

The Newsletter

November 2019

Rector:

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*Sunday School children serving snacks and refreshments
in Lacca Hall in aid of Lacca Roof Restoration Fund.*

Clonenagh Group of Parishes

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

The Rector Writes

November—The Month of Remembrance

“Darkness cannot drive out darkness; only light can do that.
Hate cannot drive out hate; only love can do that.
Hate multiplies hate, violence multiplies violence, and toughness multiplies toughness in a descending spiral of destruction...

The chain reaction of evil - hate begetting hate, wars producing more wars - must be broken, or we shall be plunged into the dark abyss of annihilation.”

~Martin Luther King Jr.

In Flanders Fields

by John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

~Rev. Victor

Parish Notes

The Irish Cancer Society Volunteer Drivers Appeal

The Irish Cancer Society is looking for volunteers to drive patients to and from their chemotherapy treatments in all public hospitals nationwide. They are struggling to get referred patients to hospitals as demand for the service grows on a monthly basis so the Society has launched a national volunteer driver recruitment. Volunteers will need their own car but all expenses are paid. If you have 2 free days a month (Monday – Friday) and an active email address we would love to hear from you. Please call Laura on 01-2310594, or email transport@irishcancer.ie or go to www.cancer.ie for more information.

Girls Friendly Society

We look forward to seeing everyone again and welcoming some new members. Girls age 4 years and over have the opportunity to participate in crafts, games, bible study and badge work. All welcome. If anyone requires further information give Jennifer a call on 086-8185644. 7.15-8.45pm in the Parochial Hall.

Mothers' Union

November meeting on Monday 4th November at 8pm in the Parochial Hall features a visit from a guide dog and a talk on the work of Guide Dogs for the Blind.

Lacca Church Sunday School

Taking place on the first Sunday of every month, our Sunday School in Lacca is for all children in the parish. We encourage all children as it will be a great fun way for children to learn their bible through stories, games and crafts.

New hand rail in St Peter's Church

A big thank you to Emily Jackson for overseeing the installation of a new hand rail beside the pulpit in St Peter's Church. The new hand rail blends in very well with the existing pulpit and communion rails, and the new hand rail is there to provide assistance to anyone using the steps into the sanctuary areas and who needs an additional bit of support.

Pastoral Visit of Bishop Michael to Clonenagh

Bishop Michael will visit Clonenagh Group of Parishes on Sunday 5th January 2020, and will celebrate Holy Communion in St Peter's Church, Mountrath, at 11am. This will be a united service for the entire Group and it's wonderful that Bishop Michael will be celebrating our first service of New Year 2020. All welcome.

Harvest Services 2019

A very sincere thanks to everyone who helped to ensure that our harvest services were so successful. A very big thank to those who gave of their time and talents in decorating the churches, to our readers, to our churchwardens, to Ivor & Joan for the service and music sheets, to our visitors and visiting speakers, and most of all to our organists Mabel, Margaret, Joan & Serena. Thank you all very much!

Thursday Bible Club

Thursday Bible Club for children of school age recommenced on Thursday 12th September at the Parochial Hall in Mountrath, running from 6.30pm—7.45pm, and will then be held on alter-

nate Thursdays at the same time until Christmas (7 & 21 November; 5 & 19 December). This year we have a junior worker whom we welcome to the team, Reuben Lyons, who has just completed two years of Bible College training in Edinburgh. Reuben will be assisting Mervyn with the Thursday Bible Club this year. Admission is free and as always there are bible stories, games, crafts, quizzes, prizes, action songs and lots, lots more.

November Synagogue Visit

Our planned visit to the Synagogue in Terenure, Co. Dublin, takes place on Saturday 9 November. The service at the synagogue, led by Rabbi Lent, begins at 9.45am but we will be seated well before this time. We will also be stopping twice en route to pick up some guests from other parishes in the Diocese who want to come along. Neat dress for ladies and gentlemen is requested. There will be separate seating for the genders, and this is not meant as an insult or a slight. Ladies and children will be seated upstairs, men downstairs. The men must have their heads covered, and skull caps will be provided by the Synagogue. All are welcome to join with us on our visit with our Jewish friends, and there will be a stop at Dundrum Town Centre for lunch and a shopping visit before returning home. Please pass on your full names to the Rector

ASAP and remember to bring ID with you on the day. Do not bring large bags in to the Synagogue with you, please leave them on the bus, and any handbags may be searched. The bus will depart from Clonenagh National School at 8am sharp on the morning (we'll aim to be home by about 3.30pm). The cost will be €12 per person. Enjoy the day!

Lost & Found

A pair of black gloves were found in Laccac Church after the Harvest Service on October 20th. Please call Sylvia at 087-7425865 to arrange their return.

Mothers' Union meeting on Monday night 4th November in Parochial Hall at 8pm. The Guest speaker is Robert Thompson, author of "*Insight into an unsighted World*" who will share his personal experience of losing his sight and offers practical guidance on how sighted people can help assist in a range of everyday situations to anyone. This is an open meeting & anyone interested in coming along to hear and meet Robert will be most welcome.

Mountrath Community Employment Scheme will hold their annual church gate collection on the weekend of 23rd & 24th November. Your support would be very much appreciated as they do a lot of work in the parish

Stress Management: Breathing Exercises for Relaxation

Have you ever noticed how you breathe when you feel relaxed? The next time you are relaxed, take a moment to notice how your body feels. Or think about how you breathe when you first wake up in the morning or just before you fall asleep. Breathing exercises can help you relax, because they make your body feel like it does when you are already relaxed.

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.

- The way you breathe affects your whole body. Breathing exercises are a good way to relax, reduce tension, and relieve stress.
- Breathing exercises are easy to learn. You can do them whenever you want, and you don't need any special tools or equipment to do them.

How do you do breathing exercises?

There are lots of breathing exercises you can do to help relax. The first exercise below—belly breathing—is simple to learn and easy to do.

Belly breathing

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
5. Do this breathing 3 to 10 times. Take your time with each breath.
6. Notice how you feel at the end of the exercise.

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

SPATIAL REASONING PLANNING

Road Trip!

This confused driver is having trouble finding the petrol station—and he's running on empty! Follow the arrows to help him find the correct route.

The puzzle grid consists of 6 rows and 7 columns of signs. The signs are as follows:

- Row 1: Right arrow, Right arrow, LEFT ONLY (Left arrow), Down arrow, Down arrow, PETROL sign with a person at a pump, FINISH sign.
- Row 2: Up arrow, Down arrow, Left arrow, KEEP RIGHT (Right arrow), Up arrow, Up arrow, Left arrow.
- Row 3: INCOMING WAY (Up arrow), Right arrow, Left arrow, Left arrow, Down arrow, Right arrow, Up arrow.
- Row 4: Up arrow, Right arrow, Down arrow, Up arrow, Right arrow, Down arrow, Down arrow.
- Row 5: Up arrow, Right arrow, TWO WAY (Two opposite arrows), Up arrow, ONE WAY (Right arrow), Up arrow, Down arrow.
- Row 6: Right arrow, Right arrow, Right arrow, Right arrow, Up arrow, LEFT ONLY (Left arrow), Left arrow.

At the bottom left is a car with a 'G' on its side and a 'START' sign. At the top right is a petrol station with a sign that says 'PETROL' and 'FINISH'.

Clonenagh National School News

Clonenagh NS has been the usual busy hive of activity. All the pupils (and staff!) most certainly deserve their upcoming Midterm break. Thanks to the generosity and dedication of our school community, we have managed to fill two Aldi posters with 600 stickers!! This in itself is a huge feat for a small school. Each poster is an entry into a draw with fantastic prizes.

On Thursday 17th October, 5th and 6th class took part in the Aldi Tag Rugby Blitz. The torrential rain did not dampen our spirits and the team played well. As it was during the Rugby World Cup, each team had to represent a participating country. We chose to represent Samoa and we did them proud!



On Wednesday, 23rd October, our football team played Portlaoise Educate Together in the Cumann na mBunscol Shield Final. Although the team played with such passion and fervour, we were defeated by two points when the final whistle blew. There is a descriptive article on Laois Today.ie that gives an account of the battle fought between these two great teams. Our impressive goalkeeper, Tomi Orelaja, won the Fair Play Award of the match. Following their defeat, the players were presented with medals and then headed to Eddie Phelans for a mighty feast! Thanks to all the parents, pupils, grandparents etc for supporting our team on the day!

A special word of thanks goes to Mr Noonan and Michael Boyhan for all their coaching and encouragement and also to Mrs McCarthy for attending every game, even though she is on maternity leave!



The pupils are currently preparing shoeboxes for the Hope Christmas Shoebox Appeal. During assembly a couple of weeks ago, a lovely lady, Kay, explained what to put and what not to put in the shoeboxes. She showed us an informative film about the difference that these boxes make to children across the world who live in terrible poverty. It is so encouraging to see the pile of shoeboxes grow, day by day.

On Friday, 25th October, the children will dress up as their favourite book characters and they will each donate a euro towards St Vincent de Paul. We are all looking forward to seeing their efforts!

Services & Readings

November 2019

Friday 1st <i>All Saints' Day</i>	<i>Daniel 7: 1-3, 15-18 Psalm 149 Ephesians 1: 11-23 Luke 6: 20-31</i>	Mountrath 8.00pm Holy Communion				
Sunday 3rd <i>4th Sunday before Advent</i>	<i>Habakkuk 1: 1-4; 2: 1-4 Psalm 119: 137-144 2 Thessalonians 1: 1-4, 11-12 Luke 19: 1-10</i>	Roskelton 9.30am Holy Communion	Seir Kieran 9.30am Morning Prayer	Lacca 10.30am Holy Communion	Borris-in-Ossory 11.00am Morning Prayer	Mountrath 11.30am Holy Communion
Sunday 10th <i>Remembrance Sunday</i>	<i>Isaiah 2: 1-5 Psalm 47 Revelation 1: 1-7 Matthew 5: 1-12</i>	Seir Kieran 9.00am Holy Communion with Act of Remembrance		Annatrim 11.00am Holy Communion with Act of Remembrance	Mountrath 11.30am Morning Prayer for Remembrance Sunday	
Sunday 17th <i>2nd Sunday before Advent</i>	<i>Isaiah 65: 17-25 Canticle: Song of Isaiah 2 Thessalonians 3: 6-13 Luke 21: 5-19</i>	Roskelton 9.30am Morning Prayer	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
Saturday/ Sunday 23rd/24th <i>The Sunday before Advent</i>	<i>Jeremiah 23: 1-6 Canticle: Benedictus Colossians 1: 11-20 Luke 23: 33-43</i>	Seir Kieran Saturday 8.00pm Evening Prayer	Lacca Sunday 10.30am Family Service	Annatrim Sunday 11.00am Morning Prayer		Mountrath Sunday 11.30am Holy Communion
Saturday 30th <i>St. Andrew's Day</i>	<i>Isaiah 52: 7-10 Psalm 19: 1-6 Romans 10: 12-18 Matthew 4: 18-22</i>	Mountrath 8.00pm Holy Communion				

Parish Diary

November

- 3rd Sunday.....Lacca Sunday School (*page 3*)
 4th Monday.....Mothers' Union meeting (*page 4*)
6th Wednesday.....Closing date for Diocesan Magazine Notes
 7th Thursday.....Thursday Bible Club (*page 4*)
 9th Saturday.....Synagogue visit (*page 4*)
20th Wednesday.....Closing date for December 2019 Newsletter
 21st Thursday.....Thursday Bible Club (*page 4*)

Items for the December 2019 Newsletter need to be with the editor by **WEDNESDAY November 20th AT THE LATEST**, so that the Newsletter can be assembled in time for the **Fourth Sunday, November 24th**.

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@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