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A Christmas Prayer

*O God, our loving Father, help us
Rightly to remember the birth of Jesus,
That we may share in the song of the
Angels, the gladness of the shepherds
And the worship of the wise men.*

*Close the door of hate and open the
Door of love all over the world.*

*Deliver us from evil by the blessing
That Christ brings, and teach us
To be happy with clear hearts.*

*May the Christmas morning make us happy
To be thy children and the Christmas
Evening bring us to our beds with
Grateful thoughts, forgiving, and
Forgiven, for Jesus's sake.*

Amen.

Robert Louis Stevenson





*We offer the sympathy of
all parishioners to the
families of*

Nancy Kavanagh (nee Burns) Strandmill Rd
Gerard Flannery, Ashley Rise
Kathleen Waters, Woodlands,
Betty Dunleavy, St. Anne's Square
Sarah (Sally) Buckley, Wheatfield Road
who died recently

Bethany Bereavement Support Group

The Bethany Bereavement Support Group offers support to bereaved people by listening to them. Many Bethany members have themselves been bereaved.

We are trained to listen with understanding and are here to support anyone dealing with the very painful experience of grief. For further information please contact Parish Office: 846 1561.

A Christmas Prayer for those who have suffered the recent death of a loved one

God of compassion, there is such a hole in my heart! Today should be a day of joy, but I feel only emptiness and loss.

While the world celebrates around me, I remember Christmas celebrations of the past and I long to have my loved one with me. I bring my sorrows to you, Lord, like some odd gift of the magi and dump them at your feet. In my blind tears I wonder if anyone can possibly understand the depth of my sadness.

I know, you can. You sent your son to be with us in our deepest sorrows and I know that even though I might not feel it now, you are here with me, grieving with me, caring for me in my sadness.

Dearest lord, help me to turn to the one I miss so much today and speak. Help me heal the loss of our parting and help me not to regret the things I didn't say. Sorrow tears at my heart, but today I ask that my loss soften my heart and make me more compassionate with everyone I meet, so that my loss may become a gift to others.



PARISH COUNSELLING SERVICE

in the Parish Centre. Payment negotiated. By appt only.
Phone Mary Ryan 0872709767.

ACKNOWLEDGEMENTS



JIMMY MANNIX Carrickhill Drive

Died 9th June 2017

Bridie and family would like to thank everybody who was so supportive to them in their recent sad bereavement. We would like to especially thank Fr. Micheál Comer for his celebration of the Funeral Mass; Fr. Gerard Deegan for his constant support, Fr. John, Fr. Conleth, Pauline Geoghegan and the Funeral Team, Maura Hughes and her wonderful singers and musicians who made the Funeral Mass so special; to Rita for the beautiful flower arrangements. Thanks to Prof. Ciaran Donegan, Dr. Gareth May, Dr. David Madden, the public health nurses and the staff of Donnelly's Pharmacy. We are very grateful for the wonderful care which the staff of Raheny Community Nursing Unit were able to give to Jimmy during his time there. Thanks to all the friends and neighbours whose love and support were appreciated at the time of the wake and funeral and who continue to support us. The Holy Sacrifice of the Mass will be offered for your intentions.

GERALD (GERRY) FEENEY Carrickhill Walk

Died 22nd December 2016

Geraldine, Gerald, Tiernan, Olwyn, Sinead and Sorcha would like to convey a heartfelt and sincere Thank You to all our relatives, friends and neighbours for your expressions of sympathy, love and support. Thank you to the doctors, nurses, and staff at The Bon Secours Hospital and St Francis Hospice, Dr. Anne Flanagan, Dr. Valerie Flood, Dr Sarah Short and all the staff at Portmarnock Practice. To the pharmacist and staff in Donnellys pharmacya big thank you.

Thanks to all Gerry's comrades in Malahide Garda Station, especially his beloved detective unit for their guard of honour, his great friends from the Heinkel Club, Vintage and Veteran Club and Gardai for their motorcycle escort; our wonderful friends and neighbours for all you did and your continued support to us; to those who travelled long distances to be with us especially on the eve of Christmas.

We will be forever grateful.

Rest in Peace Gerry, you are always in our hearts.



PETER O'BRIEN Dal Riada

Died 19 December 2016

As we approach Peter's 1st Anniversary, Marie, Julie-Anne and Orlagh, together with Peter's mother Bridie and sister Mary would like to express our sincere appreciation to all who supported and helped us through Peter's short illness and very sadly his untimely death. To our wonderful neighbours, friends, work colleagues and community in Portmarnock thank you. It was very comforting to have so many people attend Peter's funeral Mass. A special thanks to Fr. Kevin and Fr. John who took time out from their busy Christmas schedule to spend considerable time with us in our home; to Fr. Kevin who celebrated Mass and made it so personable, to Rebecca Rodgers whose beautiful singing contributed in no small way. Thanks to Gerry from the Parish Funeral Team who guided us with great patience and empathy. To Richard and the staff of Staffords Funeral Home, thank you for your professionalism. Please accept our heartfelt thanks and as a token of our appreciation the Holy Sacrifice of the Mass will be offered for your intentions.

REMEMBERING KATHLEEN WATERS

Those of us who attended Holy Family church will always remember Kathleen with her choir of children, at the back of the altar, singing at the half ten mass. Kathleen, with that intensity of feeling with which she became renowned, would ask us to join in with the children. She made us feel we had to and we did.

Kathleen was a member of the Parish Development and Renewal Group where her wisdom was much sought after. She was a founding member of the Faith Development Group and she helped prepare the schoolchildren for First Eucharist and for the Sacrament of Reconciliation. She was a regular contributor to PROGRESS and was a member of the PROGRESS TEAM for many years up to the time of her illness. She was thoughtful, kind and hard working but always with a great sense of humour. She encouraged so many people to help in the parish. She will not be forgotten.

May she rest in peace

Seán Colgan, Chairman PPC



**St. Anne's Conference
Portmarnock
Special Christmas Appeal**



Saturday 9th and Sunday 10th December 2017

THE LEGACY OF VINCENT:

'at the heart of the Vincentian vocation is the search for those who are the poorest and most abandoned'. (Reflection of Pope Francis, September 2017)

A year ago, this column highlighted the plea of a homeless woman, one who had lost her way in life, meeting refusal at every turn. Sadly, the homeless crisis continued to confront our members over the past year. Assistance to some families, in temporary and quite unsuitable accommodation, continued to be necessary. Most of our visits, however, are to those who are housed, but nevertheless, are unable to cope, temporarily or longer-term, for a variety of reasons, and in a variety of circumstances. The ongoing generosity of you, the community, enables us to give practical assistance, where appropriate. Sometimes, listening can, in itself, be of considerable help to those we visit.

Donations November 2016-October 2017 incl.

A total of €60,580 was donated to our Conference's church collections in Portmarnock during this period. Ten monthly collections averaged €2,172. The special Christmas 2016 Appeal amounted to a total of €38,860, of which €11,585 was received from individuals, organisations, etc., in the weeks following the appeal. (Separately, the national collection for the Sunshine House fund in April amounted to €2,515.) Our funds are spent helping needy families and individuals with the cost of food, education, heating, clothing and furniture. Our average annual spending on education has been approaching €13,000 and this continues to stretch our resources. Nevertheless, it is our policy to provide support, in so far as possible, to those otherwise unable to meet such costs.

The Society is a worldwide organisation with over 800,000 members in 151 countries. The wider Vincentian Family includes all organisations, ecclesiastical and lay, which share the spirituality of St. Vincent de Paul. Chief among these are the Daughters of Charity, Congregation of the Mission, AIC (formerly Ladies of Charity), AMM (Association of Miraculous Medal), VLM (Vincentian Lay Missionaries), VPSJ (Vincentian Partnership for Social Justice) and De Paul. All of whom seek to collaborate together in common projects and develop close relationships.

Locally, SVP runs charity shops (e.g. Malahide), holiday homes (e.g. Sunshine House, Balbriggan), youth and homework clubs, refugee services and hostels for the homeless. Respect, acceptance, practical help and guidance are core values of the Society, within a context of justice and charity. Visitations are carried out (over 300,000 annually) to homes, hospitals and prisons.

SVP volunteers, from all walks of life, wish to make a difference to the lives of people in need. Portmarnock Conference is principally engaged in visits to families and individuals in Portmarnock and in parts of Belcamp and Darndale areas.

If you would like to become involved, please contact us.

Society of St Vincent de Paul, 91-92 Sean McDermott St., Dublin 1.

Tel. **8550022**. E-mail: **info@svp.ie** (Messages will be forwarded to the appropriate Conference.)

Special Collection

**Saturday December 9th (6.30 pm Mass) and
Sunday December 10th (10.30 am and 12 noon Masses)**

NB Alternatively, you may leave your contribution with any member of the Portmarnock Conference or with the Parish Office (beside St. Anne's church). We depend on the community at large for the funding of our work.

Note: Tax benefits may accrue to SVP from donations exceeding €250 in one year. (e.g.- €250 donated by a PAYE or self-assessed donor allows Portmarnock SVP to claim an extra €113 in tax-relief. Name & address required with donation for personal acknowledge and issue of CHY3 ('Enduring') cert, if required.)

We wish you all a Happy Christmas

Diary Dates

	DATE	DETAILS	Page
DEC	9/10	SVP Collection	3
	Tues 12	Forget Me Not Cafe	6
	Tues 19	Parent and Toddler Group last group before Christmas	7
	Mon 25	Christmas Day Swim	6
JAN	Tues 9	Parent and Toddler Group reopens	7
	Tues 9	Forget Me Not Cafe Registration Adult Education	6 18
	Wed 10	Lecture on Capt Paddy Saul	6
	Mon 15	Registration Adult Education	18
	Wed 17	ICA Reopens	7
	Sat 20	Gala Dinner Action Irl	6
	Fri 26	St. Pio Devotions	19
APRIL	Fri 27 April	Confirmation St. Marnock's	18
MAY	Thurs 3	Confirmation St. Helen's	18
	Sat 19	First Eucharist St. Marnock's	18
	Sat 26	First Eucharist St. Helen's	18
AUG	Tues 21 To Sun 26	World Meeting of Families	5



**Thank You
Fr. Peter**

Fr. Peter O'Reilly has been living in Portmarnock for the past 4 years. He has been studying at Leuven University (Belgium). He is now coming to the end of his studies and has been appointed as Administrator to Artane Parish. He will be moving to Artane as soon as the house there is available. We will miss Fr. Peter as he has been of great assistance to the four parishes in the Grouping during his time here. He often stepped in at short notice to say Mass or celebrate Baptisms. We wish him every blessing in his new appointment in Artane.

*From the priests and parishioners of
Portmarnock*

'If you're afraid of butter, use cream' (Julia Child)

If there's one time of the year that we can all indulge without feeling a small twinge of guilt, it's at Christmas. But come January, the majority of people will be getting back on the healthy eating and fitness bandwagon. In general, 35% of people says they want to lose weight each New Year, while 33% want to get fitter and 31% want to eat more healthily. These are all placed way ahead of competing resolutions such as seeing more of friends and family (14%) or getting a better work-life balance (12%). Lifestyle measures aimed at improving your overall health should result in a lower cholesterol level, one of the major causes of ischaemic heart and cerebrovascular disease in the Western world.

What is Cholesterol?

Cholesterol is a fat chemical (lipid) that is made in the cells in your body. Many different cells make cholesterol but cells in the liver make about a quarter of the total. Not all cholesterol is bad - you need some cholesterol to keep healthy. Cholesterol is carried in the blood by particles called lipoproteins. When low-density lipoproteins (LDL cholesterol) carry cholesterol this is referred to as 'bad' cholesterol, as higher levels of LDL cholesterol in your blood cause an increased risk of cardiovascular disease. However, some cholesterol in your blood is carried by high-density lipoproteins (HDL cholesterol). HDL cholesterol can be thought of as 'good' cholesterol and higher levels help to prevent cardiovascular disease. Triglycerides are another type of fat in the body. However, for most people triglycerides are much less important than the level of cholesterol in determining whether you are at increased risk of cardiovascular disease.

What causes high cholesterol?

Everybody has some risk of developing small fatty lumps (atheroma) within the inside lining of blood vessels, which then may cause one or more cardiovascular diseases. However, some situations increase the risk. These include:

- Lifestyle risk factors that can be prevented or changed:
Smoking; Lack of physical activity (a sedentary lifestyle)
Obesity; An unhealthy diet - including eating too much salt; Excess alcohol.
- Treatable or partly treatable risk factors:
High blood pressure (hypertension).
- High cholesterol blood level - LDL and triglycerides.
Diabetes.
- Kidney diseases that affect kidney function.

Fixed risk factors - ones that you cannot change

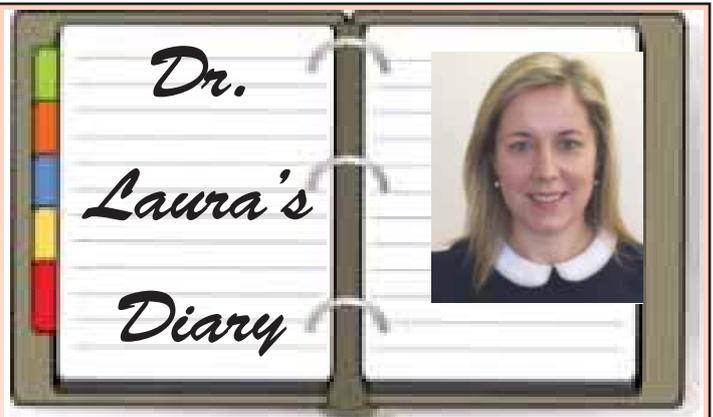
A strong family history i.e. a father/brother or mother/sister with heart disease/stroke <55yo/65 years old respectively.
Being male or an early menopause in females.
Age. You are more likely to develop atheroma as you get older.

Cholesterol blood levels are very important but must be considered in an overall assessment of your risk of cardiovascular disease (assessed by the Qrisk Calculator). The following blood cholesterol levels are generally regarded as desirable:

Total cholesterol (TChol): 5.0 mmol/L or less. However, about 2 in 3 adults in Ireland have a TChol level of 5.0 mmol/L or above.

LDL cholesterol: 3.0 mmol/L or less. HDL cholesterol: 1.2 mmol/L or more.

TChol/HDL ratio: 4.5 or less. That is, your TChol divided by your



Dr. Laura's Diary is a monthly column in Progress by which I like to inform readers about acute and chronic medical conditions and promote health and wellbeing for all Portmarnock Residents.

If you have any questions, queries or comments, please email me at laoflynn@rcsi.ie.

HDL cholesterol. This reflects the fact that for any given TChol level, the more HDL, the better.

As a rule, the higher the LDL cholesterol level, the greater the risk to health. A blood test only measuring total cholesterol may be misleading. A high total cholesterol may be caused by a high HDL cholesterol level and is therefore healthy. It is very important to know the separate LDL cholesterol and HDL cholesterol levels.

The Qrisk calculator has been devised after a lot of research that monitored thousands of people over a number of years. The score gives a fairly accurate indication of your risk of developing a cardiovascular disease over the following 10 years. Your Gp can easily assess this score.

How can I lower my cholesterol level?

Changing from an unhealthy diet to a healthy diet can reduce a cholesterol level. However, dietary changes alone rarely lower a cholesterol level enough to change a person's risk of cardiovascular disease from a high-risk category to a lower-risk category.

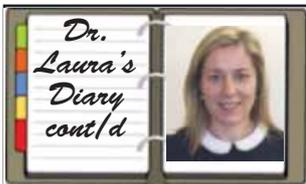
A healthy diet has other benefits too, apart from reducing the level of cholesterol.

Briefly, a healthy diet means at least five portions of a variety of fruit and vegetables per day, a third of meals coming from starch-based foods such as cereals, wholegrain bread and potatoes, not much fatty food such as fatty meats, cheeses, full-cream milk, fried food, butter, etc. It should also include 2-3 portions of fish per week, minimal salt, lean red meat or poultry such as chicken and, if frying, vegetable oil such as sunflower, rapeseed or olive.

Foods that contain plant sterols or stanols can reduce total blood cholesterol level and LDL cholesterol by about 10%. There does not seem to be much evidence, however, that this has an effect on preventing cardiovascular disease. The National Institute for Health and Care Excellence (NICE) therefore does not recommend that these products should be used routinely until more information is available.

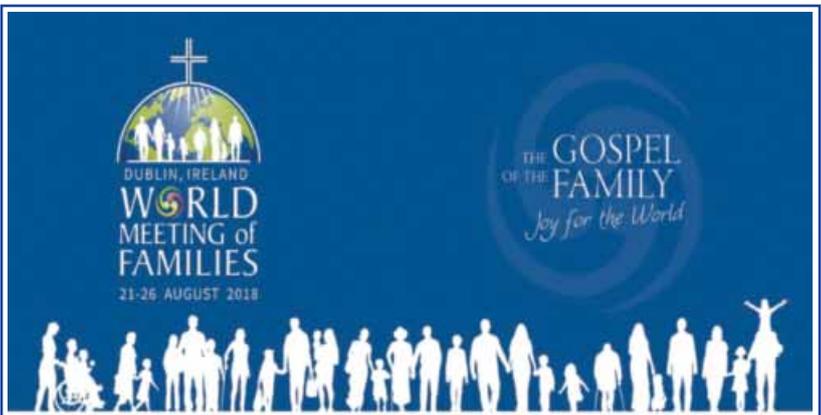
Medication

Medications such as statins may be prescribed by your doctor if you are at increased risk of cardiovascular disease and a trial of dietary/lifestyle changes isn't sufficient. There are several brands of statin medicines which work by blocking a chemical (enzyme) which is needed to make cholesterol in the liver and are generally well tolerated. They are usually recommended if your risk of a heart attack or stroke are 15% or higher (assessed by Qrisk) in the next 10 years.



KIDS CORNER

Measles outbreaks are occurring in a number of European countries including Romania (3000 cases/17 deaths in the last year), Austria, Germany and Italy. Cases continue to occur in Ireland, with 40 being diagnosed in 2016. As of November 2017, 7 new cases have occurred in North Dublin and Meath. Measles is a highly infectious virus. The main features are fever, cough, red and painful eyes, and a rash. It can cause severe disease resulting in complications such as pneumonia and encephalitis and occasionally death. Vaccination with MMR vaccine is the only way to protect against measles. Two doses of MMR vaccine are required to give the best protection. In Ireland, the first dose is given at 12 months by GPs and the second dose is given to Junior Infants in school by HSE vaccination teams. For children less than 12 months, there is no change to the routine recommendations from the National Immunisation Advisory Committee (NIAC): MMR vaccine is recommended at 12 months and at 4-5 years of age. However, MMR vaccine is recommended for children aged 6-11 months of age, travelling to other countries or regions where measles outbreaks are reported and it's worth noting that the MMR vaccine may take up to 4 weeks to be effective.



www.worldmeeting2018.ie

NEWS

HITTING THE 1,000th REGISTRATION MILESTONE

As we get closer to welcoming people from all over the world, we are thrilled to announce that we have passed the 1,000th registration milestone. Over 1,200 individuals have already registered from around Ireland and from 40 countries across the world, including Albania, Argentina, Austria, Bahrain, Belgium, Brazil, China, England, France, Germany, Libya, Nigeria, Pakistan, Peru, Qatar, Scotland, Spain, Uganda, USA and Wales. We have been in contact with 838 groups that have plans to bring over 2,000 additional pilgrims that will be coming from abroad. Attendance at all WMOF2018 events will require a ticket and the number of people registered increasing every day.

OUR TEAM IS GROWING - Employment Opportunities

We are a small friendly energetic team and we are looking to add more staff to work with us in the preparations for WMOF2018 in the following roles:
Administrative Assistant to Pastoral Programme, Administrative Assistant to Speaker Programme, Volunteer Outreach Coordinator, Finance Assistant, Exhibition Sales Coordinator and Event Services and Logistics Coordinator. We are looking for candidates who enjoy working in a fast-paced team environment and who can bring the skills we need to deliver this exciting event in 2018.

VOLUNTEER TRANSLATORS

We have an amazing team of translator volunteers helping us and we want to invite more to join our team. We are looking for professional translators to volunteer to help us continue to translate our website and promotional material from English to Spanish, Italian, French and Irish. This will help many people from around the world to access materials available more quickly in their own languages. If you think you can help, please email marketing@worldmeeting2018.ie

INVITATION TO SUBMIT A VESTMENT DESIGN FOR WMOF2018

Would you like to see one of your creations being worn by the Pope? How would you like to have one of your designs featuring at the heart of an event with an international audience of tens of millions? This opportunity is open to you as the World Meeting of Families 2018, hosted in Dublin next year, seeks a unique and inspirational design for the vestments to be used during the week of celebrations taking place from the 21st to the 26th of August 2018.

LET'S TALK FAMILY! NEW PODCAST LAUNCHED BY WORLD MEETING OF FAMILIES 2018

'Let's Talk Family' is the title of the World Meeting of Families 2018 weekly podcast, which features interviews and news about how preparations are going for the World Meeting of Families 2018. The podcast also features discussions about the joys and challenges of family life as we journey towards next year's event. The podcast is presented by Brenda Drumm, Media and Communications Manager for WMOF2018

For further details on all of the above go to www.worldmeeting2018.ie



The term "cholesterol" is from the Greek *khole* or "bile" + *sterops* or "solid, stiff". Francois Pelletier de la Salle first discovered cholesterol in solid form in gallstones in 1769.



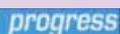
ARE YOU HOUSEBOUND?

Would you like to receive Holy Communion on a regular basis? This can be arranged by contacting the Parish Office at 846 1561.

Remember

All ceremonies held in St. Anne's Church are available to view *live* on the parish website: www.portmarnockparish.ie

Access to the **webcam** is clearly shown in **RED** on the home page.



All issues of Progress are available online. If you have family living abroad remind them they can access the newsletter as soon as it is issued - usually first weekend of the month.

HARD OF HEARING?

If you use a Hearing Aid you can avail of the "Loop" anywhere in St. Anne's church. All you need to do is adjust your Hearing Aid settings according to your manufacturer's instructions



COMMUNITY NOTICE BOARD



This scheme is managed by **Pobal** on behalf of The Department of Rural and Community Development. Under the scheme full funding is provided for the fitting of personal monitored alarms for those over 65 years of age.

These alarms provide security 24 hours a day for 365 days a year. The annual monitoring fee under the scheme is €66 with the first year free of charge. Anyone interested in availing of this scheme please contact the following Committee Members of St. Anne's Afternoon Club. Ann Moran at 845 9416 or Frances Rice at 846 2685.

PORTMARNOCK COMMUNITY SCHOOL

In aid of Action Ireland Trust

ANNUAL GALA DINNER

Grand Hotel, Malahide Saturday

20th January 2018

Prosecco reception at 7.00 pm Followed by
Dinner at 7.45 pm WITH MUSIC BY 'The Moogs'
MC Marty Whelan

Super Raffle and lots of Spot Prizes Tickets €65
Contact 087 622 7812



ARE YOU OR A LOVED ONE COPING WITH DEMENTIA / ALZHEIMERS?

Join us at the

Brackenstown Forget Me Not Café

Brackenstown Parish Centre

For support and information on the
second Tuesday of each month from 7pm until 9pm
Admission Free

Enjoy refreshments and a chat. All Welcome
Phone 089 498 6007 or www.brackenstownforgetmenotcafe.com



The Annual Christmas Day Swim in aid of St Francis Hospice

will take place at 11am on Christmas Morning on Portmarnock Beach. For more information or a sponsorship card

Contact: 832 7535



MALAHIDE HISTORICAL SOCIETY

Lecture 8pm, Wednesday, January 10th.

Garry Ahern will present a talk on the adventurous life of



'Captain Paddy Saul, Irish Aviation Pioneer'

Captain J.P. Saul, a Dubliner, was navigator of the "Southern Cross" on its historic trans-Atlantic flight from Portmarnock Beach in 1930. As a young mariner, he sailed the seven seas, later serving in WWI and WW II. Turning to aviation, he headed Air Traffic Control, at Foynes, at Shannon Airport, and finally, in Dublin. A keen angler, he headed the Irish Federation of Sea-Anglers and was regarded as its father-figure.

Presbyterian Church Hall, Dublin Road
Free parking in Bridge Field public car park opposite.



Calling On People Who Crochet!

The Rotunda Hospital Neonatal Intensive Care Unit introduced the 'Tentacles for Tinies' Pro- gramme this year. The 'Octo Project' first began in Denmark in 2013. The tentacles of the crocheted octopus are designed to resemble the umbilical cord and reminds premature babies of their time in the womb. It provides comfort and support resulting in calmer and happier babies, which we hope will benefit their neuro-development.

We would love to have more volunteers making the crocheted octopus for this project! If you are interested in participating please contact Pauline Smith on 086 857 8207. Demonstrations on crocheting the octopus can be arranged. Further information on the Tentacles for Tinies project may be found on the Rotunda Knitters Facebook Page.

Many thanks!



Caring For People With Special Needs

Portmarnock Integrated ARCH club was founded in 1990 following a meeting of parents and friends of children with disabilities in the area of Portmarnock. The word "Arch" stands for Association of Recreational Clubs for the Handicapped" and our Club is affiliated to the Arch Federation of Ireland.

Prior to 1990, there were no facilities of any kind in Portmarnock or the surrounding areas for young people with special needs. With the foundation of the Arch Club things began to change for the better. The local community provided invaluable support from the inception of the club in many ways. Today we stand as a club that is situated behind St. Anne's Church, which offers its members a place to express themselves and integrate with other volunteers through activities and outings.

The club meets every Saturday and on Thursday evenings. Supported by their able-bodied friends, our members swim, play football, snooker, rounders, table tennis, dance, etc. Some like arts and crafts, some like listening to music and others just like to chat. Respite weekends are also organised throughout the year at various locations. Summer projects and a week's holiday are also held during the months of July and August. The Arch club is always evolving and growing and as a result we are inviting anyone within the area who wishes to be involved either through volunteering or indeed finding out more about the club to contact us. If you have a young person who has special needs and would benefit from joining the club contact us and come and see the club in action.

CONTACT : Sinead McGowan 086 340 1524
EMAIL: sineadmogowan1@mail.com

COMMUNITY NOTICE BOARD



On 6th October, Dublin Federation hosted a party to celebrate its 70th anniversary. A number of Guild members attended the event which was held at the Gresham Hotel. Excellent food and music by Stage 2 lead to a most enjoyable celebration.

On October 11th we had a very interesting talk from Catherine Scuffle on the history of poplin in Dublin which is an old Dublin industry mainly in the Liberties area.

During the 17th century a number of French Huguenot weavers arrived in Dublin. They settled mainly in the Liberties area of Dublin, where they became part of the existing weaving fraternity. Many of them were experienced silk weavers and their expertise contributed to the establishment of a thriving silk and poplin industry. The tradition of silk and poplin weaving in the Liberties continued through the nineteenth century and in some cases into the twentieth century, with firms such as Frys, Pims, Elliots, Atkinsons and Mitchells. Elliots, the last factory in production closed in circa 1965.

We held a very successful Craft Day in October in Portmarnock Community School. Everyone enjoyed the day and went home very satisfied with their finished product, thanks to the teachers.

On 1st November we had a Halloween Night with a difference – short story reading. Some were award winning stories written by ICA Members from all parts of the country. Members of Portmarnock Guild read the stories. All enjoyed tea and Barm Brack. It was a thoroughly enjoyable night, which I am sure we will repeat.

We finish the season with our Christmas Party

We reopen on January 17th and we wish all our members a very happy Christmas.



Parent and Toddler Group

Tuesdays 10.30 am – 12.00pm. St. Anne's Parish Centre. Last group before Christmas
Tues 19th December. Reopening Tues 9 January 2018.



Citizens Information



Do you know what you're entitled to? Employment, Health Services, Social Welfare, Tax or Housing.

Answers for all of life's questions. **Phone 076 107 7480.**
(Malahide CIC, 2nd Floor Malahide Library Ph 845 0627)

Legal Session last Saturday of every month 10.30 am – 12.30 pm



THE CRAFT CIRCLE meets 3rd Saturday every month in the Parish Centre from 10.00 am until 1.00pm. Work night – first Thursday of each month, 7.30pm - 9.30pm also in Parish Centre. You would be very welcome to come along and share your craft. For further information contact Pauline at 087 629 3744.



Coffee Morning

WEDNESDAYS AFTER 10.00 MASS IN THE PARISH CENTRE Enjoy fresh scones and tea/coffee €2
All welcome



Portmarnock Pitch and Putt Club Open to New Members for 2018

Portmarnock Pitch and Putt Club is the only true Links style course in Dublin. Play all year round on the best Greens in the Country.

ARDILAUN CELEBRATES!

Ardilaun, Portmarnock won the Best Presented Large Non-Management Community Estate at the Fingal Cleaner Communities Award 2017 (Malahide/Howth area). The success is a credit to the Ardilaun Residents and the Flower Power Team that work to enhance the attractiveness of the Estate.

Pictured below are members of the Flower Power Team with the Award.



Left to right:- Brian Higgins, Chris Conway, Cllr. Mary McCamley, Mayor of Fingal, Declan Connolly, Tom McGinty and a member of Fingal County Council. Missing from the picture are two stalwart members of the Flower Power Team, Teresa Lee and Tim Gleeson.

Ardilaun also celebrated its 40th birthday as an Estate in September. The celebrations were a tremendous success. A special thanks to all who helped make this day such a great occasion; Orla Keegan and Brian Irwin who organised the very successful sports day; the birthday celebrations committee, Kathleen McMacken, Jill Travers, Orla Keegan, Frank Lynch, Declan Connolly and Chris Conway; Maeve Crooks and Jill Travers who helped decorate the estate with banners and balloons for the occasion; Scott Glover and his band, Don Murphy and his group who both provided such wonderful music for the night. Thanks to all the residents of Ardilaun who attended the celebrations, made cakes and sandwiches for the occasion. To our sponsors, Smyths Butchers, Lidl and Dunnes Stores thanks for their support. With the goodwill of everyone on board making this this celebration was one that we the residents of Ardilaun will treasure."

The Committee



PORTMARNOCK CHESS CLUB

New players welcome. Adults meet at 8.30 pm every Thursday in Naomh Mearnóg GAA. Blackwood Lane. Juniors (from 6 years up) meet 7.30 pm. Contact Ken 086 337 3582.



BREASTFEEDING SUPPORT GROUP

run by the local HSE Public Health Nurses.
Every Thursday 11.30 – 12.30 in Portmarnock Parish Centre. All Welcome. Ph 846 0311 for further information.

**Annual Fees: Ladies/Gents- €115 Over 65s - €80
3rd Level/Apprentice-€80, Juveniles-€25**

The perfect **Christmas/New Year** present for all the family. Drop down to the Clubhouse any Saturday from 1 – 2 or Sunday 11 – 12 We are located at the top of Magnolia Lane - behind St Anne's Church. Email: portmarnockpitchandputtclub@gmail.com



BORN ON THE MARGINS

The situation into which Jesus was born was one of huge stigma with dangerous consequences. God's physical birth into this world was condemned socially; Jesus was

marginalised from the moment of his conception. Imagine God choosing to be involved so intimately in this world and in such a shocking way. Even the town of Galilee is problematic for this news, as Galileans were considered by the religious leaders of the time to be 'second-class Jews'. So the fact that God would send his messenger there is controversial in itself. Galilean Jews were considered to be less faithful than others, so it is ironic that in this particular situation Mary's response is the exact opposite. God surprises. God stands with the marginalised. God is present in the most hidden places at times.

On the first Sunday of Advent we were invited to 'keep awake'. As we approach the celebration of the birth of Jesus Christ, what have you noticed this Advent? What has your waiting been like? How have you prepared? Where have you seen God present this Advent? Where have you seen God being born around you? In the most unexpected places? In the most marginalised? Is your heart more open to receive a new birth of God again?

*'Quiet me within, clothe my body in peacefulness,
That your Word once again may take flesh
-this time, within me-
As once it did in Holy Mary,
Long Advent days ago'*

Edward Hays

Jane Mellett. mellettj@gmail.com
Courtesy of INTERCOM Magazine



CHRISTMAS NIGHT

On Christmas Night we celebrate the birth of Jesus Christ, our Lord. The account of his birth from St. Luke (Luke 2:1-14) shows Jesus being born into a situation of total oppression. Luke reminds us of the political regime which controls the land and the effect this has on the people.

Mary must still travel to Bethlehem even though she is about to give birth. The shepherds, found only in Luke's account, are social outcasts due to their profession. It is not a romantic or tranquil setting as the shepherds would have suffered all kinds of deprivations and dangers.

Everything about this story is provocative and uneasy. Into this 'mess' God is born; this Saviour, the Lord, a homeless child, is one who will turn the situations of people upside down, who promises release to captives and sight to the blind. The angels rejoice with the shepherds, the 'highest' and the 'lowest'. The poor and marginalised will be the first to experience the abundance of God's hospitality and the shepherds come in their name.

We are invited to Bethlehem today, to open up our hearts to the One who has come. We return, like the shepherds 'glorifying and praising God for all they have seen and heard'. All are welcome to the manger. May we welcome all as God does, with compassion and love. Shalom.

*'O Come, O Come, Emmanuel, come forth from deep within me
with Christmas luminous beauty. For my heart has become the
sacred crib, the birth place of God-among-us.'*

Edward Hays

Jane Mellett. mellettj@gmail.com
Courtesy of INTERCOM Magazine



Christmas Facts Did you know???



The Date of Christmas.... The first recorded date of Christmas being celebrated on December 25th was in 336, during the time of the Roman Emperor Constantine (he was the first Christian Roman Emperor). A few years later, Pope Julius I officially declared that the birth of Jesus would be celebrated on the 25th December.



Do you know why we say the **Twelve Days of Christmas**? It is believed that it took the 3 kings 12 days to find baby Jesus.



Christmas pudding would traditionally contain 13 ingredients to represent Jesus and his disciples.

It is traditionally stirred (while making a wish) by each member of the family from East to West, to remember the Wise Men who visited Jesus in the Nativity Story. The customary garnish of holly

represented the crown of thorns. Be warned: the holly berry is very toxic, so perhaps adorn your Christmas pud with fake foliage!



A Christmas wreath hanging on your front door symbolizes a sign of welcome and long life for all who enter!



Mexicans call the poinsettia "Flower of the Holy Night" - the Holy Night is the Mexican way of saying "Christmas Eve"!



Clement Moore, the author of the poem '**'Twas the night before Christmas'**, was a reticent man and it is believed that a family friend, Miss H. Butler, sent a copy of the poem to the New York Sentinel who published the poem. The condition of publication was that the author of '**'Twas the night before Christmas'** was to remain anonymous. The first publication date was 23rd December 1823 and it was an immediate success. It was not until 1844 that Clement Clarke Moore claimed ownership when the work was included in a book of his poetry.



If you received all of the gifts listed in "**The Twelve Days of Christmas**" song, you would receive 364 presents!



Christmas Songs

The song "**'Jingle Bells'**" was written by James Pierpont in 1857. It was originally called "One Horse Open Sleigh" and was made for Thanksgiving. "JINGLE Bells" was the first song broadcast from space when Gemini 6 astronauts Tom Stafford and Wally Schirra sang it on December 16, 1965.

"**White Christmas**" is the best-selling song of all time.

Legend has it that "**Silent Night**" was written by a Father Joseph Mohr in Austria, who was determined to have music at his Christmas service after the church organ broke. In reality, a priest wrote it while stationed at a pilgrim church in Austria.



Christmas Tree Blessing

*Holy Creator of Trees,
bless with your abundant grace
this our Christmas tree as a symbol
of joy.*

*May its evergreen branches be a sign
of your never-fading promises.*

*May its colourful lights and
ornaments call us to decorate with
love our home and our world.*

*May the gifts that surround this tree be symbols of the gifts we
have received from the Tree of Christ's Cross.*

*Holy Christmas tree within our home,
may joy and Peace come and nest
in your branches and in our hearts. Amen*

Author Unknown



'Twas the Night Before Christmas

By Clement C. Moore

'Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care
In hopes that St. Nicholas soon would be there;



The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads;
And mamma in her kerchief, and I in my cap,
Had just settled our brains for a long winter's nap,

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter,
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below,
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer,

With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick,
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name:

"Now, Dasher! now, Dancer! now, Prancer and Vixen!
On, Comet! on, Cupid! on, Donner and Blitzen!
To the top of the porch! to the top of the wall!
Now dash away! dash away! dash away all!"

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky;
So up to the house-top the coursers they flew,
With the sleigh full of Toys, and St. Nicholas too.



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The Nativity Crossword



Across

2. The Wise Men followed this.
4. Precious metal given to the baby Jesus as a gift.
5. Mother of Jesus.
6. The town that Jesus was born in.
8. Mary was visited by one to tell her she would have a baby.
10. There was no room here for Mary and Joseph.
11. Baby Jesus was born in this building.
12. An angel visited them to tell them about the birth as they watched their sheep.

Down

1. Mary rode on one.
3. The number of kings or wise men who visited Jesus.
7. Jesus was laid in here as a crib.
9. Mary's husband.

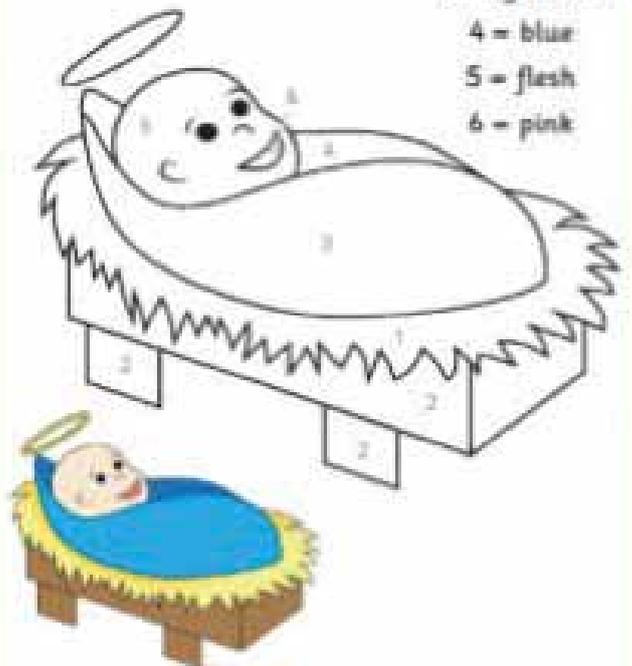


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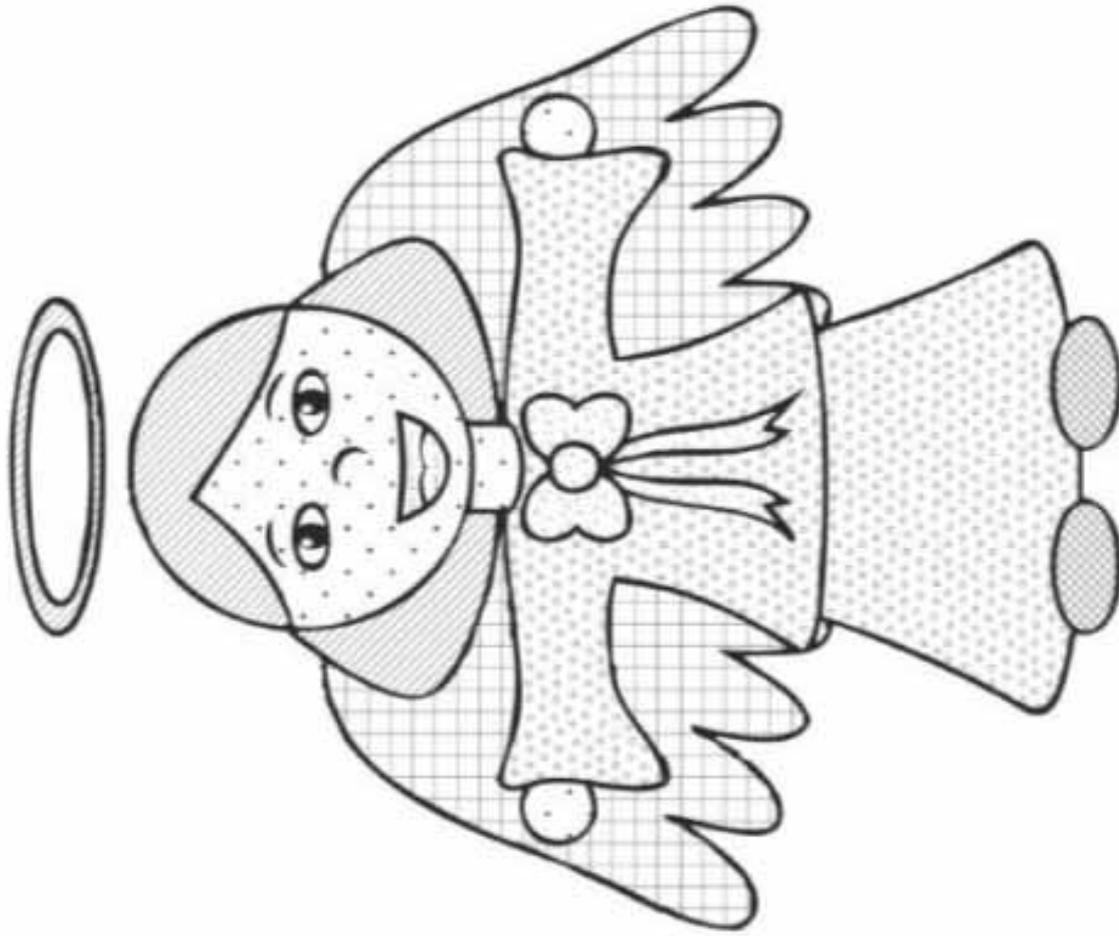
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Baby Jesus Colour by Number

- 1 = yellow
- 2 = brown
- 3 = light blue
- 4 = blue
- 5 = flesh
- 6 = pink



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Colour the picture using this key as a guide.



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Mary, Joseph and baby Jesus

Colour in Mary, Joseph and the baby Jesus, and cut out carefully.
If you want to stand them up, cut out the rectangle below, wrap it into a circle, and tape to the back of the picture just above the bottom edge.

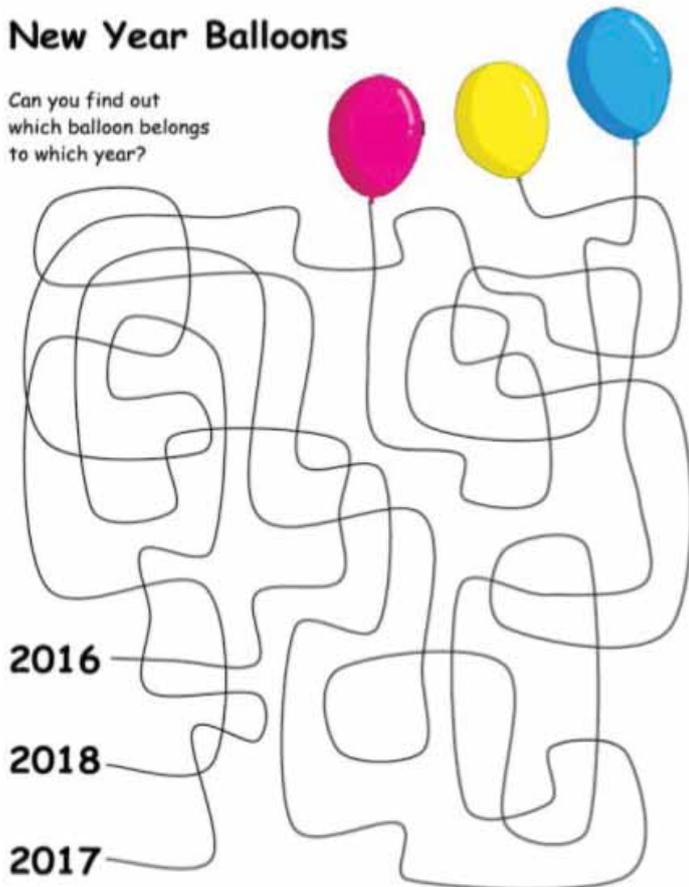
If you would prefer to hang the picture up, attach a loop of ribbon to the back.



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New Year Balloons

Can you find out which balloon belongs to which year?



2016

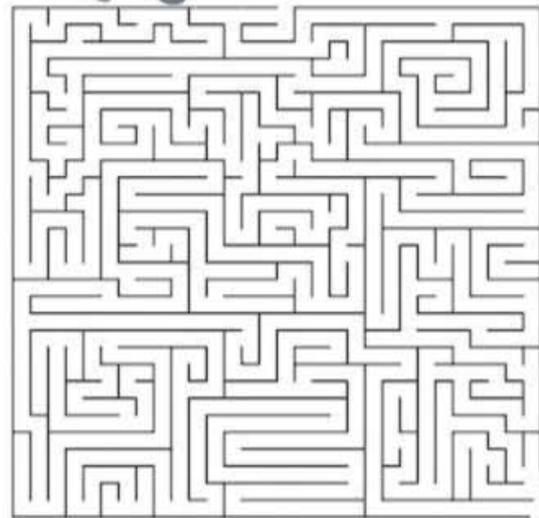
2018

2017

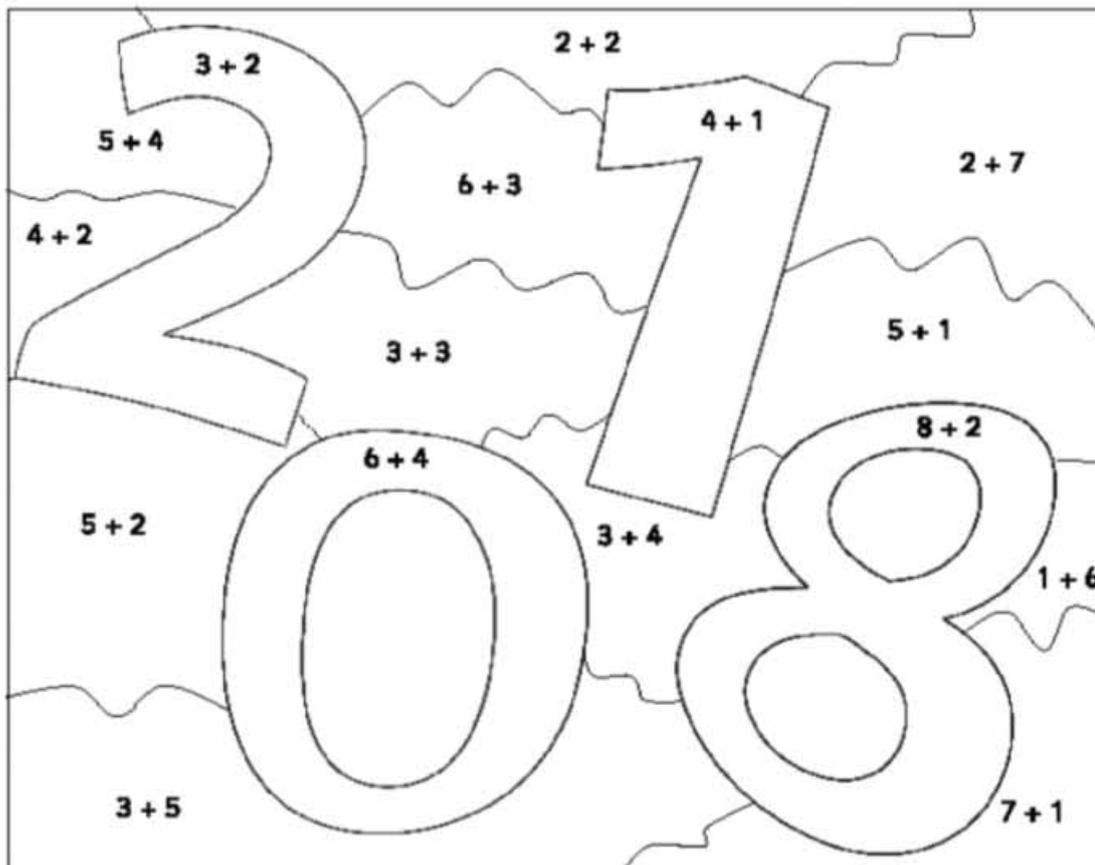
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Happy New Year!

Can you help the children get together for their New Year party?



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New Year Maths Facts Colouring

Solve the simple sums and then colour in the picture using the key below!

Key:

- 4 = purple
- 5 = red
- 6 = green
- 7 = blue
- 8 = yellow
- 9 = orange
- 10 = pink

The Legion of Mary - One of the First Feminist Organisations ? What is it ?



Arguably the Legion is the largest Lay evangelizing organisation in the Catholic Church; its basic cell is the praesidium found in many parishes including our own, throughout 180 countries. In some countries due to religious oppression it operates underground, in others it is tolerated but its operations are restricted in law. The Legion has given many vocations to the Church, both Clerical and Religious. On another level, in several continents arising from warfare and civil disturbance it has offered many martyrs to the Church. Worldwide there are in excess of 5,000,000 active members who engage in pastoral and other work and some 2,000,000 auxiliary, praying members who engage solely in prayer. Active members combine work and prayer and relying on the Holy Spirit and Our Lady endeavour to improve their own spiritual disposition and that of others. It is not an arduous call.

Three members will hopefully achieve Sainthood in the course of time: Venerable Edel Quinn who worked and died in Africa but who is universally known; the Servant of God Alphonsus Lambe who impacted significantly on the Church in South America. Alfie died and is buried in the Christian Brothers tomb in La Recoleta Cemetery, Buenos Aires and the Servant of God Frank Duff who, with a group of young ladies, founded the Legion.

History Frank Duff was just like the next guy, he liked cricket and tennis and dancing. He was a good student and applied himself diligently. Born on Phibsborough Road, the family lived in Drumcondra. He is buried in Glasnevin Cemetery.

The Legion of Mary, one could say, grew out of the Society of Saint Vincent de Paul, Frank's friendship with Fr. Browne S.J., a book called The True Devotion to Mary by St. Louis Marie de Montfort, his visits to Mount Melleray where he came across another book called The Knowledge of Mary by Fr. Januarius de Consilio a Parish Priest in the Bronx, New York City and a group of young women who met monthly in Myra House, the HQ of the V de P, to help, but essentially to promote, membership of the Pioneers. These young women worked mainly in Jacobs, the biscuit factory nearby.

Influenced by a description given by Matt Murray on the work done by the V de P brothers in the men's wards in the South Dublin Union, of one mind these 15 young women enquired could they not do the same for women patients. A subsequent meeting held on September 15, 1921 led ultimately to the formation of the Legion.

Frank was driven by Providence and never deviated from the tenets of St Louis Marie de Montfort. The first President of the Legion was a New Zealander, Mrs Lilly Kirwan, who was married to a lamplighter, they lived in the Liberties around the corner from Myra House. Frank Duff was imbued by a mission that souls must be saved and allowed himself to be manipulated by Providence, to that end. In the Legion Handbook Frank says " Faith must strain after people with indistinguishable ardour... when Christ said all, he meant all..... no one must evade our search, lest the gentle Jesus frown upon us..... Our Lord it will be noted did not order that every person be converted but only that approach be made to every one." Such was the spirit of Frank Duff, can we resist such a call? Each of us has different charisms which when amalgamated allow us act as the Mystical Body of Christ.

What does being a member of the Legion of Mary involve today? There are two dimensions to being a Legionary, the spiritual and good works. Some Legionaries attend our weekly meetings for spiritual reasons. They enjoy praying the Rosary, listening to spiritual readings and reflections. You don't get many religious programmes on T.V. or Radio, EWTN being the exception. Other Legionaries join to do good works. There are many lonely people who would love to have a conversation with another person. Just providing a friendly ear can do wonders for the mental health of a lonely person. We are all living longer but with smaller families and greater pressures from work and children, it becomes difficult to find enough time to keep older relatives happy. I know a number of women who gave up their careers to look after an aging loved one. Not everyone can afford to do that. In many cases professional help is necessary and people have to move into Nursing or Retirement homes.

These activities are beneficial to the volunteers. Rather than sitting at home listening to a negative anti-Catholic media or thinking about things in your life you could or should have done differently, you are meeting interesting, amusing people. Many people already do great work, e.g. visiting and helping friends, acquaintances and neighbours and they can continue with these good works as a Legion of Mary member

Back to the good Old Days Back in the day, young people coming to Dublin were encouraged to join the Legion. It kept them occupied, out of the pubs. They were meeting decent people with similar values based on helping your neighbour. Perhaps the same idea could work for people who are retiring or find they have time on their hands.

If you would like to explore the Legion work, come down to Portmarnock parish Centre any Wednesday between 10.45 am and 12 noon or ring Angela on 0863296721 or John on 0862542883. You can try out the type of work that suits your personality without commitment. Some of our members can't attend every weekly meeting or are involved with family matters during particular times of the year, e.g. minding Grandchildren during holidays but they do what they can, when they can.

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Contact Chris: 086 243 7275

Don't feel bad if people remember you
Only when they need you.



Feel privileged that you are like a candle
That comes to their mind when there is darkness.

FINGAL MATTERS

Portmarnock Community School Sage World Cup winners

At a special reception in the Council Chamber the Mayor made a presentation to students from Portmarnock Community School to mark their achievement in winning the World Cup for Students for the Advancement of Global Entrepreneurship (SAGE). Councillors attended the reception, as well as representatives from the Lesotho Embassy, Action Ireland Trust and Social Entrepreneurs Ireland. With initial support from Fingal County Council, the winning project Global Citizens Mapping the Future is a non-profit Social Enterprise Project making maps for developing countries. Using the OpenStreetMap website the students recorded geographical information such as infrastructure, population densities and land use in Lesotho. Over the last four years, they, and their supporters, have generated over 24 million edits for their maps and established Lesotho as the most mapped country in all of Africa. Their work is now an acknowledged model for other developing countries that have seriously inadequate maps. Congratulations to everyone who has been involved in this wonderful projects Council Approves €70m capital loan framework.

The Council management received the approval of Cllrs to enter into a framework agreement with the European Investment Bank to open a borrowing facility of €70 million, available for a five year period. The approval of the Councillors for each year's specific borrowing will be needed on an annual basis when loans are agreed. Pending the various approvals, it is proposed to enter into the agreement with the EIB in December 2017, with loans starting to be drawn down in 2019.

The Money will be used to invest in Strategic infrastructure. Fingal is Ireland's fast growing local authority and will continue to grow further. This means that Fingal is critical to the sustainable development of Dublin. However, this will require

the appropriate level of infrastructure in terms of: Connectivity and housing land activation as well as investment in tourism and enterprise.

The agreement with the European Investment Bank means Fingal will be able to borrow at a low rate similar to those available for Governments. It will also mean we can accelerate investment in Roads and other infrastructure without having to wait for development contributions normally paid after houses have been built and without having to rely on national government. The Loan will not be available for direct investment in Housing.

EIB is the bank of the European Union and Ireland is a shareholder. It is the biggest bank in the world and has a staffing complement of almost 3,000. Annual lending of €76 billion in 2016.

Fingal Budget 2018

The Budget was passed by a large majority of Councillors. The Budget provides for a total expenditure of €227,269,800 and income of €99,394,000. Income includes housing rents, loan repayments, fees, charges, grants. This left a net requirement of €127,875,800 to be funded from commercial rates and Local Property Tax (LPT) allocation. The LPT available to Fingal is projected to be €7,521,400. As part of the budget process The Council voted to increase the Commercial rate by 2% for 2018. The first increase in 12 years. The vote was 33 Councillors for, 2 against, 2 abstentions and 3 Cllrs. absent. This will give a Projected Rates income of €120,354,400 for 2018. Fingal continues to have the lowest rate factor of all the 4 Dublin local authorities. Fingal County Council also has the highest compliance rate in the Country in terms of rate collection with over 95.63% collection in 2016.

Cllr. Brian McDonagh

Small ads 50c per word

SMALL ADS

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WINTER IS COMING GOOD QUALITY SECOND-HAND SOLID FUEL HEATING STOVE FOR SALE IN MALAHIDE. ASKING PRICE €150. PHONE 086 328 2927.

Portmarnock, Kinsealy and Malahide "Care and Repair"

is a group of volunteers who carry out small repairs and minor tasks e.g. minor gardening, changing plugs, cleaning windows etc. for people aged 60 plus. Where a job is too big or requires a professional tradesman we have a list of people we can recommend. For more information please contact us on 086 865 3311. The service is Free and we WANT to help.

PORTMARNOCK COMMUNITY ASSOCIATION

Census 2016 Portmarnock's population has increased by 181 since the 2011 census to now stand at a total of 9,466 in 2016. This shows a steady increase since the low point in 2002 when the population was 8,376. I expect that the increase in population in the apartments down at the railway station more than compensated for the loss of population in the northern end of the village. The next census will be interesting as it will include the new residents in St. Marnock's Bay as well as the influx of more new young families coming to Portmarnock to purchase houses developed in the 1970's and 1980's.

It will also be interesting to look at how the population age categories change. It would be logical to expect that there will be a further increase on the current numbers over 65 (1,752) which will increase the need for more services for the elderly. At the other end of the age scale we can expect an increase in numbers under 17 from the current 2,131. The pressure on the National Schools will probably emerge from 2020 onwards. Sports clubs and other activities can also expect increased participation as more youngsters come on of age.

See Census Town Portmarnock on the CSO website

PAC Hall Well done to all involved in the action committee for the renovation of the PAC Hall. The building is now secure and it is hoped that all outstanding issues will be resolved in 2018. An AGM will be held in late January to give an update on developments and to invite more people to participate in pushing on with the development of this most valuable asset. If you have ambitions to locate your future pilates, childminding service or choir in the PAC Hall in the future why not get involved now. Watch out for notice of the meeting on our website, facebook page as well as notices in local shops

Volunteers Celebrate A great night was had by our tidy town and beach clean groups in McHugh's Restaurant on Thursday 12th October hosted by Fingal County Council. The event was to celebrate our performance in tidy towns and the award of both the Green Coast and Blue Flag awards for the beach.

Renovation of the Promenade and Shelter at the Beach Entrance. We have been informed by the Operations Department of Fingal County Council that the renovation of promenade and shelter will commence as soon as the weather is frost free in the Spring. The structure of the shelter will be upgraded and the surrounding area will be landscaped. Our thanks are due to Brian McDonagh, other local councillors and the Operations staff in the council for persisting in pushing this project over the line.

Graffiti The Southern Cross Monument at the beach entrance was damaged by graffiti recently. Despite the best efforts of the Council on three occasions the graffiti is proving very difficult to remove. The monument is a work of art - it represents the skill and imagination of

a sculptor. The defacing of the monument is an insult to the artist, the people of Portmarnock and those brave aviators. We do not want to punish the person who is spraying the graffiti - we are pleading with him/her to desist from further damage to our village. If you suspect you know who is spraying the graffiti tell us and we will attempt to deal with the situation in a humane fashion.

Projects for Portmarnock There are many bodies: government, local authority and state agencies who provide funding for community action projects. The amounts can vary from as little as €1,000 to hundreds of thousands of euro. If you have any ideas for such projects please contact us. We can do all the writing and presentations to bring the idea to the point of a proposal which we can pitch to the various organisations.

Presents for Christmas You know what it's like - you just cannot think of a present for the person who has everything. Well, here are a few ideas with an environmental theme that will be different

Water Butt - don't just give it to the person - instead of looking at Christmas films go outside and connect it up to the down pipes.

Compost Bin - Again it is not good enough just to give the bin - you need to go out into the garden or on to your local green or park and collect leaves to start the process

Flowering plants to attract bees and other pollinators. I have listed a small number of plants you should be able to get in a garden centre at this time of year.....Lavendar, Small Cotoneasters, Fuchsia, Caryopteris, Cheanomeles(Quince) etc.

Annual Membership for Birdwatch Ireland. The best Environmental Organisation in Ireland. You get four magazines per year. See website **Birdwatching binoculars** and a copy of the Birds of Ireland Field Guide. We have three great coastal sites at Baldoyle Estuary, Bull Island and Broadmeadows Estuary all within a few minutes drive as well as lots of woodland to explore.

Bird feeder. Ideally purchase a stand on which the feeders are mounted. Locate in an open area a couple of metres from a hedge or bushes so that the birds can find refuge when cats approach. We get thirty species of birds in our garden on an annual basis. Do not leave bird food containers uncovered - you could attract rats.

Well Done Our thanks to all the volunteers, groups, organisations and clubs in Portmarnock who have our village an even better place to live in 2017. Happy Christmas and a prosperous new year to you all.

Contacting the PCA: If you wish to contact the PCA on any issues in our community or volunteer for any of our committees why not call us 087 248 6287 (leave a message) or email portmarnock1@gmail.com. You can visit our website/Facebook at www.portmarnock.org

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(Supporting the work of the Divine Word Missionaries)

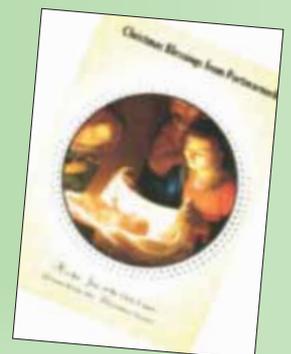
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Box Ads per issue: 1 box €40
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Closing date 8th each month

We cannot verify the quality or workmanship of any advertiser herein and consequently we cannot be held responsible for any work done or services provided which are completely independent of Progress

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Monday—Friday 8am-6pm

We are delighted to announce that
Dr. Niall Breen
has joined our expanding team
Dr. Laura O'Flynn,
Dr. Martin O'Flynn,
Dr. Garrett May

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Email: katrinaoellison32@hotmail.com

ADULT EDUCATION AT Portmarnock Community School

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Online enrolment available from mid Dec.

More details under Adult Education on
www.portmarnockcommunityschool.ie.

Phone 803 8069 or email adultedpcs@gmail.com

WALK-IN ENROLMENT DATES:

Tues 9TH and Mon. 15TH Jan 2018 7:30 – 8:30pm

Classes take place mostly on
Tuesday Nights, Wednesday Afternoons and
Saturday Mornings
Courses on offer this term include:

Acting	Guitar (Beginners and Improvers)
Archery (Wed. Nights)	History of Ireland (Modern, 20th Century)
Art / Painting	Italian Beginners and Improvers Courses
The Artist's Way: Recovering your Creative Self	Literature Appreciation Class (New Course Sat.)
Learn to Bake (open to all)	Loving Colour (Sat.)
Ballroom Dancing (Sat.)	Mindfulness
Badminton	Parenting Course "Wellbeing for Parents"
Bass Guitar	Photography DSLR Camera
Bridge Beginners (Sat.) and Improvers (Wed.)	Photography DSLR Camera Improvers Workshops
Child Psychology	Pilates Beginners
Choir	Pickleball (Modified Tennis, Mondays)
Computers: Beginners to Intermediate	Pilates Improvers / Intermediate (Wed.)
Computers: Love your iPad	Pilates Pre and Post Natal (Sat.)
Computers: Adore your Android	Pottery (Sat.)
Cooking Healthy Dishes	Spanish Beginners (Tues.), Improvers (Tues.) & Advanced (Wed.)
Creative Writing (New Course with Evan)	Self Defence for Women
Craft Beer Brewing	Tai Chi Beginners and Improvers classes (Wed.)
Dance Fusion (Mon.)	Tin Whistle
Dance: Latin in Line (Sat.)	Ukelele
Development Education	Volleyball (Thursday)
De-Cluttering your Home and Organising your Life (Sat.)	Web Design (Wordpress)
English as a 2nd Language: Preparation for Cambridge FCE (Ideal for Au Pairs)	Writing and Publishing your own Book (new course)
First Aid	Yoga (Tues.) + Pregnancy
Fashion Design: Beginners and Teens	Yoga (Mon.)
Forensic Science (New Course)	Zumba
French (Improvers)	
Gardening / Horticulture	
German Improvers	
Golf	

(get in touch if you wish to offer a course in the future!)



PARISH ATTENDANCE SURVEY OCTOBER 2017

The Diocese requested a survey be taken at weekend Masses

of 7th/8th, 14th/15th, 21st/22nd October 2017

The results for St. Anne's Portmarnock are shown below

Date	Saturday 6.30 pm	Sunday 10.30 am	Sunday 12.00 noon	Total
Total for the 3 weekends	966	1561	889	3416
Average for the 3 weekends	322	520	296	1138

Preparation for the Sacraments St Anne's Parish 2018



FIRST EUCHARIST 2018

DATES FOR FIRST EUCHARIST

St. Marnock's Saturday 19 May 11.30 am
St. Helen's Saturday 26 May at 11.30 am

MASSES IN PREPARATION

All in St. Anne's Church Sundays 10.30 am

SUNDAYS:

17 December 2017—3rd Sunday of Advent
14 January 2018—2nd Sunday in Ordinary Time
11 February 2018—6th Sunday in Ordinary Time
4 March 2018—3rd Sunday of Lent
25 March 2018—Passion (Palm) Sunday
15 April 2018—3rd Sunday of Easter
3 June 2018—Feast of the Body and Blood of Christ

CONFIRMATION 2018 DATES FOR CONFIRMATION

St. Marnock's Friday 27 April 2018 at 11.30 am
St. Helen's Thursday 3 May 2018 at 11.30 am



MASSES IN PREPARATION

All In St. Anne's Church Sundays at 10.30 am

Fanning the Flame of Faith 28 Jan 2018

Ritual of Blessing 11 Mar 2018

SACRAMENT OF PENANCE in St. Anne's Church

St. Marnock's Thursday 8 Feb 2018 at 10.45 am
St. Helen's Thursday 22 Feb 2018 at 7.30 pm

St. Anne's Parish, Portmarnock Mission Statement

To create a parish in Portmarnock where people treat each other with love and compassion and work together to build up a dynamic Christian community characterised by faith, mission, worship and service.



**Christmas Trees will be on sale
in the school car park
at weekends until
December 17th.**



Our Parishes Working Together

TEAM MINISTRY OF MALAHIDE-KINSEALY-YELLOW WALLS-PORTMARNOCK

PORTMARNOCK: St. Anne's Church, Strand Road, Portmarnock. Parish Office—846 1561.

Fr. John Murphy, Co-PP St. Anne's Parochial House, Strand Road, Portmarnock. P. 846 1081.

Fr. Conleth Meehan, Co-PP contact thro Parish Office Phone 846 1561.

MALAHIDE: St. Sylvester's Church, Main Street, Malahide. Parish Office—Phone 845 1244.

Moderator: Fr. Kevin Moore, address as above. P. 549 6615.

YELLOW WALLS: Church of the Sacred Heart, Estuary Road, Malahide. Parish Office—P. 845 4783

Fr. Martin Noone, 11 Millview Court, Malahide – Phone 845 1902.

KINSEALY: St. Nicholas of Myra, Kinsealy. P. 846 0028.

Fr. Mattie O'Farrell, Co-PP "Aghadoe" Kinsaley Lane, Malahide, P. 846 1767.

REVISED DATES FOR BAPTISMS

From January 2018 Baptisms will be held in St. Anne's Parish usually on the 1st Saturday at 12.00 noon and 3rd Sunday at 1.30 pm each month.

BAPTISMS

Congratulations to the families of the following children who were baptised recently

Mateo Minihan Largo, Seabrook Manor

Jack William Cleary, Kent, England

Marcus Xavier O'Sullivan, Ardilaun

Ava Rose Peyton, Portmarnock Crescent

Oscar Harry Peyton, Portmarnock Crescent

Caiseal Maeve McDonagh, St. Anne's Square

Callie Healy Hyland, Carrick Court

Chloe Jean Weir, Balgriffin

Jake Norman Weir, Balgriffin

Freddie Peter Williams, Biggin Hill, London

Sadhbh Elizabeth Nolan, Kinsealy

Clara-Frances Aminata Traore

MASS TIMES IN OUR GROUPING

MASS TIMES	CHURCH	WEEKDAYS (subject to availability of priests)
Saturday		Convent
6.00 pm	Yellow Walls	7.30 am Mon to Fri
6.30 pm	Portmarnock	9 am Sat
Sunday		Yellow Walls
9.00 am	Carmelite Convent	9.30 am Mon, Tues, Thurs, Fri
10.00 am	Malahide	Kinsealy
10.30 am	Portmarnock & Yellow Walls (Family Mass)	10 am Mon/Tues/Wed/Fri
11.00 am	Kinsealy	Malahide
11.15 am	Malahide	10 am Mon to Sat
12.00 noon	PMK & Yellow Walls	Portmarnock
12.30 pm	Malahide	10 am Mon to Fri
5.30 pm	Malahide	



PARISH INFORMATION

Saint Anne's Church & Parish Centre,
Strand Road, Portmarnock, Co. Dublin.

Phone 846 1561

email: stannes@portmarnockparish.ie

www.portmarnockparish.ie

Parish Office (in Parish Centre) Open 9.00 am to 5pm, Mon to Fri. Signed Mass cards (including Irish text) available, arrange baptisms, get baptism/confirmation certificates, Freedom to Marry forms, book rooms in Parish Centre etc.

Parish Secretaries Margaret Corcoran and Gabrielle Moore.
Anniversary Masses: All weekend Masses are 'shared'. Call or phone the Parish Office to book Masses.

Confessions Saturdays after 6.30 pm Mass.

Baptisms From January 2018, the Baptisms will usually be held on the 1st Saturday at 12.00 noon and 3rd Sunday at 1.30 pm. Preparation Meeting for parents and godparents held usually on last Wednesday of each month in Parish Centre. See more details on website or contact Parish Office.

Marriage - please see website for important information on church and state requirements or contact Parish Office.

750 CLUB RESULTS OCTOBER 2017

First Prize €1,000: No. 229, Teresa McNulty, Burow Court

Seller: Mary O'Connor

2nd Prize €500: No. 520, Betty & Joe Wrynn, Robswall

3rd Prize €250: No. 204 Claire Higgins, Carrickhill Walk

4th Prize €250: No. 155 Joe Kirby, Strand Road



ADORATION OF THE BLESSED SACRAMENT

Shalom Room—St. Anne's Parish Centre, Portmarnock

DAYTIME

MON TO FRI 9.00 am-4.50 pm / SAT 10.00 am—2.00 pm
(MON 3-4 pm—Divine Mercy Group)

EVENING

MON 7-8 pm; Monday night Prayer Group 8-9.30 pm
TUES 7-9.50 pm

WED 7-8 pm; John Main Group 8-9 pm (all welcome)

THURS 7-8 pm; 8-9.15pm. Prayer Group A time and space put aside for God each week. Gospel Reading, Personal Sharing. (all welcome)

3 HOUR VIGIL on 3rd FRI each month
(not being held until further notice)

KINSEALY: Adoration Mon mornings after 10.00 am Mass to 1pm

OTHER DEVOTIONS

Legion of Mary

Weekly meetings are held on Wednesdays at 10.40am
New members welcome

FRIDAYS: First Fridays Healing Mass **10.00 am** in KINSEALY

LAST FRIDAY OF EACH MONTH St. Pio Devotions
7.00 pm in St. Anne's Church (Mass commences at 7.30 pm).



Weddings

Congratulations to the following couples who were married recently.

Rachel Maguire, Killiney
& P. J. Reid, Redfern Avenue

Sharon Connolly, Portlaoise
& Peter McMahan, Carrickhill Heights

Grace Keogh, Rathgar &
Paul Quinn, Strand Road



CEREMONIES FOR CHRISTMAS

Our Parishes Working Together

TEAM MINISTRY OF MALAHIDE/YELLOW WALLS/KINSEALY/PORTMARNOCK



COMMUNAL SERVICE of RECONCILIATION for our grouping will be held in

*St. Sylvester's Church, Malahide on Monday
18th December at 7.30 pm*



CONFESSIONS

IN ST. ANNE'S CHURCH, PORTMARNOCK – Each Saturday after 6.30 pm
Mass. Sat 23rd Dec 10.30 am to 12.00 noon

KINSEALY CHURCH - After each morning Mass for the 2 weeks prior to Christmas (Mon/Tues/Wed/Fri)

MALAHIDE - Saturday 23rd December after 10.00 am and 7.00 pm Masses

YELLOW WALLS - Saturday 23rd 11.30am to 12.30 pm

No Confessions on Christmas Eve (Sun 24th Dec)

TIMES OF CEREMONIES FOR CHRISTMAS

CHURCH	SAT 23rd Vigil Masses	SUNDAY 24th, CHRISTMAS EVE	MONDAY 25th, CHRISTMAS DAY
CARMELITE CONVENT	-	9.00 am Vigil: 10.00 pm	9.00 am
YELLOW WALLS	6.00 pm -	Morning: 10.30 am (No 12.00 Mass) Vigils: 5.30 pm; 7.00 pm 9.00 pm	10.30 am (Family Mass); 12.00 noon
KINSEALY		Morning: 11.00 am. Carols at 8.00 pm; Vigil Mass at 8.30 pm	9.00 am; 11.00 am
MALAHIDE	7.00 pm	Morning: 10.00 am; 11.15 am (no 12.30) Vigils: 6.00 pm; 7.30 pm; 9.00 pm	10.00 am; 11.15 am; 12.30 pm NO EVENING MASS
PORTMARNOCK	6.30 pm	Morning: 10.30 am (no 12.00 Mass) 4.00 pm Ceremony specially for parents and very young children Vigils: 5.30 pm (Family Mass); 7.30 pm; 9.30 pm	9.00am; 10.30 am (Family Mass); 12.00 noon

WEEKDAY MASS TIMES AFTER CHRISTMAS

Church	Tues 26 Dec Bank Holiday	Wed 27 Dec	Thurs 28 Dec	Fri 29 Dec	Sat 30 Dec
Convent	7.30 am	7.30 am	7.30 am	7.30 am	9.00 am
Yellow Walls	—	Service	10.30 am	10.30 am	
Kinsealy	—	—	—	—	
Malahide	10.30 am	10.00 am	10.00 am	10.00 am	10.00 am
Portmarnock	—	10.00 am	10.00 am	10.00 am	

Oíche Nollag 2017 Aifreann na Gine—Dé Domhnaigh, 24 Nollaig. Mass in Irish at 7.30 pm, Christmas Eve, Sunday 24 December 2017
Ard aidhin, Aireagal an Aiséirí, Bóthar na Cille Móire, Baile átha Cliath 5. Artane Oratory of the Resurrection, Kilmore Road

Monday 1st JANUARY Bank Holiday. Only Mass in the Grouping at 10.30 am in St. Anne's Portmarnock.

PARISH OFFICE OPENING HOURS DURING CHRISTMAS PERIOD

MONDAY	TUES	WED	THURS	FRI
Christmas Day CLOSED	St. Stephen's Day CLOSED	27th Dec Open 9-1	28th Dec Open 9-1	29th Dec Open 9-1
MON New Year's Day CLOSED	TUES 2nd Jan Open 9-1	WED 3rd Jan Open 9-1	THURS 4th Jan Open 9-1	FRI 5th Jan Open 9-1

PARISH CENTRE: Closed from Monday 18th December.
Reopens Monday 8th January 2018.

Christmas Greetings from the Progress Team



We wish all parishioners a very Happy Christmas and New Year. We hope you enjoyed reading Progress each month. Thank you to all who contributed articles, letters, items of interest and community notices. Thank you to all our advertisers for helping towards the cost of printing. Special Thanks to 60+ volunteers who deliver 'Progress' each month, hail, rain or shine, to over



3,800 homes in the parish. It ensures that each home can feel part of the community and have awareness of all that is happening in Portmarnock. Next issue of Progress will be delivered weekend of 3rd/4th February 2018. Closing date for receipt of items 8th January 2018.

