

The Newsletter

January 2020

Rector:

*Rev'd Victor Fitzpatrick,
Clonagh Rectory,
Portlaoise Road,
Mountrath.*

Phone: 057-8732146 /086-3974035

Diocesan Reader:

*Mabel Peavoy,
Shannon Road,
Mountrath.*

Phone:057-8732331

Parish office: clonagh@ossory.anglican.org



On Sunday 15th, the pupils of Clonagh National School sang a medley of Christmas Carols at the Mountrath Christmas Market

Clonagh Group of Parishes

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

The Rector Writes

Looking back on the old year, and forward to the new

Look to the Lord and his strength; seek his face always. Remember the wonders he has done, his miracles, and the judgments he pronounced.

(1 Chronicles 16:11-12)

Twenty Questions for 2020

What was the single best thing that happened this past year?

What was the single most challenging thing that happened?

What was an unexpected joy this past year?

What was an unexpected heartache?

Pick three words to describe this past year.

Pick three words your partner or close friend would use to describe your year.

Pick three words your partner or close friend would use to describe their year.

What were the best books you read this year?

Who were your most valuable relationships with?

What was your biggest personal change from of this past year?

In what way(s) did you grow emotionally?

In what way(s) did you grow spiritually?

In what way(s) did you grow in your relationship with God?

In what way(s) did you grow in your relationships with others?

What was the most enjoyable part of your work (professionally or at home)?

What was the most challenging part of your work (professionally or at home)?

What was your single biggest time waster in your life this past year?

What was the best way you used your time this past year?

What was biggest thing you learned this past year?

Create a phrase or statement that describes this past year for you.

~Rev. Victor

Requiescent In Pace



We are very saddened to hear of the sudden and untimely death of Charlie Wallace's niece **Averil Wallace Doughan**. We extend to Charlie and his entire family our most sincere condolences in their great grief at this time.

We also extend our sympathy to the Rector and his mum Pauline on the

death of his uncle, **James (Jim) Redmond**, late of Galway. Jim grew up in Dublin but moved to England, later returning to set up home with his wife Nellie in Galway. Theirs was a very ecumenical marriage; Nellie was a member of the Church of Ireland and the couple regularly attended services in each other's churches. Jim was a dear friend of Rev. Elizabeth Hanna and many other Church of Ireland clergy. (The Rector's paternal uncle, also Jim, remains in a critical condition in the kind care of the staff of St Joseph's Hospital, in Raheny, Co. Dublin).

May they rest in peace and rise in glory

Parish Notes

Christmas Carol Services, Christmas Services & Christmas Dinners 2019 —

Thank you!

The Rector would like to send his sincere thanks to Mervyn Tomb and Gillian Purser for kindly giving of their time and hard efforts in arranging and leading Carol Services both in Lacca and Annatrim respectively, and to Mabel, Joan, Margaret and Serena for giving their time and talents in playing at them and on Christmas Day. A big thanks too to Ivor for all his help with the service sheets, to Lionel for his kind help in driving, and to all our readers and Churchwardens. Thank you too to the many parish and community organisations who so kindly and thoughtfully invited both my mum and I to the many social dinners and events over the festive season. God bless you all and every good wish for 2020! Rev. Victor

Mountrath Christmas Lights Committee News

The Christmas lights in Mountrath were switched on on Friday 30 November. Two words which would describe the night are: bravery and solidarity. Brave of the families to face the near freezing temperatures, and yet to see the excitement in the children's faces. The Carol Singers sang their hearts out with beautiful pieces on the night. And solidarity; as a grieving family was surrounded by a community supporting them in their awful time of need. Well done too to young Aaron Hyland for bringing in Christmas to Mountrath town and well done to the community of Mountrath for making it all possible. Special guests of the evening included our fabulous Calendar Ladies, as without their participation in making of the calendar the success it was, we would have no lights to switch on this year! We would also like to say a special word of thanks to Eddie, Mick and Tom who have worked tirelessly putting up the 2 large trees either side of the town. We would

also like to thank Edel and all the lads on Mountrath's Community Employment Scheme for all their hard work putting the decorations on the roundabout, and on the local proprietors' shop fronts. We are also delighted to have our local talented Cosy Café Choir perform Christmas Carols on the evening, and the jolly old St. Nicholas even made an appearance to the delight of all the girls and boys. A big thanks to everyone who came along and supported the evening!

Camross Community Lotto Village Park Appeal

Consider a local gift idea to support your local community for your family and friends birthdays or for new year gifts. Please purchase a Camross Lotto subscription online where a gift certificate is available. More details found on our Facebook page "Camross". All funds raised will be used to complete the Village Park.

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 086 818 5644. 7.15- 8.45pm in the Parochial Hall.

Lacca Church Sunday School - January

There will be no Sunday School in Lacca for January, as there is only one service in the Group on the first Sunday, the Group Service with Bishop Michael in Mountrath. The normal Sunday School schedule resumes in February.

Pastoral Visit of Bishop Michael to Clonenagh

Bishop Michael will visit Clonenagh Group of Parishes on Sunday 5 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.

The Royal British Legion Republic of Ireland Poppy Appeal 2019

Lionel Gyves extends a very sincere thank you to everyone who supported the Poppy Appeal in November. €355 was raised from the collections in all six of our churches. The British Legion was established in Ireland in 1925 by Irish veterans returned from the Great War, and for over 90 years it has acted as the principal custodian of Remembrance for Ireland's fallen of two world wars. Membership is available to all adults, not just members or ex-members of the forces and new members are always warmly welcomed.

Pilgrim journey for St Ciarán's Day, March 2020

The Rector of Baltinglass and Vicar of Cumann Breandán Naofa, Máirt Hanley, is planning a "vehicular pilgrimage" to mark St Ciarán's Day (5 March) on Sunday 8 March 2020. Cumann Breandán Naofa, or the Community of Brendan the Navigator, is a community within the Church of Ireland which seeks to promote pilgrimage, contemplative prayer, and retreat. The St Ciarán's Day pilgrimage will begin at Aghaboe and make its way on to Roscrea, and conclude with a special service led by the Rector at Seir Kieran. As walking this journey would not be feasible, the pilgrimage will be a vehicular one. All are welcome to come along and further details will follow. As this event is still in the early stages of planning it is of course subject to change.

Home Holy Communions

Home Holy Communion visits will take place in the second week of January, that is Wednesday 8 January and Thursday 9 January 2020. Please do contact the Rector if you or a friend or relative would like to be added to the list.

Safeguarding Trust panel meeting

A meeting of the parish's Safeguarding Trust panel will take place on Wednesday 15 January at 8pm in the Parochial Hall in Mountrath. Part of the meeting will involve taking a passport-style photo of panel members in order to update our Safeguarding Trust notices in the churches (we've been requested to add photos to these signs). If you can't make it to the panel meeting on the night could you please forward a passport photo to the Rector by email or drop it into the Rectory ahead of the meeting.

Thursday Bible Club

Thursday Bible Club for children of school age recommences on Thursday 16 January at the Parochial Hall in Mountrath, running from 6.30pm—7.45pm, and will then be held on alternate Thursdays. 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.

The Three Tenors in Concert

St Fintan's Church, Mountrath, is hosting a concert in aid of its repainting on Friday 21 February 2020. Tickets cost €25 and are available from the Rector. The Three Tenors have rightly been billed as "Ireland's Greatest Voices" and will be direct from the National Concert Hall, with the St Fintan's Church choirs and the pupils of Gaelscoil Thromaire also performing. Doors open 7pm, with the concert commencing at 8pm.

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 na-

tional 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 01 231 0594, or email transport@irishcancer.ie or go to www.cancer.ie for more information.

Society of Catholic Priests visit to Clonenagh

The Society of Catholic Priests (SCP) is a growing society of women and men serving as priests, deacons, and consecrated religious throughout the worldwide Anglican Communion which draws its membership from Anglicans who consider themselves a part of the Anglo-Catholic tradition of Anglicanism. Founded by Church of England clergy in 1994, the Society's Chapter Rector for the Irish Province of Dublin is Norman Gamble, Rector of Malahide in north county Dublin. The Provincial Episcopal Visitor is our very own Bishop Michael Burrows. The Society's visit to Clonenagh on

21 January will take the form of a celebration of Holy Communion in St Peter's Church with representatives of the Church in Wales, followed by a reception in the Rectory.

Rector's New Year Training Course

The Rector will be participating in a Team Leadership Course in Cork running for six Thursdays beginning on 22 January.

The Fundraising Committee would like to wish everyone a very happy and peaceful Christmas, and we look forward to your continued support in 2020.

A very sincere **"Thank you!"** to Mr Tom Browne who donated the Christmas tree for St. Peter's, and also to those people who give their time to decorate it.

Sustentation: Thanks to all who have paid their Sustentation, and a gentle reminder to those who haven't!

Clonenagh National School News

Well done to all the boys and girls of Clonenagh National School for such excellent performances at the Carol Service on Thursday 12th December. Between readings, poems, soloists and class carols, it's safe to say that we have an abundance of talent in Mountrath.

On Sunday 15th, over 30 of the pupils sang a medley of Christmas Carols at the Mountrath Christmas Market. They were excellent!

On Wednesday, the Junior Room and the Middle Room headed to Roll n Bowl for their Christmas Treat. The Senior Room elected to watch a Christmas movie in school with a take away. A big thank you to our hardworking Parents Association for funding this.

As you all know, our annual fundraiser, the Tractor Run takes place on Saturday, 28th December. This year especially, it has created quite a buzz as Shane Lowry has very kindly donated a flag from his recent win at the Open. It has already created a lot of interest and Midlands Radio Three even phoned us about it!

Clonenagh National School enrolments for September 2020 take place now. Please contact the school on 057-8732516 or email clonenaghns@gmail.com and a Notification of Intention to Apply for Enrolment form will be sent to you. Closing date for receipt of Notification of Intention to Apply for Enrolment forms is Monday, 24th February, 2020.

How to help my child with Anxiety *by Clinical psychologist David Coleman*

Example:

Our 6-year-old daughter has just finished senior infants. She has one younger sister. She is a very active child. Both myself and my husband work full time. Outwardly, our daughter seems to be a happy, settled child, but we have noticed at home that she can be very anxious, and doesn't seem to have the ability to control her emotions. She gets upset, scared or cross very easily. Her ad hoc crying concerns us especially. We would like to know what we can do to help her, maybe to help her build tools to adjust her thinking.

Suggestions:

Lots of six-year-olds will experience strong emotions that they cannot regulate. They still need adult support to both understand and deal with their emotions. Because she is the oldest of your two, she may seem more mature and developed than her sister and so, especially since she started school, you may have had greater expectations of her ability to soothe and settle herself when she gets emotional. The key thing that a girl her age needs is lots of emotional understanding and empathy from you and her dad. She needs your help to identify her feelings, including the intensity of them, and she also needs your help to regulate the adrenalin that may be released during her emotional outbursts. So, if she seems upset, cross or anxious, you might like to still give her a hug, or invite her to cuddle on your knee while you make educated guesses about what you think she feels. The extent of her emotional outbursts may also be part of an unconscious process of care-seeking. It is not unusual for children to learn (subconsciously) that a particular kind, or intensity, of outburst from them elicits a particular kind of care or caring response from us. Those educated guesses become empathy statements, where you try to identify the feeling you think she has. An example of an empathy statement might be:

"I see that you are crying and I guess that you feel really sad or upset about something"

Try to identify the feeling, and then link that feeling to whatever incident or experience precipitated it. This helps your daughter to work out her feelings and to fit those feelings with the events in her life.

Repeating this process, regularly, with her, when she seems upset, scared or cross, will help to develop her emotional intelligence and will allow her to build the skills required to regulate her emotions. Even with this kind of approach, children do sometimes get overwhelmed by feelings and still require our help to soothe, even when they are teenagers!

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



CLONENAGH NATIONAL SCHOOL

TRACTOR
RUN 2019

**ANNUAL TRACTOR RUN &
6K FAMILY FUN RUN/WALK**

REGISTRATION FOR TRACTOR RUN AT 1PM, LEAVING AT 2PM & REGISTRATION FOR FUN RUN AT 11AM

FROM COOLRAIN VILLAGE

28TH DECEMBER 2019

MONSTER AUCTION AT 9PM



REFRESHMENTS & MUSIC ALL DAY
FOR FURTHER INFORMATION CONTACT 087 2664012

The **Clonenagh National School Annual Tractor Run and Monster Auction** will take place in Coolrain on Saturday 28th December 2019. This event promises to be an exciting day out for all of the family. The day will start with a 6km Family Fun Run/Walk. Registration for the Fun Run/Walk is at 11am in Sheeran's Pub, Coolrain, and the Run will start at 11.30am. Registration for the Tractor Run will be at 1pm and the tractors will set off at 2pm.

The event will finish with the Monster Auction in Sheeran's Pub at 9pm with many impressive lots to be auctioned on the night. The top auction piece is a flag from the 2019 British Open signed by Shane Lowry, the Winner of the Open. There will be music and refreshments in Sheeran's Pub throughout the day.

NOTE: This item was carelessly omitted from the December 2019 edition of the Newsletter, sincere apologies to all concerned ~The Editor

Services & Readings

January 2020

Sunday 5th <i>2nd Sunday of Christmas</i>	Jeremiah 31: 7-14 Psalm 147: 12-20 Ephesians 1: 3-14 John 1: [1-9], 10-18	Mountrath 11.00am Holy Communion <i>with Bishop Michael</i>				
Sunday 12th <i>1st Sunday after the Epiphany</i>	Isaiah 42: 1-9 Psalm 29 Acts 10: 34-43 Matthew 3: 13-17	Seir Kieran 9.30am Holy Communion	Annatrim 11.00am Holy Communion	Mountrath 11.30am Morning Prayer		
Sunday 19th <i>Church Unity Sunday</i>	Isaiah 49:1-7 Psalm 40:1-12 1 Corinthians 1: 1-9 John 1: 29-42	Roskelton 9.30am Holy Communion	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 25th/26th <i>3rd Sunday after the Epiphany</i>	Isaiah 9: 1-4 Psalm 27: 1, 4-12 1 Corinthians 1: 10-18 Matthew 4: 12-23	Seir Kieran Saturday 7.00pm Evening Prayer	Lacca Sunday 10.30am Family Service	Annatrim Sunday 11.00am Morning Prayer		Mountrath Sunday 11.30am Holy Communion

Parish Diary

December

28th Saturday.....Clonenagh N.S. Tractor & Fun Run (*pages 5 & 7*)

January

5th Sunday.....Pastoral Visit of Bishop Michael Burrows (*page 3*)

6th Monday.....Closing date for Diocesan Magazine Notes

8th-9th Wed-Thurs....Home Holy Communion visits (*page 4*)

15th Wednesday.....Safeguarding Trust panel meeting (*page 4*)

16th Thursday.....Thursday Bible Club (*page 4*)

21st Tuesday.....Society of Catholic Priests visit to Clonenagh (*page 5*)

22nd Wednesday.....Closing date for February 2020 Newsletter

February

21st Friday.....The Three Tenors in Concert (*page 4*)

22nd Saturday.....Rector's New Year Training Course (*page 4*)

24th Monday.....Closing date for Clonenagh N.S. enrolment applications
(*page 5*)

Items for the February 2020 Newsletter need to be with the editor by **WEDNESDAY January 22nd AT THE LATEST**, so that the Newsletter can be assembled in time for the Fourth Sunday, **January 26th**.

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