills</b> 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><b>Compare and despair</b> Seeing only the good and positive aspects in others, and comparing ourselves negatively against them</p> 	<p><b>Catastrophising</b> Imagining and believing that the worst possible thing will happen</p> 
 <p><b>Critical self</b> Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our responsibility</p>	 <p><b>Black and white thinking</b> 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><b>Shoulds and musts</b> Thinking or saying 'I should' (or shouldn't) and 'I must' puts pressure on ourselves, and sets up unrealistic expectations</p> 	<p><b>Memories</b> 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.

# Services & Readings

## April

<b>Sunday 29<sup>th</sup></b> 5 <sup>th</sup> Sunday of Easter	Acts 8: 26-40 or Deuteronomy 4: 32-40 Psalm 22: 25-31 1 John 4: 7-21 John 15: 1-8	<b>Roskelton</b> 11.00am Group Service
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## May

<b>Sunday 6<sup>th</sup></b> 6 <sup>th</sup> Sunday of Easter	Acts 10: 44-48 or Isaiah 45: 11-13, 18-19 Psalm 98 1 John 5: 1-6 John 15: 9-17	<b>Roskelton</b> 9.30am Holy Communion	<b>Seir Kieran</b> 9.30am Morning Prayer	<b>Borris-in-Ossory</b> 9.30am Morning Prayer	<b>Lacca</b> 10.30am Holy Communion	<b>Mountrath</b> 11.30am Holy Communion
<b>Sunday 13<sup>th</sup></b> 7 <sup>th</sup> Sunday of Easter	Acts 1: 15-17, 21-26 or Exodus 28: 1-4, 9-10 Psalm 1 1 John 5: 9-13 John 17: 6-19	<b>Annatrim</b> 11.00am Morning Prayer		<b>Mountrath</b> 11.30am Morning Prayer		
<b>Sunday 20<sup>th</sup></b> Pentecost	Acts 2: 1-21 or Ezekiel 37: 1-14 Psalm 104: 26-36, 37b Romans 8: 22-27 or Acts 2: 1-21 John 15: 26-27; 16: 4b-15	<b>Roskelton</b> 9.30am Holy Communion	<b>Seir Kieran</b> 9.30am Holy Communion	<b>Lacca</b> 10.30am Service of the Word	<b>Borris-in-Ossory</b> 11.00am Holy Communion	<b>Mountrath</b> 11.30am Holy Communion
<b>Saturday/Sunday 26<sup>th</sup>/27<sup>th</sup></b> Trinity Sunday	Isaiah 6: 1-8 Psalm 29 Romans 8: 12-17 John 3: 1-17	<b>Seir Kieran</b> Saturday 8.00pm Evening Prayer	<b>Lacca</b> Sunday 10.30am Family Service	<b>Annatrim</b> Sunday 11.00am Holy Communion	<b>Mountrath</b> Sunday 11.30am Morning Prayer	

# Parish Diary

## April

27th Friday.....Lacca Ladies Dinner  
27th Friday.....G.F.S. Meeting (page 2)

## May

6th Sunday.....Closing date for Diocesan Magazine Notes (page 2)  
11th Friday.....G.F.S. Meeting (page 2)  
13th Sunday.....G.F.S. Diocesan Service & Prizegiving (page 2)  
23rd Wednesday...Closing date for June 2018 Newsletter

Items for the June 2018 Newsletter need to be with the editor by **WEDNESDAY May 23rd AT THE LATEST**, so that the Newsletter can be assembled in time for the Fourth Sunday, May 27th.

**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@clonemagh.com](mailto:newsletter@clonemagh.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.clonemagh.com](http://www.clonemagh.com)