

The Newsletter

February 2020

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*The Clonagh National School Annual Tractor Run in Coolrain
Saturday 28th December 2019*

Clonagh Group of Parishes

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

The Rector Writes

Holocaust Memorial Day, 27th January

Kristallnacht (“Crystal Night” or the night of broken glass) was a pogrom against Jews carried out by Nazis and civilians throughout Nazi Germany on 9th November 1938. The German authorities turned a blind eye. Kristallnacht got its name from the shards of broken glass that littered the streets after the windows of Jewish-owned shops, homes, hospitals and synagogues were smashed. Nearly 300 synagogues throughout Germany and Austria were destroyed and 30,000 Jewish men were arrested and incarcerated in concentration camps, a chilling sign of the Genocide to come. The London Times reported on 11th November 1938: “No foreign propagandist bent upon blackening Germany before the world could outdo the tale of burnings and beatings, of blackguardly assaults on defenceless and innocent people, which disgraced that country yesterday.”

Psalm 31

11. Because of all my enemies,
I am the utter contempt of my neighbours
and an object of dread to my closest friends—
those who see me on the street flee from me.
12. I am forgotten as though I were dead;
I have become like broken pottery.
13. For I hear many whispering,
“Terror on every side!”
They conspire against me and plot to take my life.
14. But I trust in you, Lord;
I say, “You are my God.”
15. My times are in your hands;
deliver me from the hands of my enemies,
from those who pursue me.

We pray for all who were murdered on Kristallnacht and in the Shoah (Holocaust), and for those who survived and who kept alive their names and their memories. We pray too for the courage and commitment to stand up against anti-Semitism and every kind of racial and religious hatred in our daily lives. May we never forget. Amen.

~Rev. Victor

Parish Notes

Baby Joy!

Congratulations to proud parents **Scott & Jenny Cooper** who received a bouncing baby Thanksgiving gift on 22nd November with baby **James**, their second child. Congratulations too to equally proud parents **Roy & Averil Treacy** on the birth of their baby **Ross**, who was born just before Christmas on 19th December - what a Christmas present! We also send our very best wishes to **Wilbert & Muriel Gill** who are celebrating being grandparents again. Congratulations to one and all, and we give thanks to God for the safe delivery of three healthy babies.

~Rev. Victor

Engagement Joy!

Our very warmest congratulations and best wishes to two couples celebrating their engagements in this new year: **David Jackson & Tara O'Neill**, and **Derek Wallace & Kathleen Troy**. Every good wish and happiness to the happy couples!

~Rev. Victor

Epiphany Visit Of Bishop Michael To Clonenagh

Bishop Michael visited Clonenagh Group of Parishes on Sunday 5th January 2020, and celebrated Holy Communion in St Peter's Church, Mountrath, for The Epiphany.

It was wonderful that Bishop Michael was with us to celebrate our first service of New Year 2020, and he delivered a very personal and moving Address which touched on the sadness of his late Dad's death, anniversary, and burial but also on the joy of his beloved wife Claire's birthday.

The service concluded with a Chalking of the Door ceremony, where the Rector used chalk to mark the lintel

of the church door as follows: 20 + C + M + B + 20.

The three Wise Men, Caspar, Melchior, and Balthazar followed the star of God's Son who became human two thousand and twenty years ago.

The letters have two meanings. Firstly, they represent the initials of the Magi - Caspar, Melchior, and Balthazar - who came to visit Jesus in his first home.

Secondly, they abbreviate the Latin phrase, *Christus mansionem benedicat*: "May Christ bless this house."

The "+" signs represent the cross, and the "20" at the beginning and the "20" at the end mark the year.

Select Vestry Meetings

There will be a meeting of the **Clonenagh Select Vestry** on Tuesday 11th February at 8pm in the Parochial Hall in Mountrath.

There will be a meeting of the **Offerlane Select Vestry** on Tuesday 18th February at 8pm in Annatrim Church, and there will also be a meeting of the **Borris-in-Ossory/Seir Kieran Select Vestry** on Thursday 20th February at 8pm in St Mark's Church, Borris-in-Ossory.

These meetings are necessary to examine and approve new Safeguarding Trust policy documents.

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

The normal Sunday School schedule resumes in February, 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.

Fellowship Meeting

The Fellowship Meeting takes place on the second Thursday of every month in Lacca Church at 8pm. All welcome!

Bishop Michael To Visit Borris-in-Ossory

Bishop Michael will visit St Mark's Church, Borris-in-Ossory where he will celebrate Holy Communion on the evening of Saturday 14th March at 7pm. All welcome!

Visit To Clonenagh Of The Society Of Catholic Priests

The January visit of members of the Anglican religious group, the Society of Catholic Priests, regrettably had to be postponed. Members of the Society will instead hope to visit Clonenagh on Tuesday 25th February (Shrove Tuesday).

It is hoped some clergy of our sister Church, the Church in Wales, will be in attendance in the parish on the day and seeing the ruins of the historic Clonenagh monastery on the outskirts of Mountrath as well as the ancient monastic site of Seir Kieran.

Holy Communion will be celebrated in St Peter's Church, Mountrath, by Rector of Malahide Rev. Norman Gamble, the Society's Vicar in Ireland with Bishop Michael Burrows (the Society's Episcopal Visitor in Ireland) in attendance. The service will take place at 12 noon approximately and parishioners are most welcome to attend.

Ash Wednesday and Lent 2020

Our Lenten services begin on Ash Wednesday 26th February with a celebration of Holy Communion in St Peter's Church, **Mountrath** at 8pm. Evening Prayer with a Lenten reflection will take place on **Tuesday evenings at 8pm** during the weeks of Lent, beginning at St Matthew's Church in **Roskelton** on 3rd March.

The dates for your diaries are:

3rd March **Roskelton**,

10th March **Lacca**,

24th March **Annatrim**,

31st March **Seir Kieran**.

Tuesday 17th March is St Patrick's Day and instead of Evening Prayer there will be a celebration of Holy Communion in St Peter's Church, **Mountrath** at 11am*. (*Time might change owing to St Patrick's Day parade).

Holy Week 2020

Evening Prayer for Holy Week will take place on Monday, Tuesday and Wednesday (6th, 7th & 8th April) at 8pm in St Matthew's Church, **Roskelton** (Monday), **Annatrim Church** (Tuesday) and St Mark's Church, **Borris-in-Ossory** (Wednesday). On Maundy Thursday night there will be a celebration of Holy Communion of The Lord's Supper in St Peter's Church, **Mountrath** at 8pm.

Easter Services 2020

GOOD FRIDAY:

10am **Roskelton** to The Hollow Ecumenical Pilgrim Walk

3pm Prayer at the Cross, St. Peter's Church, **Mountrath**

EASTER EVE:

6pm First Eucharist of Easter, **Seir Kieran**

8pm The Easter Vigil, **Annatrim Church**

EASTER DAY:

8am First Eucharist of Easter Morning, St Mark's Church, **Borris-in-Ossory**

9am Holy Communion I, St Matthew's Church, **Roskelton**

10.15am Holy Communion I, **Lacca Church**

11.30am Holy Communion of Easter Day, St Peter's Church, **Mountrath**

St Ciarán's Day Vehicular Pilgrimage

The Rector of Baltinglass and Vicar of Cumann Breandán Naofa, Máirt Hanley, is planning a "vehicular pilgrimage" to mark St Ciarán's Day (5th March) on Sunday 8th 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.

Lacca Parishioner Features With Kate Winslet In Festive Film

Young Lacca parishioner **Robert Harvey**, a Trinity College lecturer in music, featured alongside Oscar-winning actress Kate Winslet in a Christmas Day film on RTÉ television.

Robert, a Mountrath man, is a seven times all-Ireland Fleadh Cheoil champion, featured in *The Christmas Letter*, an animated film that revolves around a letter to Santa Claus that was discovered lodged in the chimney of a Dublin house during works to install central heating.

The letter was written in 1911 by a young child who lived in the house, and is found over 100 years later by the new occupant. Robert plays the part of

Frank, a little robin redbreast, having been approached in 2016 by the film's director, Kealan O'Rourke. Kealan learned of Robert's skill as a whistler, having been all-Ireland whistling champion.

During the recording of his part, Robert learned that Kate Winslet was to be the narrator of the film.

The film was released in 2017 as *The Lost Letter* and was funded by RTÉ and the Arts Council, but Universal Film Studios became aware of the film and asked for it to be extended to 30 minutes, and rereleased as *The Christmas Letter*.

This isn't the first time that the talented young musician's whistling has featured on TV. His whistles mimicking nightingales, crows and finches featured in an animated series based on the book *Peak Zoo* and shown on RTÉjr.

Robert is currently balancing his lecturing with arranging a four-piece ensemble as he prepares to launch his first solo CD in February.

And as if that wasn't enough for one person to handle, he is also working on a collaborative project with Comhaltas Ceoltóirí Éireann on all-Ireland whistling champions from the 1950s to the present day, more details of which will follow soon.

We look forward very much to the launch of Robert's CD and wish this very talented young man every success in his endeavours.

The Three Tenors In Concert

St Fintan's Church, Mountrath, is hosting a concert in aid of its repainting on Friday 21st 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. If you're going do please think of bringing a comfortable cushion with you to sit on — the pews may be hard on your backs.

Rector's Leadership Training Course In Cork

The Rector's planned six-week training course at St Luke's Education Centre in Cork has regrettably had to be cancelled yet again due to low uptake from the clergy. It is hoped that the course may be run again over the summer, or perhaps the autumn.

Sustentation

Thanks to all who have paid their Sustentation, and a gentle reminder to those who haven't yet got round to it. Your kind and generous support of our Group of Parishes is very gratefully appreciated.

2020 Senior Bishop's Medal Essay Competition

This is a competition open to any students in fifth or sixth year in any secondary school in the United Dioceses of Cashel, Ferns & Ossory. Candidates are

not required to be members of the Church of Ireland nor do they have to be attending a Church of Ireland school.

They will be asked to write, usually in 75 minutes, an essay from a list of unseen titles. They are invited to write their essay on Wednesday 18th March 2020 at 7.00 pm in Kilkenny College; Coláiste Bhríde, Carnew; or Newtown School, Waterford, by kind permission.

An awareness of current affairs in Church and society is helpful.

First prize is the 2020 Senior Bishop's Medal and €200. There are two further prizes of €100 each.

Further information may be had from Canon Patrick Harvey (057) 8731243; or by email at patrickharveyone@gmail.com.

Mothers' Union meeting will be held on Monday night January 27 at 8pm in the home of Jean Treacy. Guest speaker on the night is Deidre Kelly, Reflexologist and Aromatherapist.

Leprosy Mission boxes raised €134.46 in 2019, many thanks to everyone who contributed.
~Olga Telford

Clonenagh National School News

Thank you to everyone for all the kindness that was given to Clonenagh NS on the 28th December. It was a memorable day, from start to finish. A mega pat on the back has to go to our diligent and enthusiastic Parents Association. It is terrific to see our school so well supported in the community. All monies raised will contribute to various parts of school life.

At the moment, the pupils are partaking in a gymnastics module that has been heavily subsidised by the Parents Association's fundraising. These funds help us, as educators, to deliver the curriculum in a fun and memorable way for our pupils. It gives us access to workshops that help teach and open up a topic i.e. History in a much more exciting way for children and staff alike.

Once again, thank you all for continued support.

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.

Depression, like any mental illness,

...is challenging to understand from the outside. Perhaps this is why it too often gets mistaken for sadness. Medical depression, however, runs so much deeper. As Ned Vizzini explained, “I didn’t want to wake up. I was having a much better time asleep. And that’s really sad. It was almost like a reverse nightmare, like when you wake up from a nightmare you’re so relieved. I woke up into a nightmare.” Depression is an unusual kind of darkness. Often we don’t know what to say, so we try to relate from our own experiences with feeling sad. Although our intentions may be good, the impact on our depressed loved one is rarely helpful. Here are five things we might say to depressed people that are unhelpful.

1. Happiness is a choice. How would you feel if a person who was born into lavish wealth told you that poverty was a choice? Well, that statement is wrong – and offensive – for the same reasons as this one. Yes, there are choices we can make that increase or decrease our happiness. However, we also start out at wildly different places, due to genetics and uncontrollable life events. A person who is struggling with a medical case of depression cannot think their way into happiness. For them, the road will be much longer and more difficult. They may require CBT or medication. To compare a depressed person’s journey to happiness with that of a typical person is deeply unfair.

2. Life is hard for everyone. Look at Bob – he has it way worse than you, and he’s handling things just fine. The clear implication here is that Bob must be working harder, caring more, or just inherently better. This thinking is not helpful to a person who likely already struggles with their self-worth. It also ignores the fact that life is so much more complicated than what we see on the surface. It’s impossible to compare the difficulty of two lives when we are missing decades of complex biological and situational information. It’s also not productive.

3. Get out of bed and put a smile on your face. Be strong for your partner/kids/parents. This statement is unkind and dismissive. It implies that your friend’s mental health is not as important as the comfort of those around them. At best, this will encourage a depressed person to bottle up their feelings – a mental health practice so toxic it can cause physical harm. Empathy may be a slower motivator than fear and shame, but its results run much deeper. They also last longer and feel better.

4. This depression is all in your head. Have you tried thinking more positively? Positive thinking is a great tool for improving your self-esteem and world view. Unfortunately, it is not a cure for depression. Depression is the result of a chemical imbalance in the brain. Although tools like mindfulness, self-care, and spirituality can be beneficial for those with depression – and everyone else – they are by no means a cure for it. This thinking is dangerous because it blames the patient themselves for an illness they’d never choose.

5. This has gone on long enough. It’s time for you to snap out of it. Why didn’t your depressed friend think of just “snapping out of it”? Clearly, this would be a great solution – if it worked. Unfortunately, nothing about this thought makes sense. Depression is a medical illness. You can’t “snap out of it” any more than you could snap out of diabetes. To imply that you could is to say that depression is a lifestyle decision.

So, what does your loved one with depression need to hear from you? It’s simpler than you think. They just want to know that you love them and that you’re around if they need you.

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

Services & Readings

February 2020

Sunday 2nd <i>The Presentation</i>	Malachi 3: 1-5 Psalm 84 Hebrews 2: 14-18 Luke 2: 22-40	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 9th <i>3rd Sunday Before Lent</i>	Isaiah 58: 1-9a, 9b-12 Psalm 112: 1-9, 10 1 Corinthians 2: 1-12, 13-16 Matthew 5: 13-20	Seir Kieran 9.30am Holy Communion		Annatrim 11.00am Holy Communion	Mountrath 11.30am Morning Prayer	
Sunday 16th <i>2nd Sunday Before Lent</i>	Deuteronomy 30: 15-20 Psalm 119: 1-8 1 Corinthians 3: 1-9 Matthew 5: 21-37	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 22nd/23rd <i>The Transfiguration</i>	Exodus 24: 12-18 Psalm 2 2 Peter 1: 16-21 Matthew 17: 1-9	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
Tuesday 25th	<i>Shrove Tuesday</i>	Mountrath 12.00pm (noon) Visit To Clonagh Of The Society Of Catholic Priests Holy Communion				
Wednesday 26th	<i>Ash Wednesday</i>	Mountrath 8.00pm Holy Communion				

Parish Diary

January

27th Monday.....Mothers' Union meeting (page 6)

February

2nd Sunday.....Lacca Sunday School (page 4)

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

13th Thursday.....Fellowship Meeting (page 4)

11th Tuesday.....Clonagh Select Vestry meeting (page 3)

18th Tuesday.....Offerlane Select Vestry meeting (page 3)

19th Wednesday.....Closing date for February 2020 Newsletter

20th Thursday.....Borris/Seir Kieran Select Vestry meeting (page 3)

21st Friday.....The Three Tenors in Concert (page 5)

24th Monday.....Closing date for Clonagh N.S. enrolment applications (page 6)

25th Tuesday.....Society of Catholic Priests visit to Clonagh (page 4)

March

8th Sunday.....St Ciarán's Day Vehicular Pilgrimage (page 5)

14th Saturday.....Visit of Bishop Michael Burrows to Borris-in-Ossory (page 4)

18th Wednesday.....2020 Senior Bishop's Medal Essay Competition (page 6)

Items for the March 2020 Newsletter need to be with the editor by WEDNESDAY February 19th **AT THE LATEST**, so that the Newsletter can be assembled in time for the Fourth Sunday, February 23rd.

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

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